



Carlson



Non-GMO

MCT Oil

14,000 mg (14 g)
From Coconut

DIETARY SUPPLEMENT

- ✓ Energy Production*
- ✓ Fat Metabolism*

0.5 fl oz (15 mL)

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Supplement Facts

Serving Size 1 Packet (15 mL)
Servings Per Container 1

	Amount Per Serving	% DV
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	14 g	70%**
Medium Chain Triglyceride Oil (from Coconut)	14 g	†
Providing Minimum:		
Caprylic Acid	7.8 g	
Capric Acid	4.9 g	

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Contains tree nuts (Coconut).

Directions: Adults: take one packet daily at mealtime.

Do not use in foam (polystyrene) cups, as they may disintegrate.

PURITY GUARANTEED

Distributed by J.R. Carlson Laboratories, Inc.
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