



MCT Oil

Medium-Chain Triglycerides
1,000 mg (1 g)

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Fat Metabolism* ✓ Optimal Wellness*

300 Soft Gels | 300 Servings

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 300

Amount Per Serving		% DV
Calories	10	
Total Fat	1 g	1%**
Saturated Fat	1 g	5%**
Total Carbohydrate	0 g	0%**
Total Sugars	0 g	†
Includes 0 g Added Sugars		0%**
Medium Chain Triglyceride Oil (from Palm and/or Coconut)	1,000 mg (1 g)	†
Providing Minimum:		
Caprylic Acid	525 mg	
Capric Acid	315 mg	
** Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value (DV) not established.		

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water).

Directions: Adults: take one soft gel up to five times daily **at mealtime**.

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

Carlson Providing the highest quality nutritional supplements since 1965

Medium-chain triglycerides (MCTs) are healthy fatty acids naturally found in coconut and palm oils. They support natural energy production and are one of the cleanest fuel sources for our body.* **MCT Oil** provides naturally occurring caprylic and capric fatty acids.

✓ **Gluten-free** ✓ **Sugar-free**
✓ **No Artificial Preservatives**

POTENCY & QUALITY GUARANTEED

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