



# MCT Oil

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

DIETARY SUPPLEMENT

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

120 Soft Gels | 120 Servings

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 120

	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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