



MCT OIL

• **WEIGHT MANAGEMENT*** •



CHOCOLATE MOCHA



16 FL. OZ. [473 ML]
A Dietary Supplement



MCT OIL

SUGGESTED USAGE: Shake well before using. Take 1 tablespoon (15 mL) daily.

Medium-chain triglycerides (MCTs) are fats that are naturally found in coconut and palm kernel oils. They're more easily and rapidly digested than other types of fats. MCTs are readily absorbed from the GI tract and are metabolized very quickly by the liver, where they are reported to encourage the use of fat for energy rather than for storage.* Numerous studies suggest that substituting MCT oil for other fats in a healthy diet may therefore help to support healthy weight and body composition.*

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

Caution: For adults only. MCT oil may cause GI upset. To reduce this effect, take with food. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Code 2217N v4

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 32

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	14 g	18%*
Saturated Fat	14 g	70%*
MCT Oil (Medium-Chain Triglycerides) (from coconut/palm kernel oil)	14 g	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredient: < 1% Natural Chocolate Mocha Flavor.