

SUGGESTED USAGE: Take 1 tablespoon (15 mL) daily. MCT oil can also be used as a substitute for conventional oils in salad dressings, sauces or cooking. Not recommended for use in frying due to low smoke point.

Medium-chain triglycerides (MCTs) are fats that are naturally found in both coconut and palm kernel oils, but NOW® Sports Organic MCT Oil is derived exclusively from organic coconut oil. MCTs are more easily and rapidly digested than other types of fats. They 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 2236N v1



Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 63

	Amount Per Serving	% Daily Value
Calories	100	
Total Fat	14 g	18%*
Saturated Fat	14 g	70%*
Organic MCT Oil (Medium-Chain Triglycerides) (from Organic Coconut Oil) [55% Caprylic Acid (C8) and 35% Capric Acid (C10)]	14 g	†

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

Other ingredients: None.

Quality Tested & Packaged by NOW FOODS
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Certified Organic by QAI.

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Hexane Free.

NOW® Organic MCT Oil is derived from organic coconut oil that is sustainably sourced to protect our planet and preserve native wildlife habitats.

Storage Guidance: Store in a cool, dry and dark environment in tightly sealed original container. After opening, product can be refrigerated or stored at cool room temperature.