

**Metagenics MCT Oil** provides over 90% caprylic (C8) and capric (C10) acid triglycerides. Emerging science suggests that medium-chain triglycerides (MCT) may benefit the body in numerous ways. MCT may help support cognitive health and certain cognitive processes, and pre-clinical research suggests that MCT may benefit mitochondrial function. MCT supplementation temporarily increases levels of ketones, which may serve as an alternative energy source in the brain and in muscle. Supplementing with MCT at multiple meals during the day may aid reductions in body weight and body fat, especially in those with an increased body-mass index (BMI).<sup>††</sup> MCT may also help to temporarily increase satiety and reduce food intake, and may temporarily enhance fat oxidation as compared to common long-chain fats.\*

MCT Oil is a flavorless, odorless dietary supplement that can be easily added to food or beverages for convenience. Add to a salad, mix with a shake, or take alone for 10 grams of MCT per serving.

**Directions:** Take 2-3 servings per day or as recommended by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Warning:** Not to be taken if pregnant or nursing. Keep out of the reach of children.

**Caution:** Excess intake may cause increased gastrointestinal issues including diarrhea, nausea and excess gas.

**Tamper Evident:** Do not use if safety seal is missing or broken.

**Storage:** Keep tightly closed in a cool, dry place.

<sup>†</sup>Medium-chain triglyceride supplementation may temporarily increase ketone production compared to common long-chain fats.

<sup>††</sup>Use as part of a program of diet and exercise.

\*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.



# MCT Oil

Helps to Increase Ketone Production<sup>†\*</sup>  
Concentrated to 90% C8 + C10

DIETARY SUPPLEMENT 1 pt (16 fl oz) (473 mL)

PRACTITIONER EXCLUSIVE

## Supplement Facts

Serving Size About 2¼ Teaspoons (10.6 mL)

Servings Per Container About 45

	Amount Per Serving	% Daily Value
Calories	90	
Total Fat	10 g	13%*
Saturated Fat	10 g	50%*
Medium-Chain Triglycerides (containing 90% caprylic+capric acid triglycerides)	10 g	**

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

\*\*Daily Value not established.

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