

FLAVORLESS & ODORLESS

SUGGESTED USE



COFFEE

Add to your favorite hot beverage for an extra energy boost.



COOKING

Include healthy fats in your sauces and marinades.



DRESSINGS

Substitute MCT oil for traditional oils.



SHAKES

Blend in for a rich creamy texture.

Take 1 Tablespoon (15 mL) 1-3 times daily.

First time users should start with 1/2 serving, gradually adding to full serving. Excessive consumption may cause dietary discomfort.

CAUTIONS:

Keep out of reach of children. Consult a physician before using this product, especially if you are pregnant, nursing, have diagnosed medical conditions, or are taking prescription medications.

Do not use if seal is missing or damaged.

Do not use with certain plastics, including foam cups.

Not recommended for use in frying due to relatively low smoke point.



KETO



vegan

*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.

ORGANIC



MCT OIL

Medium Chain Triglycerides

UNFLAVORED



Brain and Body Fuel*

Metabolism Support*

Supports Ketogenic Diets*

C8 & C10 MCT Blend

18 FL. OZ. (1 Pint) (470 mL)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 tablespoon (15ml)

Servings Per Container 32

	Amount Per Serving	% Daily Value*
Calories	130	
Total Fat	14 g	18%
Saturated Fat	14 g	70%
Medium-Chain Triglycerides (MCT)	14 g	**

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

**Daily Value not established.

INGREDIENTS: Organic MCT Oil

Contains coconut

Distributed by Great Lakes Gelatin Company, 253 Commerce Drive, Grayslake, IL 60030

Certified Organic by Pro-Cert

STORAGE: Store in a cool, dry place. Do not expose product to excessive light, heat or moisture. Refrigeration not required.

Join the conversation
#LifewithGLG



CUSTOMER SERVICE:

847-223-8141

www.GREATLAKESGELATIN.com



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