

Premium MCT Gold® supplies 8.3 calories per gram. One tablespoon contains 118 calories. Premium MCT Gold® is 100% MCT Oil, not diluted with water.

Medium Chain Triglycerides
Percent by weight – typical analysis

Caprylic Acid (C8:0) 67%

Capric Acid (C10:0) 33%

Suggested use:

It is important to establish your individual dose gradually, over time.

Doses by bodyweight:

Up to 140 lbs (63kg): One tablespoon daily

141 lbs (64kg) – 190 lbs (86kg):
One to two tablespoons daily

Over 190 lbs (86kg):
Two to three tablespoons daily

- Keep out of reach of children
- Store in a cool, dry, shaded place
- Do not purchase if seal is broken

ULTIMATE
NUTRITION®

PLATINUM SERIES

PREMIUM

MCT®
Gold

100% Medium Chain Triglycerides

Contains no water, preservatives, artificial color or flavor.

Net Volume: 1000ml (33.8oz)

Supplement Facts

Serving size: one tablespoon (15ml)

Servings per container: about 67

Amount per serving

Medium Chain Triglycerides 15g*

* Daily Value not established

Ingredients:

100% Medium Chain Triglycerides (MCT)

Distributed by:
Ultimate Nutrition, Inc.
Farmington, CT 06034 U.S.A.

