

**SUGGESTED USE:**

As a dietary supplement, mix 1 scoop daily with 6-10 oz of water or as directed by your healthcare professional.

Taking too much MCT oil can cause stomach discomfort, especially for first time users. Start with a ½ serving and gradually increase your daily intake until desired amount is achieved, not to exceed the recommended use.

- **THIRD PARTY TESTED<sup>†</sup>**
- **NON-GMO<sup>†</sup>**
- **GLUTEN-FREE<sup>†</sup>**

**WARNING:** For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

**NOTICE:** Store in a cool, dry place. Contents are sold by weight, not volume. Some settling may occur.

**MADE AND QUALITY TESTED IN THE USA  
WITH GLOBALLY SOURCED INGREDIENTS.**

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**nutricost**

# MCT Oil Powder

Medium Chain Triglycerides

**10G**

MCT Oil Powder  
Per Serving

**45**

Servings

**1LB**

Per Container

**UNFLAVORED**

NET WT. 16 OZ (1 LB) (454 G)  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Scoop (10g)

Servings Per Container: 45

Amount Per Serving		% DV*
Calories	60	
Total Fat	8g	10%
Saturated Fat	7g	35%
Total Carbohydrate	2g	1%
Dietary Fiber	2g	7%
Sodium	10mg	0%
Protein	1g	
MCT Oil Powder	10g	**

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Ingredients: MCT oil powder (medium chain triglycerides, soluble tapioca fiber, sodium caseinate (a milk derivative), contains 2% or less of each of the following: sunflower lecithin, silica).

Contains: Milk.

