



Carlson



Keto-Friendly

# MCT & Omega-3

with Coconut & Fish Oil



DIETARY SUPPLEMENT

✓ Keto Support\* ✓ Energy Production\* ✓ Fat Metabolism\*

60 Soft Gels | 30 Servings

## Supplement Facts

Serving Size 2 Soft Gels  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	25	
Total Fat	2.5 g	3%**
Saturated Fat	1 g	6%**
Protein	<1 g	
Norwegian Fish Oil	1.2 g	†
EPA (Eicosapentaenoic Acid) <sup>⊖</sup>	360 mg	†
DHA (Docosahexaenoic Acid) <sup>⊖</sup>	240 mg	†
Medium Chain Triglyceride Oil (from Palm or Coconut) and Coconut Oil Blend	1.2 g	†
Providing Minimum:		
Caprylic Acid	260 mg	
Capric Acid	200 mg	
Lauric Acid	240 mg	

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established. <sup>⊖</sup>Reported as triglycerides.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), non-GMO mixed tocopherols. Contains fish (anchovy, sardine, mackerel) and coconut.

**Directions:** Adults: take two soft gels up to two times daily **at mealtime**. May appear cloudy below room temperature.



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**MCT & Omega-3** is a keto-friendly blend of MCTs from coconut oil and omega-3s from Norwegian fish oil, providing caprylic and capric acids, and EPA and DHA. MCT & Omega-3 is non-GMO and third-party certified.

✓ No Artificial Preservatives ✓ Gluten-free

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

### PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCs international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

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