

HELLO!

We're Barlean's and we make **premium foods and nutritional supplements** here in the Pacific Northwest. Our family business has grown a lot in 30+ years, but we still do things our way:

- ✓ Create seriously delicious ways for people to get important nutrients
- ✓ Use quality ingredients for superior taste
- ✓ Share our profits to help people locally and around the world

Better Absorption

Our special emulsified formula is absorbed better than traditional MCT oil, so you get more of the MCT you're after.

Suggested Use: 1 Tbsp daily. Delicious straight off the spoon or in yogurt, oatmeal or smoothies.

Keep out of reach of children and never give to pets.

Refrigerate after opening



SHAKE WELL

WE'RE GLAD YOU'RE GIVING US A TRY & FEEL PRETTY GOOD THAT YOU'LL TRY US AGAIN!

SWEET TASTE & CREAMY TEXTURE

NO ARTIFICIAL FLAVORS OR COLORS

• COCONUT •

ESTD 1989
BARLEAN'S

• SERIOUSLY DELICIOUS •

MCT OIL

SUPERIOR ABSORPTION FORMULA

MEDIUM-CHAIN TRIGLYCERIDES **5,400 mg**



DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tbsp (15.9 g)

Servings Per Container 29

	Amount Per Serving	% Daily Value
Calories	70	
Total Fat	5 g	7%*
Saturated Fat	5 g	27%*
Total Carbohydrate	5 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Sugar Alcohol	5 g	†
Medium Chain Triglycerides	5.4 g	†

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

† Daily Value (DV) not established.

Ingredients: Medium chain triglycerides (MCT) oil (coconut and/or palm kernel), water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), ascorbyl palmitate), guar gum, sorbic acid.

Learn more about a

Pathway to a Better Life:

Barleans.com • 800.445.3529

Barlean's® Ferndale, WA 98248



NET WT. 16 oz (1 lb) 454 g

BARLEANS.COM

