

SUGGESTED USAGE: Take 3 softgels up to 5 times daily with food.

Medium-chain triglycerides (MCTs) are fats that are naturally found in coconut and palm kernel oils. They're more easily and rapidly digested than other types of fats. MCTs are readily absorbed from the GI tract and are metabolized very quickly by the liver, where they are reported to encourage the use of fat for energy rather than for storage.* Numerous studies suggest that substituting MCT oil for other fats in a healthy diet may therefore help to support healthy weight and body composition.*

***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.**

Caution: For adults only. MCT oil may cause GI upset. To reduce this effect, take with food. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry, dark place after opening.

Code 2196N v8



MCT OIL 1000 MG

• **WEIGHT MANAGEMENT*** •



150 SOFTGELS
A Dietary Supplement



Contains Gelatin



Supplement Facts

Serving Size 3 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	3 g	4%**
Saturated Fat	3 g	15%**
MCT Oil (Medium-Chain Triglycerides) (from coconut/palm kernel oil)	3 g (3,000 mg)	†

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

† Daily Value not established.

Other ingredient: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water].

NOW FOODS, 395 S. Glen Ellyn Rd.

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Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

MCT oil has naturally occurring fatty acids caprylic acid (C8:0) and capric acid (C10:0).

NOW® MCT oil is derived from coconut/palm kernel oil that is sustainably sourced to protect our planet and preserve native wildlife habitats.