

**SUGGESTED USAGE:** Take 1 tablespoon (15 mL) daily. MCT oil can also be used as a substitute for conventional oils in salad dressings, sauces or cooking. Not recommended for use in frying due to low smoke point.

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.

Code 2211N v6



# MCT OIL

• **WEIGHT MANAGEMENT\*** •



**16 FL. OZ. (473 ML)**  
A Dietary Supplement



## Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings Per Container about 32

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	14 g	70%**
MCT Oil (Medium-Chain Triglycerides) (from coconut/palm kernel oil) [50% Caprylic Acid (C8) and 30% Capric Acid (C10)]	14 g	†

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

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowsportsproducts.com](http://nowsportsproducts.com)

Packaged and quality tested in the USA.

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. Hexane Free.

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

Storage Guidance: Store in a cool, dry and dark environment in tightly sealed original container. After opening, product can be refrigerated or stored at cool room temperature.