





SUGGESTED USE: Adults begin by using 1 tablespoon (15 mL) daily, or as recommended by a qualified healthcare professional.

HELPFUL TIP: May consume 1 tablespoon 1-3 times daily, once tolerance is reached. Excessive consumption may cause digestive discomfort.


	GREAT IN COFFEE & SHAKES		100% ORGANIC COCONUTS
	BRAIN & BODY FUEL*		RESPONSIBLY & SUSTAINABLY SOURCED

QUALITY MATTERS:

			<input checked="" type="checkbox"/> Non-GMO Verified <input checked="" type="checkbox"/> Gluten-Free <input checked="" type="checkbox"/> Third Party Tested <input checked="" type="checkbox"/> cGMP Compliant
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CAUTION: KEEP OUT OF REACH OF CHILDREN AND PETS. Consult with a qualified healthcare professional prior to using this product, especially if you are pregnant, nursing, have a diagnosed medical condition, or are taking a prescription medication. Do not exceed recommended daily intake. Do not use if safety seal is damaged or missing. Not recommended for use in frying due to relatively low smoke point (<320°F). Store at room temperature, in a dry place. Protect product from excessive heat, freezing, humidity and light. Refrigeration not required.

NOTE: SR® Organic MCT Oil will react with certain plastics, including foam cups, and should only be used with utensils and containers made of metal, glass, ceramic or safe HDPE/PET plastics.

 Products carrying the Informed Choice logo are tested regularly for banned substances by LGC's world leading anti-doping laboratory.

LOT NUMBER & BEST BY DATE:

LOT: 220323R 118
BEST BY: 03/2026

*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.

		
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SPORTS RESEARCH

ORGANIC MCT OIL

C8 + C10 + C12

MEDIUM CHAIN TRIGLYCERIDES

BRAIN & BODY FUEL*

VEGAN | NON-GMO | FROM COCONUT OIL

Dietary Supplement
16 FL OZ (1 PT) 473 ML

Supplement Facts

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

	Amount Per Serving	% DV
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	14 g	70%**
Medium Chain Triglycerides (MCT Oil) [from 100% coconut (<i>Cocos nucifera</i>) oil]	14 g	†
Caprylic Acid (C8:0)	5.9 g [†]	†
Capric Acid (C10:0)	3.7 g [†]	†
Lauric Acid (C12:0)	4.4 g [†]	†

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

INGREDIENT: Organic MCT oil (from organic coconut oil).
CONTAINS: Tree nuts (coconut).

 Distributed By:
Sports Research • 310.519.1484
784 Channel St. San Pedro, CA 90731
sportsresearch.com @sportsresearch

Certified Organic by QAI, Inc.
*Natural variations may occur.
Sports Research® Organic MCT Oil is a product of the Philippines. Packaged in the USA.