

Supplement Facts		
Serving Size: 1 tablespoon (15 ml)	Amount	% Daily
Servings Per Container: 31	Per Serving	Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	18%
Saturated Fat	14 g	70%
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	0 mg	
Total Carbohydrate	0 g	0%
Protein	0 g	
C8/C10 MCT (Medium Chain Triglycerides)	13.1 g	†
Oil from 100% Organic Coconuts		
C8 - Caprylic Acid	7.6 g ^	
C10 - Capric Acid	5.5 g ^	
Daily Values are based on a 2,000 calorie per day diet.		
† Daily Value not established. ^ Natural variations may occur.		

Ingredients: Organic MCT Oil derived from non-GMO coconuts.

Allergen: Contains Coconuts (Tree Nuts).

Suitable for vegans: Contains NO soy, egg, fish, shellfish, dairy, peanut or wheat. Non-GMO and non-irradiated. Free of gluten, synthetic additives, caffeine, artificial colors and preservatives.

No refrigeration required.

✓ GMP CERTIFIED MANUFACTURING



Certified



Please Recycle
BPA-Free

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Performance Lab®

MCT

Medium-chain triglycerides
C8/C10 from organic coconuts

Dietary Supplement
16 fl oz (473 ml)

Performance Lab®

MCT

- **Fast fuel for brain energy and metabolic performance***
- **Optimizes and protects brain cells' powerhouse mitochondria***
- **Helps fat burning, appetite control and weight management***

Suggested Use: Take one tablespoon daily as needed for mind-body vitality. Take straight or add to coffee, shakes, smoothies, drinks, dressings and sauces. Best when used daily and consistently. For advanced usage guidelines visit www.performancelab.com/advanced

Warning: DO NOT use if pregnant, nursing or under the age of 18. Consult with your doctor before taking this or any supplement if you have or suspect a medical condition and are taking any medication. If you experience any adverse reactions from taking this product discontinue immediately, contact your doctor and report to 908-280-1066. Do not use if safety seal is broken or missing. Store in a cool dry place. KEEP OUT OF REACH OF CHILDREN.

Organic Coconuts Product of Indonesia.

*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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Upgrade Yourself®

Performance Lab® supplements are formulated in the UK, and manufactured under license in Canada, by Performance Lab Group Ltd. We uphold superior quality standards to ensure superior health and performance results.

Performance Lab® Group

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Certified Organic by QAI

