SUGGESTED USAGE: Take 1 tablespoon (15 mL) daily, or as directed by your healthcare practitioner.

HOW IT WORKS: MCTs (medium-chain triglycerides) are fats that are metabolized differently than most dietary fats.* Unlike longer chain triglycerides, MCTs require little or no enzymatic breakdown and are easily absorbed across the wall of the small intestine and delivered straight to the liver where they can be used directly for energy production (instead of being stored as fat).* In essence, they act similar to carbohydrates, but without the requirement of insulin and with no effect on blood sugar.* Studies have demonstrated that MCT oil consumption along with a healthy diet can help to maintain a healthy body weight, while sparing lean tissue.*

CAUTIONS/INTERACTIONS: If you are diabetic, epileptic or if you have liver disease, please contact your healthcare practitioner prior to using this product. MCTs can cause GI discomfort when used in high doses. Taking this product with food can reduce these effects.

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.

***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.**

CODE
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PROTOCOL
FOR LIFE BALANCE®

Pure MCT Oil

- Weight Management*
- Metabolic Support*

16 FL. OZ. (473 mL)

A Dietary Supplement Vegetarian/Vegan

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.

Distributed by Protocol For Life Balance
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

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.

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

Natural color variation may occur in this product.