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SUGGESTED USAGE: As a dietary supplement, take 1 tablespoon 1 to 3 times daily. MCT Oil can also be used as a substitute for conventional oils in salad dressings, sauces or cooking as a source of beneficial fatty acids. Not recommended for use in frying due to low boiling point.

Medium Chain Triglycerides (MCT's) are fats that are naturally found in coconut and palm kernel oil. MCT's are more easily and rapidly digested than other types of fats, as they require lower amounts of enzymes and bile acids for intestinal absorption. MCT's are metabolized very quickly in the liver and are reported to encourage energy expenditure, and not fat 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 these effects, take with food. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



MCT Oil

100% Pure

- Weight Management
- Thermogenic
- Spares Lean Body Tissue*

Net 32 fl. oz. (946 mL)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablespoon (15 mL) (14 g MCT Oil)
Servings Per Container about 63

	Amount Per Serving	% Daily Value
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%*
Saturated Fat	14 g	70%*
Trans Fat	0 g	†
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	0 g	†

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

Ingredient: MCT Oil.

MCT Oil from coconut/palm kernel oil.

NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.nowfoodsproducts.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish 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 Pharmaceutical Grade.

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.