

SUGGESTED USAGE: As a dietary supplement, take 1 tablespoon 1 to 3 times 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
P2197
V3



PROTOCOL
FOR LIFE BALANCE®

Pure MCT Oil

- Weight Management*
- Metabolic Support*

Net 16 fl. oz. (473 mL)

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablespoon (15 mL) (14 g MCT Oil)
Servings Per Container about 32

	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.

Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.protocolforlife.com/P2197

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).

Pharmaceutical Grade MCT Oil.

Please Recycle.