



**NOW
SPORTS**

MCT Oil

1000 mg

- **Weight Management***
- **Thermogenic***
- **Spares Lean Body Tissue***

150 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	3 g	15%*
MCT Oil	3 g (3,000 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredient: Softgel Capsule (bovine gelatin, water, glycerin).

MCT Oil from coconut/palm kernel oil.

NOW FOODS

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

Not manufactured with yeast, wheat, gluten, soy, corn, 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.

Store in a cool, dry, dark place after opening. Please Recycle.

SUGGESTED USAGE: Take 3 softgels up to 5 times daily with food.

Medium Chain Triglycerides (MCTs) are fats that are naturally found in coconut and palm kernel oil. MCTs are more easily and rapidly digested than other types of fats, as they require lower amounts of enzymes and bile acids for intestinal absorption.* MCTs 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.

Natural color variation may occur in this product.

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