



MCT Oil

Helps to Increase Ketone Production† Concentrated to 90% C8 + C10

Metagenics MCT Oil provides over 90% caprylic (C8) and capric (C10) acid triglycerides. Emerging science suggests that medium-chain triglycerides (MCT) may benefit the body in numerous ways. MCT may help support cognitive health and certain cognitive processes, and pre-clinical research suggests that MCT may benefit mitochondrial function. MCT supplementation temporarily increases levels of ketones, which may serve as an alternative energy source in the brain and in muscle. Supplementing with MCT at multiple meals during the day may aid reductions in body weight and body fat, especially in those with an increased body-mass index (BMI).†† MCT may also help to temporarily increase satiety and reduce food intake, and may temporarily enhance fat oxidation as compared to common long-chain fats.

MCT Oil is a flavourless, odourless dietary supplement that can be easily added to food or beverages for convenience. Add to a salad, mix with a shake, or take alone for 10 grams of MCT per serving.

Form: 957 ml
Serving Size: 2 1/4 Teaspoons (10.6 ml)

Ingredient:	Amount Per Serving
Calories	90
Calories from Fat	90
Total Fat	10 g
Saturated Fat	10 g
Medium-Chain Triglycerides (containing 90% caprylic+capric acid triglycerides)	10 g

Directions: Take 2-3 servings per day or as recommended by your healthcare practitioner.

Caution: Excess intake may cause increased gastrointestinal issues including diarrhea, nausea and excess gas.

Warning: Not to be taken if pregnant or nursing. Keep out of the reach of children.

Storage: Keep in a cool, dry place.

This product is non-GMO, gluten-free, and vegetarian.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.