

# LIFESTYLE

FITNESS & NUTRITION



# MCT OIL

**MEDIUM CHAINED TRIGLYCERIDES**

## 32 Fl. Oz.

**Caution:**

Do not take on an empty stomach. Do not take if you have diabetes, acidosis, ketosis or have stomach or digestive problems. Discontinue, or reduce use if problems occur.

Distributed by:  
Lifestyle Fitness and Nutrition LLC  
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**Supplement Facts:**

	Amount Per Serving	%Daily Value
Servings per container: 64 Tablespoons		
Calories:	116	
Calories from fat: 116		
Total Fat	14g	22%
Saturated Fat	14g	69%
Carbohydrates	0g	
Protein	0g	

8.2 calories per gram.  
Percent based on a 2000 calorie diet.

Ingredients:  
Medium Chain Triglycerides

Directions:  
As a dietary supplement, take 1/2 tablespoon daily with a meal or as directed by your doctor, then increase by 1/2 tablespoon every 3-4 days until desired usage is achieved. **If any stomach upset occurs after ingestion, decrease the amount taken.**

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.