

# 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  
9219 Cincinnati-Columbus Road  
West Chester, Ohio 45069  
(513) 759-1805 www.LFNonline.com

**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.