

PAIRS  
GREAT  
WITH  
QUEST® PROTEIN  
POWDERS

QUEST®  
NUTRITION

# MCT OIL POWDER

QUICK ENERGY • PERFECT FOR BAKING • CREAMIER SHAKES • NO MALTODEXTRIN



NET WT 16oz (1lb) (454g)

## Nutrition Facts

Serving Size 1 scoop (9g)  
Serving Per Container 50

Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 60
<hr/>	
	% Daily Values*
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily values may be higher or lower depending  
on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50mg	65mg

**Ingredients:** Medium Chain Triglycerides, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide (flow agent).  
**Contains:** Milk-Derived Ingredients.

Manufactured by Quest Nutrition, LLC, City Of Industry, CA, 91745  
QUESTNUTRITION.COM 888.212.0601

## CLEAN EATING, CUSTOMIZED.

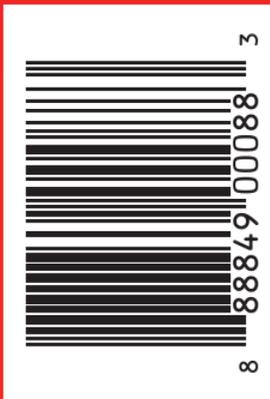
Eating towards your goals shouldn't force you into one "ideal" macronutrient ratio. That's why we've created an entire line of baking accessories. Finally, you can customize your shake or **#CheatClean**® recipe to take control of your nutrition without compromising on taste. Add in fat and carb sources the way you want, when you want.

## ENERGY. NOT INDIGESTION.

Quest® Medium Chain Triglycerides (MCT) powder were created to provide all the benefits of MCTs—a fat source providing you more energy that isn't metabolized the same way as most fats—minus the GI upset that liquid MCTs cause. Most people who can't tolerate liquid MCTs have no digestive distress with our powdered version.

## RICH, CREAMY SHAKES. EASY TO BAKE.

It's not just about the nutritional benefits. Eating should be fun. Quest® MCT powder blends perfectly into your shake to add a rich, creamy texture and mixes easily into baked treat mixes for more **#CheatClean**® decadence.



This package is sold by weight, not volume. Some settling of contents may occur. Keep container closed and in a cool, dry location.

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