

USAGE: Take 1 tablespoon per day, on an empty stomach, or as directed by your qualified healthcare professional. Use in cooking, baking, on salads or in smoothies. Not recommended for frying.

Jarrow Formulas® MCT Oil is a natural source of caprylic (C8) and capric (C10) fatty acids with a minimal amount of lauric acid compared to other conventional MCT oil products and standard coconut oil. **See nutrition information for total fat and saturated fat content.** Medium chain triglyceride (MCT) oil is rapidly absorbed, which provides fast fuel to the body.*

Jarrow Formulas® MCT Oil provides:

- Quick Energy for the Brain*
- Fast Metabolic Fuel for Muscles*
- Support for a Low-Carb, Ketogenic Diet*

Important Features of Jarrow Formulas® MCT Oil:

- All-Natural
- Odorless
- 100% Pure

Keep out of the reach of children.

After opening, product may be refrigerated or stored at cool room temperature.

* 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.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

PRODUCT OF THE PHILIPPINES

Jarrow
FORMULAS®

Medium Chain Triglycerides from
Coconut Oil

**MCT
OIL**

**FAST FUEL FOR
BRAIN AND MUSCLES***
SUPPORTS KETOGENIC DIET*

20 fl. oz. (591 ml)



DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablespoon (15 ml)
Servings Per Container Approx. 39

	Amount Per Serving	%DV
Calories	130	
Total Fat	14 g	18%†
Saturated Fat	13 g	65%†
Coconut Oil	14 g	††
Medium Chain Triglycerides	14 g	††
Caprylic Acid	8.4 g	††
Capric Acid	5.6 g	††

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

†† Daily Value not established.

Other Ingredients: None.

Contains: Tree nuts (coconut).

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts.

Suitable for vegetarians/vegans.

10118MCT

PROD # 116056



Lot #. Best Used Before:

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