



Fuel your Body with MCT Oil

MCT Oil Benefits:*

- ✓ Energy Production
- ✓ Fat Metabolism
- ✓ Brain Health

Carlson MCT Oil is derived from pure, high-quality coconut and is composed of 50% caprylic acid and 30% capric acid. Add MCT Oil to a smoothie, coffee, or oatmeal – or take it directly from a spoon or perfectly portioned packet.



Carlson®

Award-Winning Quality Since 1965

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Why MCT Oil Matters

Medium-chain triglycerides (MCTs) are healthy fatty acids naturally found in coconut oil. Unlike other fats, which travel through our lymphatic system, MCTs are transported directly to the liver, where they're immediately processed. Since MCTs are easily digested, metabolized, and absorbed, they promote energy production, naturally fueling our body. MCT Oil also supports fat metabolism and brain health. Re-awaken your energy with Carlson MCT Oil.

1 Tablespoon Provides:	
Medium-chain Triglyceride oil	1000 mg (1g)
(NLT 50% Caprylic Acid and 30% Capric Acid)	

8310-1a

Size	Code
500 mL	8315
1,000 mL	8310



831L

Carlson®



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