



## MCT Powder

**Helps to Increase Ketone Production<sup>†\*</sup>**  
**Featuring MCT Oil Concentrated to 90% C8 + C10**

**Form:** Powder

**Flavor:** no flavor

**Size:** 1 lb 10.45 oz (26.45 oz) (750 g)

**Metagenics MCT Powder** features MCT oil concentrated to 90% caprylic (C8) and capric (C10) acid triglycerides. Emerging science suggests that medium-chain triglycerides (MCT) may benefit the body in numerous ways. MCT may help support cognitive health and certain cognitive processes, and pre-clinical research suggests that MCT may benefit mitochondrial function. MCT supplementation temporarily increases levels of ketones, which may serve as an alternative energy source in the brain and in muscle. Supplementing with MCT at multiple meals during the day may aid reductions in body weight and body fat, especially in those with an increased body-mass index (BMI).<sup>††</sup> MCT may also help to temporarily increase satiety and reduce food intake, and may temporarily enhance fat oxidation as compared to common long-chain fats.\*

MCT Powder provides the benefits of MCT in a convenient powdered form. As a dietary supplement, MCT powder can be added to hot or cold beverages, or mixed in baking recipes for ease of use.

Ingredients	Amount Per Serving	% Daily Value*
Serving Size	2 Scoops (15 g)	
Servings Per Container	50	
Calories	100	
Total Fat	10 g	13%*
Saturated Fat	10 g	50%*
Total Carbohydrate	2 g	<1%*
Total Sugars	2 g	**
Protein	1 g	
Sodium	70 mg	3%
Medium-Chain Triglycerides (containing 90% caprylic+capric acid triglycerides)	10 g	**

<sup>†</sup>Medium-chain triglyceride supplementation may temporarily increase ketone production compared to common long-chain fats.

<sup>††</sup>Use as part of a program of diet and exercise.

**WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65warnings.ca.gov/food](http://www.P65warnings.ca.gov/food)**

**Ingredients:** Medium-chain triglycerides, nonfat dry milk (milk), disodium phosphate, silica. **Contains: Milk.**

**Directions:** Take 2 scoops (15 g) of MCT Powder 2-3 times per day or as recommended by your healthcare practitioner.

**This product is non-GMO and gluten-free.**

**Warning:** Not to be taken if pregnant or nursing. Keep out of the reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep closed in a cool, dry place.

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.