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› NOW Foods MCT 100% Oil Instruction Manual

## NOW Foods 2199

# NOW Foods MCT 100% Oil Instruction Manual

Model: 2199

## PRODUCT OVERVIEW

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NOW Foods MCT 100% Oil is a dietary supplement containing Medium-Chain Triglycerides. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

## SAFETY INFORMATION

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**California Proposition 65 WARNING:** Consuming this product can expose you to chemicals including lead which is known to the State of California to cause birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).

**Legal Disclaimer:** Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## INGREDIENTS

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None. Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Hexane Free.

NOW® MCT Oil is derived from coconut/palm kernel oil that is sustainably sourced to protect our planet and preserve native wildlife habitats.

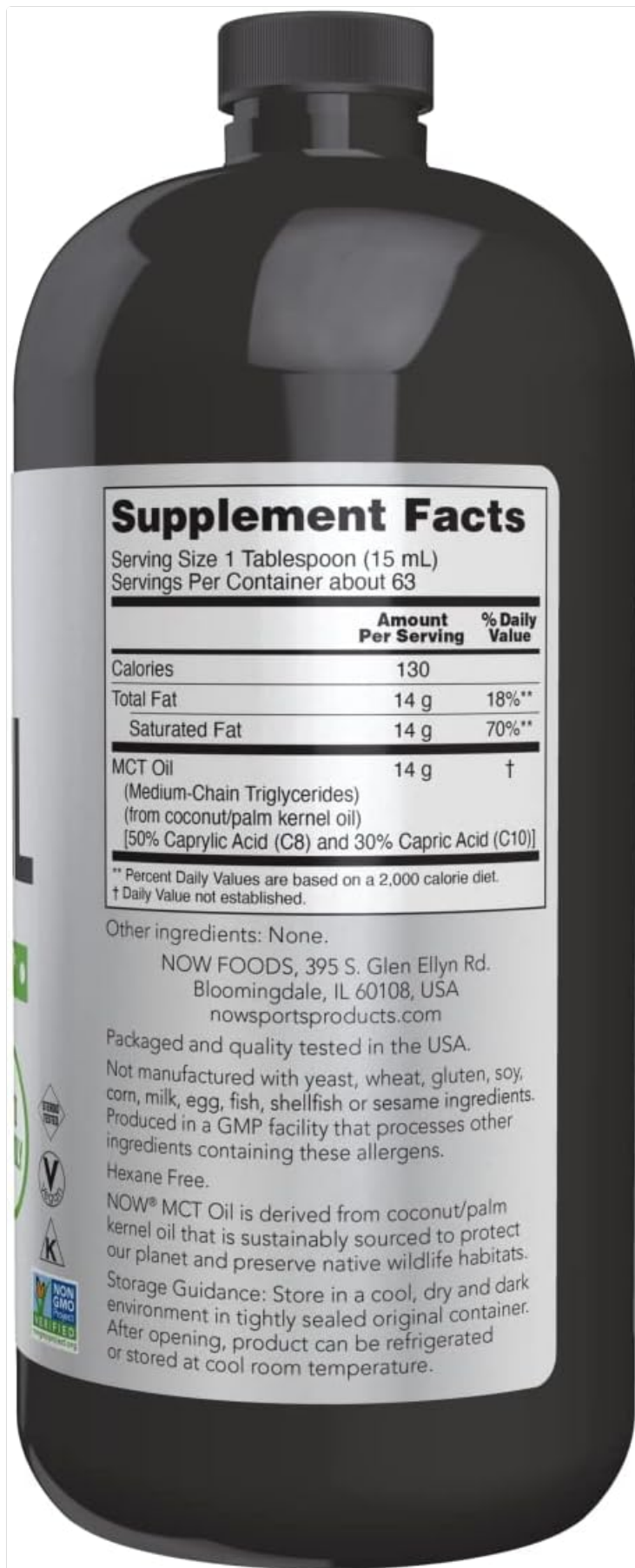


Image: Back label of the NOW Foods MCT Oil bottle, detailing Supplement Facts including calories, total fat, saturated fat, and MCT Oil (Medium-Chain Triglycerides from coconut/palm kernel oil). It also lists ingredients and manufacturing information.

## USAGE INSTRUCTIONS

### Recommended Dosage

As a dietary supplement, take 1 tablespoon (15 mL) 1 to 3 times daily.

## Application

MCT Oil can also be used as a substitute for conventional oils in salad dressings, sauces or cooking as a source of beneficial fatty acids.

**Important Note:** Not recommended for use in frying due to low boiling point.

Consider taking this product in combination with NOW® CLA and Whey Protein Isolate.



Image: Front view of the NOW Foods MCT Oil bottle, highlighting "PURE UNFLAVORED", "THERMOGENIC", and "KETO FRIENDLY" labels. The bottle contains 32 fl. oz. (946 mL) of dietary supplement.

## PRODUCT SPECIFICATIONS

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| Feature                 | Detail                                  |
|-------------------------|---|
| Brand                   | NOW Foods                               |
| Model Number            | 2199                                    |
| Item Form               | Liquid                                  |
| Unit Count              | 32 Fluid Ounces                         |
| Flavor                  | Pure Unflavored                         |
| Primary Supplement Type | MCT oil                                 |
| Diet Type               | Vegan                                   |
| Product Benefits        | Energy Management                       |
| Product Dimensions      | 0.39 x 0.39 x 0.39 inches; 10.58 ounces |
| Item Weight             | 0.3 Kilograms                           |
| Date First Available    | August 15, 2008                         |

## STORAGE AND MAINTENANCE

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Store in a cool, dry and dark environment in tightly sealed original container.

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

No specific maintenance procedures are required for this product beyond proper storage.

## TROUBLESHOOTING

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No specific troubleshooting steps are provided for this product. If you experience unexpected reactions or have concerns, discontinue use and consult a healthcare professional.

## WARRANTY AND SUPPORT

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For information regarding product warranty, returns, or customer support, please refer to the official NOW Foods website or contact their customer service directly. Contact details are typically available on the product packaging or the manufacturer's official online presence.

Manufacturer: NOW FOODS

