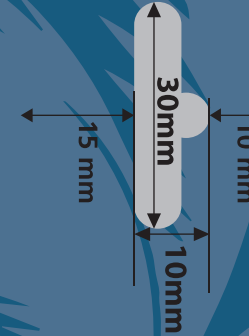


*Carlson*



## Nature's Fast Fuel

Enhance endurance and amp up athletic performance with **MCT & Omega-3**, a high-potency liquid blend of medium-chain triglyceride (MCT) oil and omega-3 fish oil. The MCTs are sourced from coconuts, are rich in caprylic and capric acids, and are easily digested and metabolized to promote natural, sustained energy. The beneficial omega-3s EPA and DHA are sourced from wild-caught, deep, cold-water fish and promote heart, brain, vision, joint, and immune health.\* MCT & Omega-3 can be taken directly from the packet or added to smoothies or shakes.

✓ **Gluten-free**

✓ **No Artificial Preservatives**

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Supplement Facts

Serving Size 1 Packet (15 mL)  
Servings Per Container 15

	Amount Per Serving	% DV
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	8 g	40%**
Cholesterol	55 mg	18%
Medium Chain Triglyceride Oil (from Coconut)	9.2 g	+
Providing Minimum:		
Caprylic Acid	5.0 g	
Capric Acid	3.2 g	
Norwegian Fish Oil	4.6 g	+
Total Omega-3 Fatty Acids <sup>†</sup>	1,480 mg	+
EPA (Eicosapentaenoic Acid) <sup>‡</sup>	360 mg	+
DHA (Docosahexaenoic Acid) <sup>‡</sup>	900 mg	+

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established. ‡ Reported as triglycerides.

Other ingredients: Natural lemon flavor, natural lime flavors. Contains <0.5% of the following: antioxidant blend (natural mixed tocopherols, rosemary extract). Contains fish (cod, pollock, and haddock), and tree nuts (coconut).

**Directions:** Adults: take one packet daily **at mealtime.**

Note: Do not use in foam (polystyrene) cups, as they may disintegrate.

### PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCs International protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

Packaged in Norway by Carlson Healthy Oils

Dist. by J.R. Carlson Laboratories, Inc., Arlington Heights, IL 60004 USA

888-234-5656 • [www.carlsonlabs.com](http://www.carlsonlabs.com)



1779-1b

Bottom Gusset

Bottom Gusset



Pescatarian

IGEN<sub>non-GMO</sub>

Keto

DIETARY SUPPLEMENT  
15 15 mL Liquid Packets  
7.6 fl oz (225 mL)

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

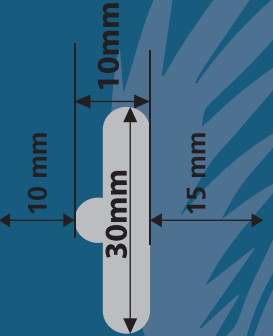
- ✓ Energy Production\*
- ✓ Fat Metabolism\*
- ✓ Brain Health\*

*Caprylic & Capric Acids + EPA & DHA*

# MCT & Omega-3

FROM COCONUT & FISH OIL

A POWERFUL BLEND OF



*Carlson*

