

# HOW MUCH MCT OIL SHOULD I TAKE PER DAY?

## CAN YOU HAVE TOO MUCH MCT OIL?

Yes. Excess MCT oil causes sudden digestive distress. It's nothing dangerous, but it's unpleasant.

## MCT OIL FOR BEGINNERS

Start small and work your way up!

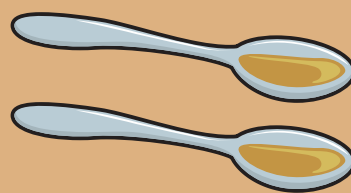
### DAY 1-3

- 1 teaspoon of MCT Oil or
- 2 teaspoons of Emulsified MCT Oil



### DAY 4-6

- 2 teaspoons of MCT Oil or
- 1 tablespoon + 1 teaspoons of Emulsified MCT Oil



### DAY 7

- 1 tablespoons of MCT Oil or
- 2 tablespoons of Emulsified MCT Oil

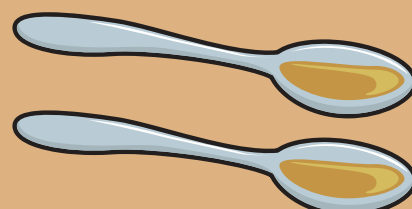


## MCT OIL FOR SEASONED USERS

Once you've built up to a full serving of MCT Oil, you should tolerate it pretty well.

### DAILY

- 1-2 tablespoons of MCT Oil or
- 2-3 tablespoons of Emulsified MCT Oil



Enjoy MCT Oil in your morning coffee or as a pre-workout energy shot!

