

Gelatin MCT

Nutrition Facts

1 servings per container

Serving size 1 cup (4 fl oz)(118ml)

Amount Per Serving

Calories

260

% Daily Value*

Total Fat 10g 13%

Saturated Fat 10g 50%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 23g 8%

Dietary Fiber <1g 1%

Total Sugars 20g

Includes 20g Added Sugars 40%

Protein 20g

Vitamin D 0mcg 0%

Calcium 65mg 4%

Iron 1mg 4%

Potassium 143mg 4%

Vitamin K 8mcg 6%

Phosphorus 27mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.