MCTprocal is a powdered medical food high in medium chain triglycerides (MCT) that provides the specific type of fat and energy you need.

What makes MCTprocal different?

- Convenient and easy to use
  - Pre-measured packets containing 10g MCT in powdered form
  - No mess — no need to measure or weigh out powder
  - Easy to use at home or on-the-go

- Mixes easily with most foods and beverages

- Minimal effect on taste, texture and volume

- Can be used in cooking and baking

1 packet (16g) = 105 calories, 10g MCT, 2g Protein, 3.3g Carbohydrate
MCTprocal is simple to add into the diet at any meal. It can easily be mixed into everyday suitable foods and drinks with minimal change in the taste or texture.

Mix one packet of MCTprocal to one serving of the following suggestions:

- Apple Sauce
- Milk
- Pudding
- Yogurt
- Coffee or Hot Chocolate
- Flavored or Plain Water

Use MCTprocal as directed by your dietitian or doctor.

For more MCTprocal recipe ideas visit www.VitafloUSA.com
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<th>Easy Meal Ideas</th>
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| **Yogurt Parfait**  
Mix one packet of MCTprocal with your favorite permitted yogurt and top with fruit or cereal. |
| **Breakfast Scramble**  
Pour egg whites into a bowl and season to taste. Add one packet of MCTprocal to the egg mixture and beat until combined. Cook eggs in a nonstick pan until fluffy. Also try adding your favorite veggies or cheese. |
| **Chicken or Tuna Salad**  
Mix one packet of MCTprocal with at least 2 tablespoons of plain yogurt or salad dressing. Combine mixture with cooked chicken or tuna and season to taste. Add to a vegetable salad or make a sandwich! |
| **Creamy Soup**  
Stir MCTprocal into your favorite warm soup. |
| **Pasta or Pizza Sauce**  
Mix one packet of MCTprocal with at least 2 tablespoons of permitted sauce. Use the sauce as a pasta topping, or to make your own pizza. |
| **Quesadilla Roll**  
Mix a few table spoons of refried beans with 1 tablespoon water and MCTprocal. Spread on a tortilla and top with cheese. Microwave to desired temperature, roll, and enjoy! |
| **Creamy Side Dishes**  
Add one packet of MCTprocal to a portion mashed potatoes, pasta, or rice. For mashed potatoes, simply stir in MCTprocal. For already cooked pasta or rice, add 1-2 tablespoons of water or milk and stir in MCTprocal. Season to taste. |