

Octacosanol

**8000 mcg, 60 capsules**

Item Catalog Number: 00104

Octacosanol is a natural substance believed to improve energy levels and endurance by sparing of muscle glycogen stores and increasing in the oxidative capacity and is, therefore, often used by athletes.101-104\* Unlike wheat germ oil concentrates and other products, which are sold as octacosanol, TwinLab® Octacosanol Plus is derived from spinach, a powerful natural source of octacosanol. Each capsule is standardized and contains other synergistic, long chain alcohols.

## References

## Supplement Facts

Serving Size 1 capsule

### Amount Per Serving

Octacosanol	8000 mcg
Triacontanol	11900 mcg
Hexacosanol	533 mcg
Tetracosanol	3080 mcg

## Dosage and Use

- One capsule daily is suggested.

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