



## Medium-Chain Triglycerides (MCT Oil)

**Medium-Chain Triglycerides (MCTs):** Extracted from coconut oil, MCTs have been shown to play an important functional role in the body. Very little MCT gets converted into body fat because MCTs are rapidly burned for energy. Studies indicate that MCTs will not increase serum cholesterol levels.

MCTs represent an exciting new frontier in health and nutrition promising a true "fatless fat." MCT benefits include:

- Fast energy - Converts to energy much faster than regular oils
- Less fat storage - Little gets stored in fat cells
- Helps stabilize brain waves
- Metabolized without bile - Gives gallbladder a rest
- Maintains LDL levels
- Lower caloric content (8.7 calories per gram)
- May increase HDL levels
- Improves absorption of Vitamin E, calcium, and magnesium

Unlike most other cooking oils, MCTs are extremely stable - they do not readily become oxidized. Removing the palmitic acid and other negative elements present in the coconut oil, the extraction separates the medium-chain fatty acids. The end product is concentrated in 8-carbon length caprylic acid and 10-carbon length capric acid in a blended ratio of approximately 2 to 1. Glycerin removed in the initial extraction is returned and used to esterify the MCTs. The result is Life Enhancement's MCT Oil.

**Suggested Use:** We recommend using MCTs as a supplemental oil, substituting it for some of the usual oil in your diet. It should not be used as a replacement for all the oils in your diet. Recommended use is 1-3 tablespoons per day.

Use MCTs as you would use butter, mixed with maltodextrin products such as Butter Buds®, to bring out a superior butter taste. Use MCTs on your toast, salad, for sautéing, or as a topping for entrées - let your imagination run wild! Because MCTs have a low boiling point, they should not be used for frying (which is not a beneficial cooking technique anyway).

**Ingredients:** Medium-chain triglycerides from coconut oil and glycerine.

Serving size: 1 Teaspoon (4.6 g) Servings per container: 95		
	Amount Per Serving	% Daily Value*
Calories	40	
Calories from saturated fat	40	
Total Fat	4.6 g	6
Saturated fat	4.6 g	20

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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