

# MCT Oil & MCT Powder

Helps to increase ketone production\*<sup>†</sup>



## What Is a Ketogenic Diet?

Low in carbs with moderate protein and high in fat, a ketogenic diet prompts the body to burn fat for energy rather than glucose, which leads to the production of ketone bodies—molecules that can be used as a source of fuel. A typical ketogenic diet consists of ~70% fat, 20% protein, and 10% carbohydrates. Though this can vary slightly depending on the individual, this diet is specifically designed to induce nutritional ketosis. Ketosis is a metabolic state in which the body shifts toward the use of fat (both from fat stores and from the diet) as the primary fuel source and moves away from the use of glucose as the source of fuel. Increased ketones and the ketogenic diet can provide numerous health benefits.\*

## Why Metagenics MCT Oil and MCT Powder?

High-quality formulas featuring medium-chain triglycerides (MCT) can help increase ketone production<sup>†</sup> as well as encourage several other positive effects:\*

- May aid reductions in body weight and body fat (when supplemented at multiple meals during the day)\*<sup>††</sup>
- May temporarily increase satiety and reduce food intake\*
- May help support cognitive health and certain cognitive processes\*
- Preclinical research suggests that MCT may benefit mitochondrial function\*
- Clinical studies with high-potency MCT focus on a combination of C8 and C10<sup>1-4</sup>

\*Medium-chain triglyceride supplementation may temporarily increase ketone production compared to common long-chain fats.

<sup>††</sup>Use as part of a program of diet and exercise.

## A Choice in MCT Formulas

### MCT Oil

MCT Oil is a flavorless, odorless dietary supplement and easy to add to daily meals:

- Delivers 10 g of MCT per serving
- Concentrated to 90% C8 + C10 fatty acids
- Add to a salad, mix into a smoothie, or take alone for 10 g of fat
- Available in a 32-oz. bottle

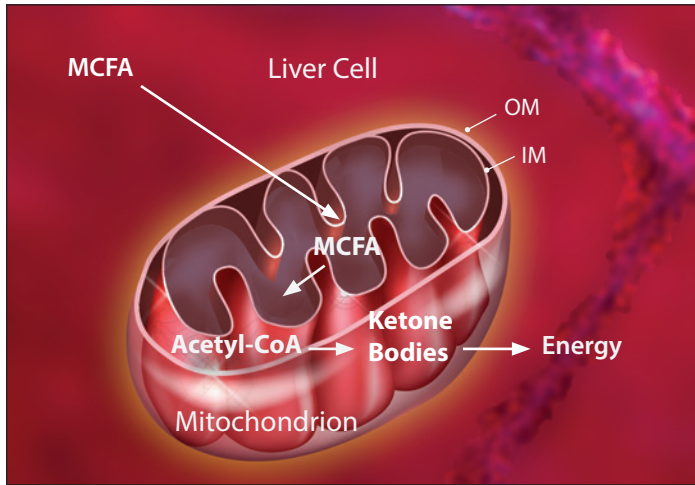
### MCT Powder

MCT Powder provides the benefits of MCT in a convenient, powdered option:

- Delivers 10 g of MCT per serving (contains MCT oil concentrated to 90% C8 + C10 fatty acids)
- As a dietary supplement, MCT Powder can be added to hot or cold beverages or mixed in baking recipes for ease of use
- Available in a 50-serving pouch

## Clinical Rationale

### How do medium-chain fatty acids increase ketone bodies?



Medium-chain fatty acids can freely cross the inner mitochondrial membrane (compared with other types of fatty acids, which can enter in a more regulated manner). This more rapid absorption into the inner mitochondrial space quickly increases acetyl-CoA and ketone formation.<sup>5</sup>

MCFA=medium-chain fatty acids; OM=outer membrane; IM=inner membrane

#### References:

1. Mumme K, Stonehouse W. *J Acad Nutr Diet*. 2015, 115(2):249-63.
2. Ota M, et al. *Psychopharmacology*, 2016.
3. Courchesne-Loyer, et al. *Nutrition*, 2013;29 (4):635-40.
4. St-Onge MP, et al. *Obesity Research*, 2003, 11(3).
5. Bach AC, Babyan VK. Medium-chain triglycerides: an update. *Am J Clin Nutr*. 1982 Nov;36(5):950-62.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



## MCT Oil

**Servings Per Container:** About 90

**Serving Size:** About 2¼ Teaspoons (10.6 mL)

Calories .....	90
Calories from Fat .....	90
<b>Total Fat</b> .....	10 g
Saturated Fat .....	10 g
<b>Medium-Chain Triglycerides</b> .....	10 g
(containing 90% caprylic+capric acid triglycerides)	

**Directions:** Take 2-3 servings per day or as recommended by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

## MCT Powder

**Servings Per Container:** About 50

**Serving Size:** 1 Heaping Tablespoon

Calories .....	90
Calories from Fat .....	90
<b>Total Fat</b> .....	10 g
Saturated Fat .....	10 g
<b>Medium-Chain Triglycerides</b> .....	10 g
(containing 90% caprylic+capric acid triglycerides)	

**Ingredients:** Medium-chain triglycerides, nonfat dry milk (milk), disodium phosphate, silica.  
**Contains: Milk.**

**Directions:** Take 2-3 servings per day or as recommended by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Warning:** Not to be taken if pregnant or nursing. Keep out of reach of children.

## Complementary Products

- Ketogenic Shake
- Ketogenic Soup

Delicious and convenient ways to get 14 g of fat, 20 g of protein, and 5 g of carbs per serving for those committed to a ketogenic lifestyle.

☞ Talk to your healthcare practitioner today about **MCT Oil** or **MCT Powder** or visit [Metagenics.com](http://Metagenics.com) for more information.