

MCT Oil

Medium-Chain Triglycerides



Therapeutic Solutions

MCT Oil contains medium-chain triglycerides (MCTs) which are a special type of fatty acids which are metabolized more fully for energy in the body. Normal fats and oils contain long-chain fatty acids (LCTs). When compared to these fatty acids, MCTs are much shorter in length thus resembling carbohydrates more than fat. As a result, they are more quickly absorbed by the body and metabolized as fuel.* Because of this quick metabolism, the calories in MCTs are efficiently converted into fuel for immediate use in the mitochondria, instead of being stored as fat.*

MCTs have been shown to enhance thermogenesis (heat production) in the body, thereby promoting the burning of fat.* MCTs contain fewer calories than LCTs, are metabolized quicker and actually contribute to an enhanced metabolism to burn even more calories!*

MCT Oil can also be used as a substitute for conventional oils in salad dressings, sauces or cooking as a source of beneficial fatty acids. It is not recommended for use in frying due to its low boiling point.

MCT Oil may cause a mild laxative effect.

One Tablespoon Contains:

Calories	100
Calories from fat	100
Total Fat.....	14 g
Saturated Fat.....	14 g
Trans Fat.....	0 g
Polyunsaturated Fat.....	0 g
Monounsaturated Fat.....	0 g
Typically providing:	
Caprylic Acid.....	8 g
Capric Acid	6 g

Other Ingredients: 100% USP (United States Pharmacopeia) Compliant MCT Oil (from coconut oil)

Contains: Tree nuts (coconut)

Free of: Milk, eggs, fish, shellfish, peanuts, wheat, soy.

Directions: Take one tablespoon one to two times daily or as directed by your healthcare practitioner.

Optimum Therapeutic Solutions
6420 N. McArthur Blvd | Suite 100
Irving, TX 75039 | 972.893.6068

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