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MCT OIL

100% USP Pharmaceutical Grade

Medium-chain triglycerides (MCTs) are unique, easily digestible, plant-based fats. Most fats and oils in the Western diet consist of long-chain triglycerides (LCTs), which, in excess, are stored as fat. Compared to LCTs, MCTs are smaller and more easily digested by the body. MCTs are transported directly to the liver where they are quickly metabolized to energy. Thus, they are *absorbed quickly and rapidly used as fuel*.

Discussion

Rapid energy and enhanced metabolism

Studies indicate MCTs encourage increased energy expenditure, while simultaneously decreasing fat storages and preserving lean muscle. Individuals on weight loss programs, athletes, bodybuilders, and those on low carbohydrate diets favor MCTs as an efficient source of easily absorbed, rapidly utilized energy. Numerous studies suggest that substituting MCT oil for other fats in a healthy diet may aid weight loss and healthy body composition. Additionally, MCTs are helpful for individuals with malabsorption issues and difficulties utilizing LCTs.

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

To learn more about the health benefits of MCT Oil, please visit our website at www.mctLean.com. MCT Oil may cause a mild laxative effect, but with continued use, your body should adjust to this. Start with lower doses and increase your tolerance.

MCT Lean MCT Oil does NOT contain: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, artificial colors, sweeteners, or preservatives.



MCTFOODS

Distributed by:
MCT Foods, LLC
1847 Oak Street
Northfield, IL 60093

Orders may be
placed at
www.mctLean.com

Clinical Applications

- Burns fat - enhances thermogenesis (heat production) in the body
- Increases energy and maximizes athletic endurance
- Supports brain health through ketone creation
- Preserves muscle
- Helps reduce appetite
- Promotes weight loss
- Enhances absorption of vitamin E, magnesium, calcium, and amino acids
- Supports ketogenic diets
- Pharmaceutical Grade USP/
Food Grade NF
- Certified Kosher



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Supplement Facts

Serving Size: 1 tablespoon (15ml)
Servings Per Container: 32

	Amount	% Daily Value
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%
Saturated Fat	14 g	70%
Trans Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	0 g	**
Typically providing:		
Caprylic Acid	8 g	**
Capric Acid	6 g	**

* Percentage Daily Value based on a 2,000 calorie diet
** Daily Value not established

Directions

Take one tablespoon (15-30 ml) one to two times daily or as directed by your healthcare practitioner. Do not exceed 3 tablespoons per day.

Ingredients: 100% USP (United States Pharmacopeia) Verified and Kosher MCT Oil.

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References

1. Krotkiewski M. *Value of VLCD supplementation with medium chain triglycerides.* Int J Obes Relat Metab Disord. 2001 Sep;25(9):1393-400.
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3. Tsuji H, Kasai M, Takeuchi H, Nakamura M, Okazaki M, Kondo K. *Dietary medium-chain triacylglycerols suppress accumulation of body fat in a double-blind, controlled trial in healthy men and women.* J Nutr. 2001 Nov;131(11):2853-9.
4. Stubbs RJ, Harbron CG. *Covert manipulation of the ratio of medium- to long-chain triglycerides in isoenergetically dense diets: effect on food intake in ad libitum feeding men.* Int J Obes Relat Metab Disord 1996 May;20(5):435-44.
5. Nosaka N, Suzuki Y, Nagatoishi A, Kasai M, Wu J, Taguchi M. *Effect of ingestion of medium-chain triacylglycerols on moderate and high-intensity exercise in recreational athletes.* J Nutr Sci Vitaminol (Tokyo). 2009 Apr;55(2):120-5.
6. Ooyama K, Wu J, Nosaka N, Aoyama T, Kasai M. *Combined intervention of medium-chain triacylglycerol diet and exercise reduces body fat mass and enhances energy expenditure in rats.* J Nutr Sci Vitaminol (Tokyo). 2008 Apr;54(2):136-41

* 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.