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.

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

<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>100</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
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<td>Saturated Fat</td>
<td>14 g</td>
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<tr>
<td>Trans Fat</td>
<td>0 g</td>
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<tr>
<td>Polyunsaturated Fat</td>
<td>0 g</td>
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<tr>
<td>Monounsaturated Fat</td>
<td>0 g</td>
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<tr>
<td>Typically providing:</td>
<td></td>
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<tr>
<td>Caprylic Acid</td>
<td>8 g</td>
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<tr>
<td>Capric Acid</td>
<td>6 g</td>
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* 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.

References

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

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

* 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.