

## MCT Oil

Pure Medium-Chain Triglycerides for Supporting Health and Well-Being\*

### MCT Oil Supplementation

MCT Oil provides a high proportion of capric acid (C10) and caprylic acid (C8) from pure coconut—nature's richest source of medium-chain triglycerides (MCTs). However, coconut is predominantly rich in lauric acid (C12), which may not be as beneficial as capric acid and caprylic acid.<sup>1</sup> As such, consuming coconut oil is not the same as consuming NutriDyn MCT Oil, which is made through proprietary processes to yield an oil that contains over 12 grams combined of capric acid and caprylic acid in each serving (providing 14 grams of total fat).

Regular consumption of MCT Oil may have a variety of health benefits, including:

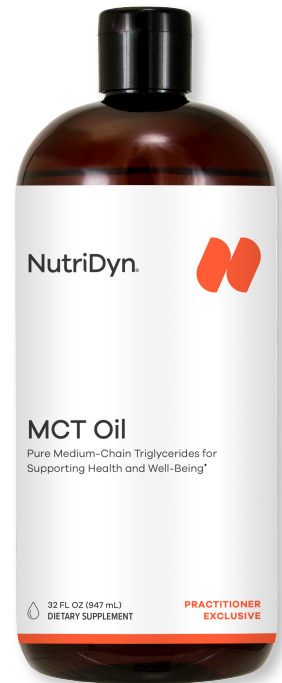
- Supports healthy cardiovascular function\*
- Supports healthy gastrointestinal integrity\*
- Promotes skin vitality\*
- Cognitive support\*
- Promotes ketone body production (in conjunction with a very-low-carb diet)\*
- Easy to digest and add to almost any food or liquid

### How MCT Oil Works

MCTs are a special class of triglycerides (fats) containing between 6-12 carbons in their fatty acid chain structure. While most dietary fats are long-chain triglycerides, which are digested and absorbed through the lymphatic system, MCTs are rapidly absorbed through the portal system and readily oxidized.

Thus, MCTs serve as an efficient energy source for the body. Many individuals on low-carb diets (like the ketogenic diet) will use MCT oil throughout the day to help support their energy levels, cognitive function, and ketone body production.\*

Moreover, research suggests that regular consumption of MCTs, particularly capric acid and caprylic acid, may have a multitude of benefits throughout the body, specifically for supporting gastrointestinal integrity, cardiovascular function, skin health, metabolic function, and more.\*<sup>2,3</sup>



# Supplement Facts

Serving Size: About 1 Tablespoon (15 mL)

Servings Per Container: 63

	Amount	%DV*
Calories	130	
Total Fat	14 g	18%*
Saturated Fat	14 g	70%*
Medium Chain Triglycerides	14 g	**
Caprylic Acid (C8)	7.5 g	**
Capric Acid (C10)	3.5 g	**

**Ingredients:** Liquid coconut oil.

**Contains:** Coconut.

**Directions:** Take 1-2 servings per day or as recommended by your healthcare practitioner.

**Warning:** Do not use if pregnant or nursing. Keep out of reach of children.

**Caution:** Excess intake may cause increased gastrointestinal issues including diarrhea, nausea and excess gas.

## References:

1. Dayrit, F. M. (2015). The properties of lauric acid and their significance in coconut oil. *Journal of the American Oil Chemists' Society*, 92(1), 1-15.
2. Salian, V., & Shetty, P. (2018). Coconut Oil and Virgin Coconut Oil: An Insight into its Oral and Overall Health Benefits. *Journal of Clinical & Diagnostic Research*, 12(1).
3. Kappally, S., Shirwaikar, A., & Shirwaikar, A. (2015). Coconut oil—a review of potential applications. *Hygeia JD Med*, 7, 34-41.

\* 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.

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