

Coconut MCT Oil

Science based MCT oil for energy and body weight management

Coconut MCT oil is a source of healthy fats 'medium chain triglycerides'. The shorter chain length of MCTs enable them to be rapidly broken down and absorbed into the body making them an excellent and healthy energy source. MCTs support management of weight and body composition and help boost energy.

Coconut MCT oil is vegan and non-GMO, providing 60% caprylic acid (C8) and 40% capric acid (C10), and is ideal for ketogenic and paleo diets. Easily add to your coffee, shakes, smoothies, salad dressings and meals!

ACTIVE INGREDIENTS

Nutrition Facts Valeur nutritive

Per 1 tbsp. (15 ml)

Par 1 cs. (15 ml)

Calories 130

% Daily Value*

% valeur quotidienne*

Fat / Lipides 14 g 19 %

Saturated / saturés 14 g

+ Trans / trans 0 g 70 %

Carbohydrate / Glucides 0 g 0 %

Fibres / Fibres 0 g

Sugars / Sucres 0 g

Protein / Protéines 0 g

Cholesterol / Cholestérol 0 mg

Sodium 0 mg 0 %

Potassium 0 mg 0 %

Calcium 0 mg 0 %

Iron / Fer 0 mg 0 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

MCTs per serving:

C8:0 · Caprylic acid (60%) 8.4 g

C10:0 · Capric acid (40%) 5.6 g

MCTs par portion:

C8:0 · Acide caprylique (60%) 8.4 g

C10:0 · Acide caprique (40%) 5.6 g

Ingredient: Coconut oil MCT.

Contains no: Gluten, soy, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavour or colour, starch, or sugar.

This product is non-GMO.

Coconut MCT Oil contains 500 ml per bottle.

DIRECTIONS FOR USE

Coffee · Dressing · Shake · Cooking.

Keep in a cool and dry place.

INDICATIONS

Coconut MCT oil can be used:

- For maintaining healthy body weight.
- To promote optimal metabolism.

CAUTIONS AND WARNINGS

Do not use if seal is broken.

PURITY, CLEANLINESS, AND STABILITY

All ingredients listed for each product lot number of **Coconut MCT Oil** have been tested by an ISO 17025-accredited third-party laboratory for identity, potency, and purity.



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MEDIUM-CHAIN TRIGLYCERIDES

Structure and Metabolism

Due to their smaller structural size compared to long-chain fatty acids, MCTs' solubility is 100× that of long-chain fatty acids, they are more easily solubilized, and they do not require lipoprotein formation for absorption and transportation. Instead, MCTs are quickly absorbed and transported via portal circulation direct to the liver, rendering MCTs rapidly available for oxidation and use in energy production, rather than adipose tissue deposition.^[1, 2] MCTs also do not require carnitine for transport into mitochondria,^[3] and have been shown to increase β oxidation, energy expenditure, and thermogenesis,^[4] allowing for fat stores to be mobilized more readily for energy production.^[3] It is for these physiological reasons that MCTs have historically been and continue to be used in total parenteral nutrition (TPN) regimens in acute care.

Energy Production, Weight Management, and Athletic Performance

By increasing the use of fat as a substrate for energy production in exercise, MCTs allow for the body to retain carbohydrates and glycogen stores for longer periods of time, delay the onset of or spare protein use for energy, and even promote protein synthesis.^[4] This theory has been applied through the usage and suggestion of MCT supplementation in athletes, particularly endurance athletes, as well as in cases of impaired glucose metabolism or insulin sensitivity such as type 2 diabetes.^[5] While no ergogenic benefit has been proven in the literature, MCTs may prolong the onset of fatigue and reduce recovery time from extended or strenuous exercise in this manner. Further, some studies suggest that MCTs may also play a

role in promoting healthy immune function via modulation of neutrophil adhesion and migration, as well as phagocytosis and inflammation.^[3] Enhancement of these processes may play a role in athletic recovery and endurance. Due to ketone formation, a by-product of fat metabolism for energy which is used by the brain for energy, MCTs may also act as an appetite suppressant, which, in concert with increased thermogenesis and energy expenditure as well as increased fat mobilization, forms an excellent case for MCT application in obesity and weight management.^[4]

REFERENCES

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2. Benardot, D. *Advanced Sports Nutrition*. Champaign, IL, USA: Human Kinetics, 2006, 424 p. (here p. 23–24).
3. Wanten, G.J. and A.H. Naber. "Cellular and physiological effects of medium-chain triglycerides." *Mini Reviews in Medicinal Chemistry* Vol. 4, No. 8 (2004): 847–857.
4. Krotkiewski, M. "Value of VLCD supplementation with medium chain triglycerides." *International Journal of Obesity and Related Metabolic Disorders* Vol. 25, No. 9 (2001): 1393–1400.
5. Mingrone, G. "Use of dicarboxylic acids in type 2 diabetes." *British Journal of Clinical Pharmacology* Vol. 75, No.3 (2013): 671–676.