

# MCT Oil & MCT Powder

## To help in weight management



### What Is a Ketogenic Diet?

Low in carbs with moderate protein and high in fat, a ketogenic diet prompts the body to burn fat for energy rather than glucose, which leads to the production of ketone bodies—molecules that can be used as a source of fuel. A typical ketogenic diet consists of ~70% fat, 20% protein, and 10% carbohydrates. Increased ketones and the ketogenic diet can provide numerous health benefits.

### Why Metagenics MCT Oil and MCT Powder?

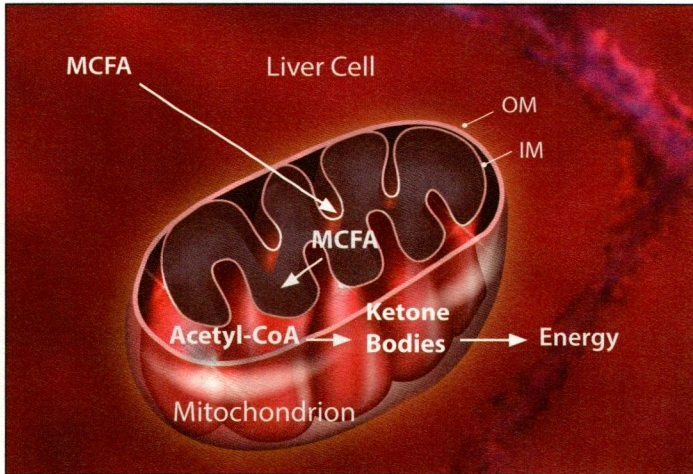
High-quality formulas featuring medium-chain triglycerides (MCT) can help increase energy production as well as encourage several other positive effects:

- May aid in weight management
- MCT Oil is a flavorless, odorless dietary supplement and easy to add to daily meals
- Delivers 10 g of MCT per serving
- Concentrated to 90% C8 + C10 fatty acids
- MCT Powder can be added to hot or cold beverages or mixed in baking recipes for ease of use



## Clinical Rationale

### How do medium-chain fatty acids increase ketone bodies?



Medium-chain fatty acids can freely cross the inner mitochondrial membrane (compared with other types of fatty acids, which can enter in a more regulated manner). This more rapid absorption into the inner mitochondrial space quickly increases acetyl-CoA and ketone body formation.<sup>5</sup>

MCFA=medium-chain fatty acids; OM=outer membrane; IM=inner membrane

## MCT Oil

**Servings Per Container:** About 90

**Serving Size:** About 1 tablespoon (10.6 mL)

### Information per Serving:

One Serving (1 Tablespoon).....	16 mL
Serving per Container .....	59
Calories .....	135
Fat.....	15 g

### Medicinal Ingredients:

Medium-Chain Triglyceride.....	10 g
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**Caution:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use if perma seal is missing.

**This product is non-GMO, gluten free, and vegetarian.**

## MCT Powder

**Servings Per Container:** About 33

**Serving Size:** 3 scoops (22.5 g)

### Information per Serving:

One Serving (3 scoops).....	22.5 g
Serving per Container .....	33
Calories .....	160
Fat.....	15 g
Carbohydrates .....	3 g
Sugars.....	3 g
Protein.....	2 g
Sodium.....	130 g

### Medicinal Ingredients:

Medium-Chain Triglyceride .....	10 g
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**Non-Medicinal Ingredients:** Non-fat dry milk, disodium phosphate, and silica.

**Cautions:** Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding. Do not use if package is torn or open.

**This product is non-GMO and gluten free.**

## Complementary Products

- Keto Shake
- Meta Soup

Delicious and convenient ways to get 14 g of fat, 20 g of protein, and 5 g of carbs per serving for those committed to a ketogenic lifestyle.

➤ Talk to your healthcare practitioner today about **MCT Oil** or **MCT Powder** or visit [Metagenicscanada.com](http://Metagenicscanada.com) for more information.

