



# MCT Oil



## The Flora Advantage

- 1 serving (15 mL) of Flora Organic MCT Oil contains 14 g of fat, including 7.5 g of caprylic acid and 4.8 g of capric acid
- Source of medium chain triglycerides
- 100% from sustainably sourced, non-GMO coconuts
- Certified organic
- Vegan, gluten-free, keto friendly
- Produced by solvent-free, cold fractionation from coconut oil
- Supports brain and muscle energy without raising blood sugar\*

## Description

**Flora Organic MCT Oil** is ethically and sustainably sourced from Indonesia and the Philippines. It is made exclusively from organic coconut oil by a cold fractionation process that separates the different types of fat in order to extract out specific, true medium chain triglycerides.

Our MCT Oil is primarily made up of caprylic and capric acid. These are known as C8 and C10 medium chain fatty acids (C for the number of carbon atoms they have). These fats are easily absorbed and burned for fuel in the liver rather than stored as fat in the body. As they are metabolized, MCTs break down into ketones which the body and brain can use as an alternate fuel source to glucose for sustained energy.\*

Coconut oil is primarily lauric acid (C12). While technically still an MCT, it seems to be absorbed more slowly and produces a lower peak of ketone bodies than the C8 and 10 MCTs due to its longer carbon chain.<sup>1</sup>

## Available as:

Blend	Size	Code	UPC
Flora MCT Oil	8.5 oz.	67956	0 61998 67956 2
Flora MCT Oil	17 oz.	67958	0 61998 67958 6





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## Research

Medium chain triglycerides (MCTs) are a type of fat that the body can readily use as a fuel source. They are burned for energy (metabolized to ketones) more readily than other types of fatty acids. As such they aren't stored as fat as much as other fatty acids either. Depending on the duration and intensity, the body will switch between carbohydrate/glucose sourced fuel and fat as fuel. Generally, long duration, low-intensity exercise (like jogging from 20 minutes to several hours) sees the body switch from carbohydrate to more fat sources of fuel.<sup>2</sup>

Research into MCTs health benefits has focused on changes to metabolism and fat mass as well as cognitive benefits in seniors. Several small studies found a short-term increase in energy metabolism/calorie burning after seven days of consuming MCTs as 36-40% of dietary calories.<sup>3,4</sup>

A longer, 27-day study found that MCTs increased energy expenditure and fat burning when replacing other fats in the diet and so may help prevent long-term weight gain.<sup>5</sup>

Two studies have found that MCTs can enhance cognitive function for seniors with mild to moderate impairments. These were placebo-controlled trials with cognitive function measured using the Alzheimer's Disease Assessment Scale-Cognitive Subscale (ADAS-cog). The longer of the two trials went for 90 days and used 20g of MCTs per day.<sup>6,7</sup>

\*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.

**For retailer use only. Not intended for distribution to consumers.**

## MCT Oil

Each serving contains:

Supplement Facts	
Serving Size 1 Tbsp. (15 mL)	
Servings Per Container about 33	
Amount Per Serving	% Daily Value
Calories 120	
Total Fat 14 g	18%*
Saturated Fat 13 g	63%*
Medium Chain Triglycerides 14 g	
Caprylic acid (C8)	7.5 g
Capric acid (C10)	4.8 g
* Percent Daily Value based on a 2,000 calorie diet.	
† Daily Value not established.	

**INGREDIENTS:**  
Organic medium chain triglycerides coconut oil.

**SUGGESTED USE:**  
Shake well before using.  
Take 1 tablespoon once daily with food.  
Blend with coffee, smoothies, and salad dressings. Store at room temperature.

- McCarty MF, DiNicolantonio JJ Lauric acid-rich medium-chain triglycerides can substitute for other oils in cooking applications and may have limited pathogenicity *Open Heart* 2016;3:e000467.
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- Papamandjaris AA, et al. Components of total energy expenditure in healthy young women are not affected after 14 days of feeding with medium-versus long-chain triglycerides. *Obes Res.* 1999 May;7(3):273-80.
- White MD, et al. Enhanced postprandial energy expenditure with medium-chain fatty acid feeding is attenuated after 14 d in premenopausal women. *Am J Clin Nutr.* 1999 May;69(5):883-9.
- St-Onge MP, et al. Medium- versus long-chain triglycerides for 27 days increases fat oxidation and energy expenditure without resulting in changes in body composition in overweight women. *Int J Obes Relat Metab Disord.* 2003 Jan;27(1):95-102.
- Reger MA, et al. Effects of beta-hydroxybutyrate on cognition in memory-impaired adults. *Neurobiol Aging.* (2004).
- Henderson ST, et al. Study of the ketogenic agent AC-1202 in mild to moderate Alzheimer's disease: a randomized, double-blind, placebo-controlled, multicenter trial. *Nutr Metab (Lond).* (2009).

