

Primary brand name: **100% MCT Oil with Caramel Flavour**

Product status

Liquid Oil.

Category

MCT Oil

Product description & uses

This information is EFSA approved or legal and can be used on website copy and marketing materials for this product.

MCT oil is believed to be metabolised more easily by the body than standard coconut oil, due to the removal of long chain fatty acids. MCT oils are rapidly absorbed and are thought to provide a useful energy source.

Nutritional information

	Per 100ml	Per 15ml
Energy	3427kJ/819 kcal	551kJ/123 kcal
Fat	91g	14g
of which:		
Saturates	91g	14g
Carbohydrates	0g	0g
of which:		
Sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Ingredients

MCT Oil (from Coconut Oil), Natural Flavouring.

Form and pack size

Liquid Oil
Pack size: 500ml

Dosage instructions

Add 1 tablespoon to coffee, shakes or smoothies.

Age restriction

None.

Packaging

500ml amber rPET bottle.

EFSA approved claims

None.

Selling points

- Natures Aid® MCT oil is 100% MCT oil made in the UK to GMP standards.

Shelf life

24 months from date of manufacture.

Allergy information

Vegetarian & Vegan.

No artificial colours or flavours.

Contains no: GM, dairy, lactose, gluten, wheat, yeast, soya, salt and sugar.

Contra-indications / precautions

None reported.

Safety information

Pregnancy - **Yes** | Breast Feeding - **Yes** | Warfarin - **Yes** | Diabetes - **Yes** | HRT - **Yes**

Possible link sales

Green Tea • 3-In-1

Additional information

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MCT oil is often used as a part of ketogenic diets. It is said to encourage the use of fat for energy and support a healthy metabolism. Many people believe it will also help promote muscle growth.

1. Studies have shown that men will burn up to 460 extra calories when taking MCT oil. Whilst women stand to burn an extra 190.
2. The Journal of Obesity and Research reported in 2013 that men who took MCT oil every day lost more body fat, due to increased energy production.
3. The Journal of Nutraceuticals and Functional Foods reported that MCT's can help prevent metabolic syndrome and high cholesterol.
4. The Journal of Neurobiology of Aging found that MCT oils helped with memory problems including Alzheimer's.
5. The Journal of Nutrition reported that dietary medium-chain triglycerides suppress accumulation of body fat in healthy men and women.