

MCT OIL

MCT oil- Medium Chain Triglycerides are fats present in many foods. The most abundant source of MCT is coconut oil it contains over 60% of MCT.

All Triglycerides are made up of Glycerol molecule and 3 fatty acids. MCT oil has chains containing 6-12 Carbon atoms.

Main MCT are: C6 Caproic Acid, C8 Caprilic Acid, C10 Capric Acid and C12 Lauric Acid.

The most beneficial are "Capra Fatty Acids which contain C6 C8 and C10 and are according to many experts true MCT. Fatty Acid containing 12 carbon atoms are too long to qualify as a MCT.

MCT because of their short chain structure are quickly broken down and absorbed by the body and used as a fast energy source. MCT are transformed in the liver into Ketones, and are able to cross Brain Blood Barrier and provide an alternative to Glucose energy source for the brain and muscles. Calories from MCT are used more effectively for energy production than calories from Glucose, that's why they are less likely to turn into Adipose Tissue (fat). The most important fact about MCT is their short chain structure, they can be rapidly broken down and assimilated by the body. Caprilic Acid C8 and Capric Acid C10, are faster converted into Ketones and used as a Mitochondria energy source.

Acuintegra MCT oil is a combination of Caprilic and Capric acids, true Medium Chain Triglycerides.

MCT oil health benefits:

- > Support atherosclerosis prevention and healthy lipids metabolism
- > Support healthy Immune enhancement
- > Increase energy levels and endurance (rapid formation of ketone bodies)
- > Support lean body mass

References

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