

## MCT oil C8/C10

### Description

Product number B094 - 500 ml GMO Free

Medium chain triglycerides (MCTs) are triglycerides that are made up of medium-chain length, unsaturated fatty acids with 6-12 carbon atoms (C6-C12). The MCT oil in this product, however, consists of **pure MCTs** and contains the following fatty acids: 60% C8:0 caprylic acid and 40% C10:0 capric acid (the first number indicates the number of C (carbon) atoms and the last the number double bonds).

MCTs are readily hydrolyzed in the gut and the fatty acids are transported directly to the liver via the portal venous system, unlike long-chain fatty acids, which are incorporated into chylomicrons for transport through the lymphatic system or peripheral circulation. Medium-chain fatty acids do not require carnitine to cross the double mitochondrial membrane of the liver cell, quickly enter the mitochondria and undergo rapid beta oxidation, while most long-chain fatty acids in the hepatocyte are packaged in triglycerides. MCT oil is often used in a ketogenic diet.

This oil is very pure due to the carefully selected raw materials and a strictly controlled production process, and meets the Ph. EUR. 2.4.22 and GMP guidelines. This product is free of solvents and chemical additives, has a high stability against oxidation and is liquid at 0°C. At low temperatures, parts of the triglycerides can crystallize; however, this phenomenon is completely reversible. The oil is miscible in all proportions with natural oils, but not soluble in water and glycerol. This oil is suitable for a kosher, halal and vegan diet.

This product contains no animal ingredients and no raw materials originating from genetically modified organisms as defined in Directive 2001/18/EC. This product has not been used in (cosmetic) animal testing.

Ingredients per tablespoon (about 15 ml):

Medium chain triglycerides (MCT\*) approximately 14 grams

Caprylic Acid (C8) 60%

Capric acid (C10) 40%

Physiological calorific value = 8.2 kcal/g (34.3 kJ/g)

\*Triglyceride esters of caprylic and capric acid from coconut and palm kernel oil (endosperm of the palm fruit).

### Usage:

Adults take 1 tablespoon (15 ml) once daily with a meal, unless otherwise advised by an expert. It is recommended to gradually build up the dose and not take more than 15 ml of MCT oil at one time, with a maximum of 100 ml in a 24 hour period. An excessive intake of MCT oil can cause mild gastrointestinal complaints. Do not exceed recommended amount. Keep out of reach of children. A nutritional supplement is no substitute for a varied diet.