MCT Liquid
Medium Chain Triglycerides

DESCRIPTION
MCT Liquid, provided by Douglas Laboratories, supplies 100% structured lipids, in the form of medium chain triglycerides in a convenient liquid form.

FUNCTIONS
Medium-chain triglycerides (MCTs) are fats with a carbon chain length of 6 to 12 carbon atoms. Most fats that are consumed in the diet are long chain triglycerides (greater than 12 carbons) and are broken down in the intestine and then remade into a special form that can be transported in the blood. But MCTs are absorbed intact and taken to the liver, where they are used directly for energy. In this sense, they are processed very similarly to carbohydrates. Preliminary evidence indicates the MCTs may be useful fat substitute for individuals unable to digest fat. This includes people with fat-malabsorption and enzymatic insufficiency. Other studies indicate that a diet supplemented with medium chain triglycerides may reduce weight and body fat more than a diet supplemented with long chain triglycerides.

INDICATIONS
MCT Liquid may be a useful dietary supplement for individuals wishing to supplement their diet with medium chain triglycerides.

FORMULA (#7139)
Each tablespoon contains:
100% Structured Lipids as:
Medium Chain Triglycerides............................. 12 g
Supplying
Caprylic.............................................. approx. 8.4 g
Capric.................................................. approx. 3.6 g

SUGGESTED USE
Adults take ½ to 1 tablespoon daily with meals or as directed by physician.

SIDE EFFECTS
No adverse side effects reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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.

Manufactured by
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