

Health benefits of MCT oil



SUPPORTS HEALTHY BRAIN FUNCTION An incredible brain food, MCT oil can serve as an efficient source of fuel for your brain. An article that appeared in the American Journal of Alzheimer's Disease & Other Dementias found that consuming MCT oil regularly can support optimal cognitive functions, especially memory and learning.



SUPPORTS A HEALTHY DIGESTIVE SYSTEM MCT oil is much easier to digest and absorb than other types of fat. According to a study published in the Ghana Medical Journal, supplementing with MCT oil can also support a well-balanced gut flora and help you maintain healthy digestive function.



SUPPORTS HEALTHY ENERGY LEVELS According to a study published in the journal PLoS One, the healthy fats in MCT oil are an excellent source of fuel for mitochondria, your cells' powerhouses. Your body can quickly absorb these potent MCTs and convert them into instant energy to support endurance workouts.



SUPPORTS A SENSIBLE WEIGHT MANAGEMENT PLAN Because MCTs support healthy fat metabolism, MCT oil can help you achieve reasonable weight management goals when accompanied by regular exercise and a well-balanced diet.



SUPPORTS HEALTHY HEART FUNCTION Unlike many other oils, MCT oil contains healthy fats that help support a healthy heart. According to a study published in the journal Nutrition & Metabolism, MCT oil can support healthy cardiovascular function by helping you maintain healthy cholesterol levels that are already within the normal range.



SUPPORTS HEALTHY, GLOWING SKIN AND HAIR A great moisturizer, MCT oil contains healthy fats that can nourish your skin. It is also non-comedogenic, which means it won't clog your pores. Plus, MCT oil is easily absorbed by your skin and won't leave behind any greasy residue. As for hair health, high intake of healthy fats like MCTs can support healthy hair growth.



NATURALLY ELEVATES MOOD Regular consumption of healthy fats, such as those found in MCT oil, can support a positive mood. The next time you need a quick pick-me-up, try adding a tablespoon of MCT oil to your favorite beverage

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