

M.C.T. Capsules

Medium Chain Triglycerides

DESCRIPTION

MCT Softgels, provided by Douglas Laboratories, supplies 1000 mg of medium chain triglycerides per softgel.

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 medium chain triglycerides may reduce weight and body fat more than a diet supplemented with long chain triglycerides.

INDICATIONS

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

FORMULA (#81255)

Each softgel contains:

100% Structured Lipids as:

Medium Chain Triglycerides.....1,000 mg

SUGGESTED USE

Adults take 1 softgel daily or as directed by physician.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

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

REFERENCES

Craig GB, Darnell BE, Weinsier RL, et al. Decreased fat and nitrogen losses in patients with AIDS receiving medium-chain-triglyceride-enriched formula vs those receiving long-chain-triglyceride-containing formulas. *J Am Diet Assoc.* 1997;97:605–611.

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Krotkiewski M. Value of VLCD supplementation with medium chain triglycerides. *Int J Obes Relat Metab Disord.* 2001;25:1393–1400.

Tsuji H, Kasai M, Tsuji H, Kasai M, Takeuchi H, Nakamura M, Okazaki M, Kondo K. Dietary medium-chain triacylglycerols suppress accumulation of body fat in a double-blind, controlled trial in healthy men and women. *J Nutr* 2001 Nov;131(11):2853-9

Wanke CA, Pleskow D, Degirolami PC, et al. A medium chain triglyceride-based diet in patients with HIV and chronic diarrhea reduces diarrhea and malabsorption: a prospective, controlled trial. *Nutrition.* 1996;12:766–771.

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For more information on M.C.T. Capsules visit douglaslabs.com

† 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.

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Your patients trust you.**

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