

**M.C.T. Liquid**  
**Medium Chain Triglycerides**

**DESCRIPTION**

M.C.T. Liquid, provided by Douglas Laboratories, supplies 100% structured lipids, in the form of medium chain triglycerides in a convenient liquid form. Medium chain fatty acids are healthy fats that may support weight management as part of a healthy diet, or cognitive/memory support.†

**FUNCTIONS**

Medium-chain triglycerides (MCTs) are fatty acids that are found naturally occurring in coconut and palm oil. Most fats that are consumed in the diet are long chain triglycerides and are broken down in the intestine and then remade into a special form that can be transported in the blood. However, MCTs are absorbed intact and taken to the liver, where they are used directly for energy.

MCTs do not require bile salts for digestion and therefore may be a useful fat substitute for individuals that have trouble digesting long chain fats. Several small studies suggest that a diet supplemented with medium chain triglycerides may reduce weight and body fat more than a diet supplemented with long chain triglycerides.† Recent research has found favorable results with MCTs from coconut oil and cognitive performance.†

**INDICATIONS**

M.C.T. Liquid may be a useful dietary supplement for individuals wishing to supplement their diet with medium chain triglycerides for healthy fat consumption, cognitive support or weight management.

**FORMULA (#201767-8X)**

Serving Size 1 tablespoon (15 ml)  
 Servings Per Container Approx. 16  
 Calories .....95  
 Total fat .....14 g  
 100% Structured lipids  
 medium-chain triglyceride .....14 g  
 supplying:  
 Caprylic .....approx. 7.7 g  
 Capric.....approx. 6.2 g

\*MCT is derived from coconut oil and/or palm oil

**SUGGESTED USE**

Adults take 1 tablespoon daily with food or as directed by a healthcare professional.

**SIDE EFFECTS**

No adverse effects have been reported.

**STORAGE**

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

**REFERENCES**

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**For more information on M.C.T. Liquid, visit [douglaslabs.com](http://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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**You trust Douglas Laboratories.  
Your patients trust you.**