

# MCT Colada™

*Delicious-tasting, emulsified MCT oil*

MCT Colada™ provides medium-chain triglycerides (MCTs) in emulsified form with a creamy texture and a great-tasting natural pineapple/coconut flavor. This emulsification allows for unparalleled absorption, and it will completely disperse when mixed into any liquid. (It can also be added to shakes, smoothies or yogurt for a healthy fat boost.)

MCTs are unique forms of fat that are not digested and absorbed the same way as other fats, like those in beef, seafood, olive oil, or avocado. Owing to the unique biochemical properties of these special fats, MCTs are more readily burned for energy rather than being stored as body fat. Most dietary fats follow a relatively long path of digestion and absorption, but MCTs are absorbed easily across the wall of the small intestine into the bloodstream and then delivered straight to the liver where they can be metabolized. In essence, they act similar to a carbohydrate, but without the requirement of insulin. As a result, MCTs are more readily used as a source of energy, providing a quick boost.

## **Ketones**

In addition to burning MCTs directly, the body can convert these fats into ketones. Ketones are a fuel molecule that most of the body's cells can use for energy, but they are an especially important fuel for the brain. The body produces ketones naturally, such as when following a very low-carbohydrate ketogenic diet, but MCTs can raise the body's ketone level even in someone not adhering to a very low-carbohydrate intake, so the MCTs provided by MCT Colada™ may be a way to experience some of the beneficial effects of ketones while still consuming carbs. In certain instances where the brain and central nervous system's ability to use glucose is diminished, ketones have been shown to be an effective alternative fuel source.

## **Weight Management**

Compared to other fats, MCTs may help support a healthy weight loss regimen. These unique fats influence greater diet-induced thermogenesis – an increase in energy expenditure from the production of heat that occurs after eating. Diets rich in MCTs induce a greater thermic effect, which may offer a slight boost to metabolic rate when combined with a healthy diet and exercise.

**Recommended Use:** As a dietary supplement, take 11 grams (approx. 2 teaspoons) per day, or as directed by your health care practitioner. Can be taken alone or mixed in yogurt, juice, or other beverages.

**NOTE:** High doses may have a laxative effect (loose stools). Work with your health care practitioner in order to increase intake of MCT Colada™ slowly to allow the body to adjust to the ingestion of MCTs.

## **Highlights of MCT Colada™\*:**

- High-energy, rapidly available fuel
- Can be converted into ketones, a fuel for the body and brain
- May elevate ketone levels even when not following a low-carb ketogenic diet
- MCTs are more readily burned for energy rather than being stored as body fat
- Delicious pineapple/coconut flavor
- Made from coconut and palm oils
- Emulsified for quick absorption and easy mixing – may be taken by itself or mixed into liquids, yogurt or other foods and beverages
- Great for those who want the benefits of MCTs but who dislike the texture of coconut or MCT oils
- No artificial sweeteners; sweetened with the natural herb stevia



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**