

KTO-C8™ 100

Pure caprylic acid from coconut oil

KTO-C8™ 100 is a medium chain triglyceride (MCT) oil featuring 100% pure caprylic acid sourced from coconut oil. Each 1-Tbsp serving provides 14 grams of caprylic acid and is convenient for adding to coffee or tea, using in shakes and smoothies, or incorporating into recipes. Unlike coconut oil, KTO-C8™ 100 remains liquid at colder temperatures, making it easy to use in diverse applications.

Ketogenic diets have experienced a resurgence as a growing body of research supports their use for numerous health applications, including supporting athletic performance and healthy cognitive function. However, ketogenic diets require a very low carbohydrate intake along with high fat and moderate protein, with careful balance of electrolyte minerals. Some people may find it difficult to stick to a keto diet or simply prefer to consume more carbs. KTO-C8™ 100 may be used to support ketone production in ketogenic dieters as well as those on higher carb diets.*

Why MCTs and C8?

MCTs are special fats that the body readily converts into ketones, even when someone is not on a ketogenic diet. Ketones are an energy source that most cells and tissues in the body can use, but which are especially known for fueling the brain.* This may explain the mental clarity and sharp cognition many people report when adding MCT oil to their morning beverage.* MCTs are digested and absorbed differently than other fats. Owing to this unique metabolism, MCTs can elevate ketone levels without the need for carbohydrate restriction,* making KTO-C8™ 100 a potentially beneficial tool for individuals who enjoy the distinct effects of MCTs regardless of the diet they follow.

KTO-C8™ 100 may help support:*

- Ketone production without the need for carbohydrate restriction
- Healthy cognitive function and mental clarity
- Cellular energy generation
- Healthy body weight

“C8” is the scientific shorthand for caprylic acid, one type of medium chain fatty acid. C8 is metabolized in the brain more efficiently than other types of MCTs and may be more effective for raising ketone levels,* so C8 was chosen as the exclusive type of fat in this oil.

The unique properties of MCTs make them more easily used as an energy source, rather than being stored as body fat. When used to replace a portion of other dietary fat, consumption of modest amounts of MCT oil, such as that found in KTO-C8™ 100, may be beneficial as one part of a multifaceted strategy for healthy fat loss.

Recommended Use

Mix 15 mL (approx. one Tbsp) in 8-12 ounces of liquid per day, or as directed by your health care practitioner.

KTO-C8™ 100 can be added to coffee, tea, shakes or smoothies, or can be incorporated into homemade salad dressings and other condiments.

Note: It is recommended to introduce KTO-C8™ 100 into your diet slowly, gradually increasing the amount over time, as overconsumption may result in loose stools or GI upset in some individuals.



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.