

MEDIUM CHAIN TRIGLYCERIDE ANALYSIS

HOW ARE MCT'S RELATED TO CARBOHYDRATES?

- MCT's are fats with an unusual chemical structure that allows them to be absorbed intact and taken into the liver, where they are used directly for energy. In this sense, they are processed very similarly to carbohydrates.
- MCT's are different from the other fats that they can be used as fat substitutes by people who need calories, but are unable to absorb or metabolise normal fats.
- They are also popular amongst athletes as a carbohydrate sparer, providing energy for performance and promoting a lean-toned physique.

WHERE ARE MCT'S FOUND?

- Found in coconut oil, palm oil and butter (plus other fats), or they can be purified in supplements.

WHAT ARE THE BENEFITS OF MCT'S?

- Increased stamina.
- Increased RMR by up to 40%.
- Reduced appetite.
- Enhanced Human Growth Hormone release.