

MCT Powder

Healthy Transformation® MCT Powder features MCT oil concentrated to 90% C8 + C10 fatty acids—the most clinically studied combination.

MCT (medium-chain triglycerides):

- + Help increase ketone production*†1-4
- + May aid reductions in body weight and body fat (when supplemented at multiple meals during the day)*†15,6
- + May temporarily increase satiety and reduce food intake*3,4,7

MCT Powder is a flavorless, odorless dietary supplement that can be added to hot or cold beverages, food, or mixed in baking recipes.

Each serving provides:

- + 10 g MCT
- + 10 g Fat
- + Non-GMO
- + Gluten-free

*Medium-chain triglyceride supplementation may temporarily increase ketone production compared to common long-chain fats.

††Use as part of a program of diet and exercise.

References:

1. Courchesne-Loyer et al. *Nutrition* 2013;29(4):635-40.
2. Ota et al. *Psychopharmacol* 2016;233(21-22):3797-3802.
3. van Wymelbeke et al. *Am J Clin Nutr* 2001;74:620-630.
4. Krotkiewski. *Int J Obes* 2001;25:1393-1400.
5. Mumme & Stonehouse. *J Acad Nutr Diet* 2015;115(2):249-263.
6. St-Onge & Bosarge. *Am J Clin Nutr* 2008;87:621-626.
7. St-Onge et al. *Eur J Clin Nutr* 2014; 68(10):1134-1140.

*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.



Available in:

50-serving bag

- ➔ 800.898.6888
- ➔ MyHealthyTransformation.com

Healthy Transformation.
Medical Weight Management Support Program

MCT Powder



Supplement Facts

Serving Size 2 Scoops (15 g)

Servings Per Container 50

	Amount Per Serving	% Daily Value
Calories	100	
Calories from Fat	90	
Total Fat	10 g	15%*
Saturated Fat	10 g	50%*
Total Carbohydrate	2 g	<1%*
Sugars	2 g	**
Protein	1 g	
Sodium	88 mg	4%
Medium-Chain Triglycerides (containing 90% caprylic+ capric acid triglycerides)	10 g	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Medium-chain triglycerides, nonfat dry milk (milk), disodium phosphate, silica. **Contains: Milk.**