

# PalmFreeMCT™ oil

MEDIUM CHAIN TRIGLYCERIDES

100% PALM FREE



## Supporting ketosis and MORE

PalmFreeMCT™ is an oil product made from coconut fatty acids and is 100% neutral in smell, taste and color. The product comes in three different ratios of Caprylic (C8) and Capric (C10) fatty acids and is used for those wanting to replace their unsustainable palm-kernel-oil-based dilutant or to use it as functional health ingredient.

Three variations of MCT oil are offered in ratios of C8 & C10:

C8C10 = 6040

C8C10 = 7030

C8 >99

The **ketogenic diet** is sweeping across the continent and those who follow it are sure to know MCT oils. The fatty acids available in MCT oil - Capric and Caprylic acid - can be converted into Ketones by the liver. These ketones can act as glucose replacers inside the body and thereby help to get in a state called ketosis. A state of ketosis has been shown to help burn body fat, keep a sharp mind and create extra energy!

The use of MCTs without the Keto diet has been shown to decrease visceral fat during an isocaloric diet, making its fat-burning properties available for everybody. Including high-carb lovers.

## PalmfreeMCT™ - Boosting energy & fat burning

*Currently no EU health claims are allowed.*  
Original scientific papers are available freely upon request



PalmfreeMCT™ is available in bulk, Private Label bottled product as well as vegan soft gels. The product is Free from allergens and chemicals.

Guaranteed safety, quality and consistency by your trusted supplier Ketogenic Ingredients. Find out more at [ketogenicingredients.com](https://ketogenicingredients.com) or email us at [info@ketogenicingredients.com](mailto:info@ketogenicingredients.com)  
PalmfreeMCT™ is a trademark of Lus Health Ingredients, The Netherlands

## MCTs

THE BEST NATURAL  
KETONE BOOSTER



BURN  
FAT

In a 2012 study, subjects lost **17% visceral fat** using only 15g of MCT per day versus no loss when consuming long chain fatty acids.



CONVERSION  
TO KETONES

Within 1,5 hour the liver produces a peak of ketones in our blood. C8 seems most effective in this ketone production.



FEEL  
ENERGIZED

Once in ketosis, a shot of MCTs provide a boost of energy that gives the brain and body the power to perform!



BRAIN  
HEALTH

The evidence of Alzheimer's as a metabolic disease is growing. Glucose delivery into the brain may be insufficient. Ketones pass the blood-brain barrier and can supply the needed energy.



**Ketogenic**  
INGREDIENTS

*We make Keto fun, easy and delicious! Convenience is high on our priority list.*