**MCT OIL**

Medium chain triglycerides (MCTs) are naturally occurring fats in coconut and palm kernel oils. They are easily absorbed and metabolized for use in various functions in the body. The key benefit of MCTs is that they aid in signalling your body to start the process of using fat as energy rather than for storage. MCT Oil is the perfect addition to a Ketogenic lifestyle and a great way to add healthy fats into your diet. All-new ALLMAX MCT Oil is derived from 100% Coconut Oil with a 60:40 blend of C8 (Caprylic Acid) and C10 (Capric Acid).

* Helps sustain energy
* Supports body fat reduction
* Boosts metabolism

The popular Ketogenic diet is about keeping the body in a state of ketosis. This is where the body flips the switch and starts using fatty acids as the main source of energy instead of carbs. In simple terms, the Keto diet is all about high fat and very low carbs. However, it is very important to be consuming the right kind of fatty acids if you want to kick yourself into ketosis and shed fat quickly.

Although short and long chain fatty acids are ok, they are digested by the stomach so the body can’t utilize them effectively. Medium chain triglycerides such as C8 and C10, strike the perfect balance and are not processed through the digestive system. They instead go straight to the liver and are broken down into ketones and released into the bloodstream. Ketones are produced by the body when it’s burning fat for fuel. The more ketones, the more fuel, the more fat that is burned!

C8 and C10 are shown to be the easiest and fastest MCTs for the body to absorb and process into energy. C8 is widely known as the best and fastest absorbing medium chain triglyceride for an instant clean energy boost.

For those who do not subscribe to the Keto diet and instead prefer carb cycling, MCT oil is still a great way to cheat the system. The body processes carbs into glucose for energy which spike your blood sugars. By supplementing with MCT oil on your refeed day, you can trick the body into continuing to use ketones instead of glucose (carbs) for energy. What does this mean for you? Simple. No blood sugar spike and no starting the perilous cycle of carb-centric food cravings that can mess up your diet.

For hard training athletes and those who need extra energy without the carbs, ALLMAX MCT Oil is the perfect addition to your supplement arsenal. With absolutely no additives or extra ingredients, you get 14.6 g of MCTs per serving with zero carbs or sugar!

**FAQ**

**How do I take MCT Oil?**

*Shake well before use. Take 1 Tablespoon (15 mL) of MCT Oil Daily. Mix into coffee, smoothies or even add to salads.*

**What is MCT Oil?**

*MCT oil are Medium chain triglycerides that are naturally occurring fats in coconut and palm kernel oils. Allmax MCT oil is derived specifically from Coconut Oil.*

**Can I stack MCT Oil with other ALLMAX products?**

*Allmax carries several products both keto and low carb friendly that stack well with MCT oil throughout the day such as Ketocuts, L-Carnitine, Omega 3 and Isoflex.*

