



## Sponser MCT Oil 500ml bottle



SPONSER® MCT OIL is a liquid, tasteless oil made from coconut fat. It is ideal for all those who follow the principles of low carb, paleo or ketogenic diets. In addition, it is used with advantage in interval fasting and as an alternative energy source in endurance sports.

**CHF 25.00**

- high quality coconut oil from C8 and C10
- tasteless and odorless
- ideal for low carb, paleo and ketogenic diets
- suitable for interval fasting
- quickly available energy, independent of carbohydrate metabolism

SPONSER® MCT OIL consists of medium-chain, easily digestible fatty acids (so-called medium chain triglycerides), which are extracted from coconut, where they occur naturally in high quantities. MCT OIL tastes neutral, is purely vegetable and consists of a mixture of two fatty acids: 60% caprylic acid (C8) and 40% capric acid (C10).

The metabolism of medium-chain fatty acids (MCT) differs significantly from that of long-chain fatty acids. MTC are converted to ketone bodies in the liver and used as a fast, alternative energy source. Ketone bodies are relatively small molecules and are able to cross the blood-brain barrier. Therefore, they can be used in the brain as an alternative energy source. In addition to their rapid utilization in the brain, MCTs have the advantage that, as fats, they have no or only minimal effects on blood glucose levels and thus on the secretion of insulin. The easily digestible medium-chain fatty acids are not stored



in the form of fat reserves, but are used directly by the body as a source of energy.

**Benefits:**

In order for MCT oils to show the effect described above, attention should be paid to high quality. MCT OIL from SPONSER® consists exclusively of coconut fat, which optimally coordinates and enhances the benefits and properties of caprylic acid (C8) and capric acid (C10). MCT OIL is tasteless and odorless, vegan, lactose-free, gluten-free and palm oil-free and contains no preservatives or artificial colors.

**Application:**

*During sports:* Take before or after training as a source of energy, for example in combination with a protein shake.

*In coffee:* Add to coffee, ideally in the morning on an empty stomach. In combination with caffeine, consumers also report increased ability to concentrate after taking MCT oil.

*As a supplement:* As an addition or garnish in smoothies, salad dressing, yogurt, etc.

**Recommended intake:**

1-2 tablespoons daily. Depending on individual tolerance, start taking half the dosage and slowly increase. MCT oils are usually heat sensitive and therefore not suitable for frying.

Packaging unit: 500ml bottle