

# COCONUT OIL

VERSUS

# MCT OIL

WHAT'S THE DIFFERENCE?

## COCONUT OIL

## MCT OIL

### WHAT IT IS

- Extracted from fresh coconuts
- Solid at room temperature
- Contains both long and medium chain triglycerides

- Refined version of coconut oil
- Liquid at room temperature
- Contains only medium chain triglycerides

### KEY DIFFERENCES

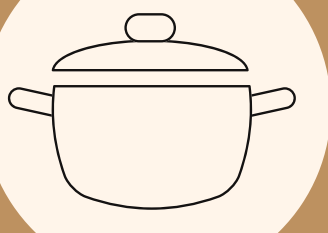
- Long history of traditional use
- High percentage of C12 (lauric acid) MCTs
- Great for cooking, baking, and body care

- Favored by biohackers and keto dieters
- High percentage of C8 (caprylic acid) and C10 (capric acid) MCTs
- Great for coffee, smoothies, and as an energy/productivity supplement

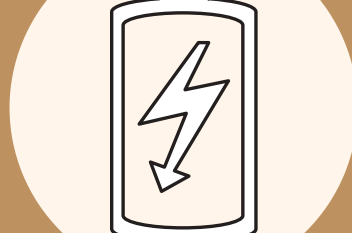
### BENEFITS



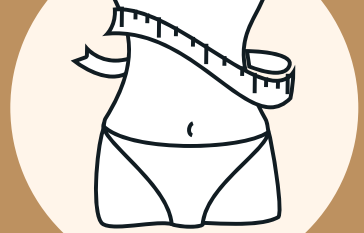
Rich Coconut Taste



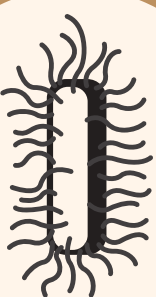
Versatile Uses



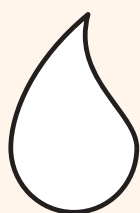
Increases Energy



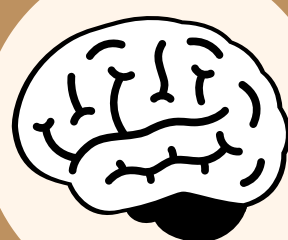
Increased Fat Burning



Antiviral & Antibacterial



Source of Quality Fats



Provides Brain Fuel



Reduces Sugar Cravings