



Bio-active Nutrition and Skincare  
A Cocoscience Company

# WHAT IS MCT?



MCT stands for medium chain triglycerides, a fatty acid that is easily absorbed and converted into ketone energy in the blood.

This ketone bodies serve as a supplemental fuel and energy source for the muscles, heart and brain. MCT supplies the body with extra long-lasting energy and creates an optimal metabolic state for burning fat while curbing appetite.

MCT has been shown to:

- provide ketone energy, an alternative source of energy for those who need extra energy
- support brain health
- improve immune system function
- maintain healthy cholesterol levels



MCT can be added to any customized protein powders or used as it is. It can be added suitably to beverages, breakfast cereals, muesli or porridge. MCT can also be added in your baking.



COCOLAB MCT is available in both Powder and Oil form. They are made from pure high grade Malaysian coconut oil. Convenient on-the-go energy supplement used by:

- active school-going children
- working adults
- sportsmen and athletes
- the elderly
- the bedridden and convalescing patient



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