





### **FAT TISSUE**

Fats and oils are composed of long chain fatty acids and the consumption of these oils results in fat tissue accumulation. Because of the rapid digestion, absorption, and metabolism of the fatty acids in medium chain triglyceride oil into ketones bodies, MCT oil is not stored in fat cells. Studies with MCT oil supplementation have showed a decrease in fat tissue in humans.



### **THERMOGENESIS**

The thermic effect of food is the energy required for digestion, absorption, and metabolism of consumed nutrients. The magnitude depends on the composition of the food consumed. For example, conventional fats and oils, composed of long chain fatty acids, are very easy to process and have no thermic effect. However, supplementation with MCT oil, because of the rapid metabolism, has shown to increase diet induced thermogenesis.



### **SATIETY**

Satiety is the sense of satisfaction and fullness experienced after eating. Hunger and satiety depends on feedback loops involving many hormones and other factors - one being the recognition of energy for the body. The quick metabolism of medium chain triglyceride oil into ketones provides an energy source. Studies with MCT oil supplementation have demonstrated an increase in satiety and a decrease in food consumption during the following meal.