MCT OILS - SCRIPT

Hi there, I’m Alex co founder of Kiss My Keto and I’m going to talk a bit about MCT Oils; what to look for when buying, what MCTs are, the benefits are and how to use them.

The reason why there's so much excitement about this "miracle fat" is that MCT oil is one of nature's richest and cleanest sources of instant energy for the body and brain.

MCT stands for Medium-Chain Triglycerides. These are carbon chains that are usually extracted from either coconut oil or palm kernel oil and are immediately transported to the liver and converted into ketones to quickly increase energy levels. It is probably my favorite type of fat on this planet.

One of the most common questions I get asked is the difference between MCT oil & coconut oil. MCT oil is essentially the most readily absorbed carbon chains extracted from coconut oil. The best two carbon chains are the C8 Caprylic acid (which our bodies can most readily converted into fuel) and the C10 Capric acid. Both of these chains are readily absorbed and easily utilized by the body, especially by the brain.It’s important to avoid the C12 chain called lauric acid as this is a much weaker and longer chain acid. Coconut oil is made up of around 50% Lauric Acid.

In a study by the national center for biotechnology information, the results suggested that the MCT diet may reduce body weight and fat in individuals more than the LCT diet. So picking a MCT Oil with pure C8 or C8 & C10 will help you achieve the best results for both weight loss and energy conversion.

So what are the benefits of MCT oil?

it’s great for jump starting your metabolism. The ketones produced by MCT’s are rapidly metabolized to boost energy levels and can help suppress appetite. They are then transported directly to your cells for fuel. They’re even more likely to be used for energy rather than deposited as fat on your waistline. You really are burning fat for fuel.

MCT’s are also known to enhance focus and mental clarity. Normally the brain uses glucose (or sugar) as its primary energy source. By using MCTs as fuel they are rapidly metabolized by the liver, you get instant energy and fuel for your brain. Your brain then uses this fuel also known as ketone bodies as an alternative higher performance fuel source rather than relying on glucose.

Now let’s talk about how to take your MCT Oil. we recommend you start with ½ tablespoon or less especially if it’s your first time taking it. After 3 days if you haven’t experienced any digestive issues, then go ahead and up it to one tablespoon for another 3 days.

The great thing about MCT oil is that it's extremely versatile. I personally take my MCT blended in a hot cup of coffee but it also works great in any hot or cold liquids like tea and shakes. It also works great as a salad dressing.

All of your purchases made on KissMyKeto.com are backed by our money back guarantee. I invite you to go ahead and give this a try today. If you don’t love it or if you’re not experiencing the results you want, simply email us and we’ll happily refund every penny of your purchase. Thanks for stopping by and I’m looking forward to hearing your success stories.

MCT OIL C8/ C10- AMAZON

Kiss My Keto MCT Oil - Premium MCT Oil Derived Solely From Coconuts, Non-GMO, 32 oz Glass Bottle With Pump, Caprylic Acid For Ketogenic and Paleo Diet, Enhance Performance And Get Into Ketosis Quickly

* MCT Oil C8 C10 BLEND: Contains 67% C8 Caprylic Acid and 33% C10 Capric Acid. No C12 Lauric Acid. Completely flavorless! Get the good fats that your body needs throughout the day with our low carbohydrate fractionated medium chain triglycerides supplement. Sustainably sourced from coconuts.
* 32 OUNCE GLASS BOTTLE WITH A HASSLE FREE PUMP - Forget all about washing spoons and cleaning messy countertops. Never know how much you’re actually pouring? Utilize MCT oil to the fullest and make all your meals or drinks healthier with a couple pumps! Comes in a 32oz glass bottle to keep your MCT oil safe and secure without the worry of BPA and plastics.
* BOOST ENERGY, IMPROVE MOOD & ENDURANCE & ENHANCE DIGESTION: MCT is fast fuel for your brain and muscles without the caffeine or the crash. Experience better digestion and nutrient absorption with our caprylic oil, ideal if you're on the ketogenic diet. Fill up your coffee and energy banks and feel more active than ever! Better mood, more smiles and clearer thinking.
* GET INTO KETOSIS, SKYROCKET METABOLISM & BURN FAT: Working all day long? Love intense sports sessions and working out at the gym? Trying to lose weight, increase ketones and alter your diet? Look no further. Medium chain fatty acids can help you burn stubborn fat, lose weight and at the same time alter your metabolism with this weight loss supplement. Plan, train hard, perform even better! No sugar. No carbs. Only fat.
* MAKE BULLETPROOF COFFEES FOR KETOGENIC AND PALEO DIETERS AND INTERMITTENT FASTERS - Our pharmaceutical grade non gmo mct oil is the ultimate bullet proof oil. Get your ketone levels up with a quality unflavored and unrefined premium MCT oil. Pair it with ghee butter, smoothie mix or use it while cooking. Great for pre or post workout drinks and shakes. Gluten free, kosher, medical grade nutrition, vegan, vegetarian, concentrated, prime and organic MCT oil supplement.

MCT OILS C8 - AMAZON

Kiss My Keto MCT Oil C8 - Pure C8 Brain Fuel, 32 oz Glass Bottle With Pump, Pure Caprylic Acid For The Ketogenic Lifestyle, Enhance Performance and Get Into Ketosis Quickly

* Most brands are either a blend of C8 and C10 or C8, C10 and C12. Not this oil! Pay a little bit more and get only caprylic acid, the strongest and most powerful best MCT oil supplement available on the market today. Completely flavorless! Get the good fats that your body needs throughout the day with our low carbohydrate fractionated medium chain triglycerides supplement. Sustainably sourced from coconuts.
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