

## Medium Chain Triglycerides (MCT) - Does It Really Help Weight Loss?

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### Main Features of MCT:

- **Safety:** Pure natural extraction from palm oil or vegetable oil
- **Absorption:** Mainly composed of medium carbon chain C8C10
- **Satiety:** The plant fat content of MCT can reach more than 99%. In addition, it is easy to absorb, so it is easy to provide energy to the human body and has a strong sense of satiety

### What is MCT?

According to the length of carbon chain, fatty acids can be divided into long chain, medium chain and short chain. Among them, medium chain fatty acids (MCFA) are esterified by glycerol to form medium chain fatty acid triglycerides (MCT).

The biggest characteristics of medium chain fatty acids are: small molecular weight & fast absorption. MCT does not rely on carnitine but directly enters the mitochondria of hepatocytes for  $\beta$  - oxidation. Such oxidation is rapid and complete, and not easy to accumulate in adipose tissue and liver tissue. In contrast, the digestion of long-chain fatty acids (LCT) is long and complex, and its absorption will be greatly reduced. It is easy to store fat and eventually lead to obesity.

### How MCT Helps on Weight Loss:

It has been proved that MCT may play a role in diet therapy of obesity. By observing the food heat effect and fat accumulation of overweight rats fed with MCT and LCT respectively, it was found that the food heat effect of MCT group was significantly greater, and the body fat and abdominal fat content were also significantly lower than that of LCT Group. The results showed that MCT not only reduced body weight, but also reduced visceral fat and subcutaneous fat area.

Scientists at Columbia University conducted the best clinical study on the effect of MCT on weight loss. Forty nine overweight men and women were divided into two groups:



The first group received 18-24g MCT daily for 4 months. In the second group, 18-24g olive oil was consumed daily for 4 months. Before the study, all subjects had to be able to maintain their weight for at least six months to ensure that they did not lose or gain weight at the beginning of the experiment. In the study, men ate 1800 calories a day and women 1500 calories a day,

with the goal of losing weight quickly.

The result is that first group lost 5 pounds of fat, the second group lost 1.5 pounds of fat, and all of them lost the same waist circumference.

In addition, clinical trials show that MCT can reduce the blood lipid concentration and improve the level of lipoprotein in patients with hypertriglyceridemia. MCT can significantly reduce the body weight, BMI, waist circumference, subscapular skinfold thickness, body fat weight, total abdominal fat area and abdominal subcutaneous fat area in overweight people, and the degree of reduction is significantly better than that of long chain triglycerides.

### **Other Benefits of MCT - Endurance Improvement**

The effect of medium chain triglycerides on exercise performance is also obvious. Fat and carbohydrate are the two main sources of energy for exercise. Blood sugar and glycogen in muscles come from carbohydrates. When people have low glycogen, they will feel tired. In order to avoid consuming glycogen in muscles, eating foods containing medium chain triglycerides and carbohydrates can improve exercise endurance. For example, getting athletes to eat foods that contain high levels of medium chain triglycerides and carbohydrates during training can increase their endurance.

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