



## **Body Fat Reduction with KETO OS**

Due to the fact that medium-chain fatty acids, **like those found in KETO OS** (8-10 carbon atoms) like MCT oils are absorbed by the portal vein and rapidly broken down into mitochondria. This gives the body increased energy and speeds up the metabolism. Various long-term trials have shown that MCT supplementation in humans results in less accumulated body fat. These studies indicate that regular usage of MCTs may effectively reduce body fat.

- [Source: http://www.ncbi.nlm.nih.gov/pubmed/7931723](http://www.ncbi.nlm.nih.gov/pubmed/7931723)

## **Weight loss**

There is some evidence that supplementation of MCT oils could help some individuals lose weight. In a randomized, controlled feeding study with 19 overweight men, it was suggested that MCTs may stimulate fat oxidation. This means that the body would use up more of its stored “fats” as an energy source, helping people lose weight.

MCT oil as a treatment for weight loss shows some promise. MCTs have been established as metabolic enhancers, induce thermogenesis, and help our body oxidize fat stores. The body also doesn't typically store MCTs as fat and they generally are very low in total calories. They are metabolized similarly to carbs, yet they increase ketones – potentially aiding in ketosis.

- [Source: http://www.ncbi.nlm.nih.gov/pubmed/7072620](http://www.ncbi.nlm.nih.gov/pubmed/7072620)

## **Obesity and KETO OS**

MCTs have been studied for their potential as an adjunct treatment strategy for obesity. Not only do they tend to speed up the metabolism and induce thermogenesis, but they may decrease overall appetite. They also result in increased fat oxidation, meaning fat stores are utilized for energy. MCTs may effectively reduce food cravings and enhance weight loss efforts for those who are clinically obese.

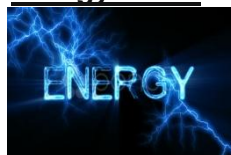
- [Source: http://www.ncbi.nlm.nih.gov/pubmed/18845187](http://www.ncbi.nlm.nih.gov/pubmed/18845187)

## **Fat oxidation**

Supplementation of medium-chain triglycerides (MCTs) is thought to increase fat oxidation. In other words, they may prompt the body to utilize more of its fat stores as a source of energy, which would result in weight loss. This has led some researchers to conclude that MCTs may be an effective strategy to increase oxidation of long chain saturated fatty acids – which could help individuals (especially women) manage their weight.

- [Source: http://www.ncbi.nlm.nih.gov/pubmed/11033985](http://www.ncbi.nlm.nih.gov/pubmed/11033985)
- [Source: http://www.ncbi.nlm.nih.gov/pubmed/12532160](http://www.ncbi.nlm.nih.gov/pubmed/12532160)

## **Energy levels**



MCT's, **like those found in KETO OS**, provide the brain and the body with increased energy. They are rapidly metabolized and provide the brain with improved cognition as a result of ketones and give the body more energy for physical exertion and post-workout recovery. MCTs increase athletic performance for all athletes, they provide the body with fuel or a quick form of energy. Thus many individuals that supplement MCTs report an increase in energy.

- [Source: http://www.ncbi.nlm.nih.gov/pubmed/20141643](http://www.ncbi.nlm.nih.gov/pubmed/20141643)
- [Source: http://www.ncbi.nlm.nih.gov/pubmed/19664276](http://www.ncbi.nlm.nih.gov/pubmed/19664276)