



KETO OS and Blood Sugar Regulation

Blood glucose regulation

Dietary consumption of Medium Chain Triglycerides (MCTs), **like those found in KETO OS**, can have an effect on blood glucose levels. Studies have suggested that the ketones provided by MCTs could inhibit an increase of plasma glucose and improve insulin receptor sensitivity by reducing overall insulin response as MCT's are used as fuel instead. This may be useful for those with diabetes or those who are prediabetic. The effect of MCT's may be dose dependent, the greater taken the greater the effect up till therapeutic dose.

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

Appetite reduction

There is some evidence to suggest that MCT's (**found in concentrated KETO OS**) may be beneficial for reducing a person's appetite. Some scientists speculate that MCT acts on various hormones such as: cholecystokinin, gastric inhibitory peptide, pancreatic polypeptide, peptide YY, and neurotensin. The precise mechanism of action of MCTs remains unknown, but it is known to induce satiety and reduced appetite compared to long-chain fatty acids. Supplementation of MCT's (**KETO OS**) also is known to increase energy expenditure (EE) which may result in a reduced appetite.