

MCT Colada™

Medium chain triglycerides
never tasted so good!



www.designsforhealth.com

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THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

How can MCT Colada™ help improve brain energy?

Some neurodegenerative diseases are associated with poor ability of the brain to use glucose as a fuel source. Without fuel, brain cells will die. If glucose is not available, the only other fuel the brain can use is fat, in the form of ketones. Medium chain triglycerides can be converted into ketones and used by the brain as an alternate energy source. The result is better cognitive function and improved memory. Because of this it may support the following conditions as well:

- post brain injury
- epilepsy
- childhood cognitive development problems
- autism

How can MCT Colada™ help people lose weight?

- Unlike other dietary fats, MCTs do not get stored as fat in the body
- Instead they get burned for energy
- Thus, MCTs have the ability to increase metabolism

How can MCT Colada™ help athletes?

- Gives quick boost of energy
- Preserves muscle during intense exercise because the body burns the MCTs rather than amino acids
- If carb intake is low, there is less glucose available for energy so MCTs can serve as a fuel source instead.

How can MCT Colada™ help people with cancer?

- Anyone who is catabolic (losing muscle) or cachexic (not only in cancer but also seen in AIDS, sarcopenia) may benefit from consumption of MCT Colada™.
- Cancer feeds on sugar. Studies show that tumor growth can be inhibited when cancer patients are given MCTs along with a ketogenic diet (starving the body of carbohydrates).

Supplement Facts

Serving Size 11 grams (approx. 2 teaspoons)

Servings Per Container about 41

Amount Per Serving	% Daily Value
Calories	45
Calories from Fat	40
Total Fat	6 g 99%*
Saturated Fat	6 g 30%*
Total Carbohydrate	3 g 1%*
Medium Chain Triglycerides	5.7 g †

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: MCT oil (from coconut oil and/or palm oil), water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, potassium sorbate, vitamin E and ascorbyl palmitate to ensure freshness.

- From coconut and palm oil
- Pineapple-coconut flavor
- High energy, rapidly available fuel
- Emulsified for quick absorption and easy mixing
- Shorter in length than long chain triglycerides such as safflower and corn oils
- Well established for malabsorption syndromes

How can MCT Colada™ help people with chronic yeast infections?

- MCT Colada™ contains two beneficial fatty acids, caprylic acid and capric acid, both known to be effective against *Candida albicans* (yeast known to cause most yeast infections) as well as herpes simplex virus, chlamydia and other bacterial infections.

MCT Colada™ is so versatile!

- Tastes so great you may just want to eat it off the spoon
- Can be mixed in yogurt, juice, or any beverage
- Add to your favorite shakes and smoothies. You'll not only give them an added delicious pineapple/coconut flavor, but you will also make them frothier and more fun to drink.
- MCT Colada™ can be used for cooking and baking in place of other oils (just do not heat above 325°F). Have fun experimenting in the kitchen with this great tasting, health-promoting oil.
- 2 teaspoons provides slightly less than 6 g MCTs
- Consider 1-3 servings per day spread out



NOTE: High doses may cause laxation (i.e., loose stools). Titrate to allow the body to adjust to the ingestion of MCTs.

The sweetness comes from natural, low-calorie xylitol, with a very low glycemic index, making MCT Colada™ safe for diabetics.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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