

Medium Chain Triglycerides (MCT) Powder/Oil



Medium-chain triglycerides (MCTs) are medium-chain fats, which usually refer to triglycerides composed of fatty acids with 6 to 12 carbon atoms. Among them, the triglycerides of caprylic acid (C8:0) and capric acid (C10:0) are the main components. Natural sources are mainly palm kernel oil and coconut oil. Because of its unique metabolic pathway in the human body, MCT is widely used in medical nutrition, sports nutrition, weight management and other fields.