



Rainforest Herbs®

BODY HACK MCT Oil



* Available in 200ml and 500ml bottles



MAINTAIN A HEALTHY
METABOLISM AND PROMOTE
WEIGHT LOSS



NATURAL APPETITE REDUCTION
WITH A SENSE OF FULLNESS



INCREASE ENERGY



SUPPORT BRAIN FUNCTION
AND MOOD



SUPPORTS A KETOGENIC,
LOW CARBOHYDRATE DIET



MAKE YOUR OWN
BULLETPROOF COFFEE



100% COCONUT SOURCE

What is MCT Oil?

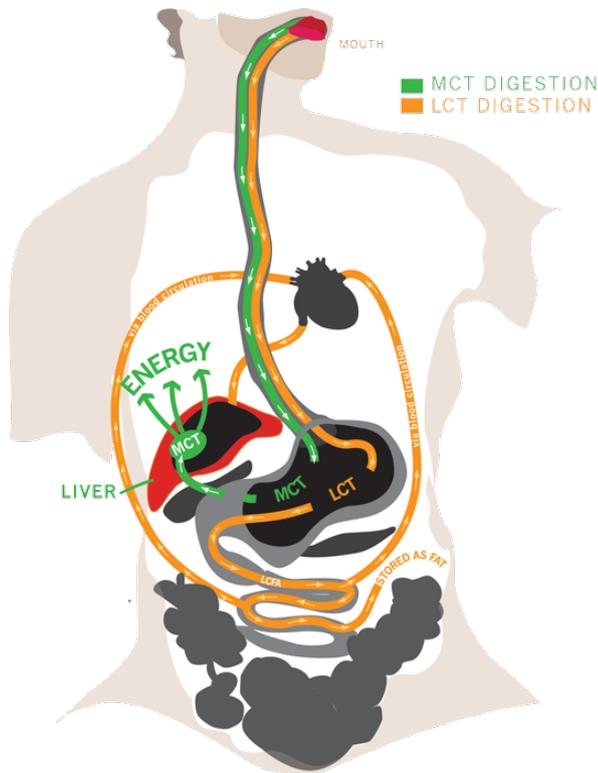
Rainforest Herbs Body Hack MCT Oil is nature's own liquid energy fuel. Medium Chain Triglycerides (MCT's) are a unique fatty acid found in many foods but having their highest concentration in Coconut Oil. The most important of these MCT's in Coconut Oil are known as Caprylic and Capric acids, however the content in coconut oil is small and it must be extracted to achieve 100% MCT Oil. MCT's are becoming increasingly popular today because they supply an alternative energy for our body and brain not dependent on insulin and are easily digested. Our Rainforest Herbs Body Hack MCT Oil contains 100% MCT's that support the switch to fat burning making it the most important addition to a healthy weight loss or ketogenic diet.

The difference between Virgin Coconut Oil and our Coconut Source Body Hack MCT Oil

Fatty Acids	Virgin Coconut Oil (%)	Body Hack MCT Oil (%)
Caproic (C6:0)	0.5	0
Caprylic (C8:0)	7.8	60
Capric (C10:0)	6.7	40
Lauric (C12:0)	47.5	0
Myristic (C14:0)	18.1	0
Palmitic (C16:0)	8.8	0
Stearic (C18:0)	2.6	0
Arachidic (C20:0)	0.1	0
Oleic (C18:1)	6.2	0
Linoleic (C18:2)	1.6	0

From the table above it can be seen that most important MCT's for supporting a healthy diet, Caprylic and Capric Acids, are approx. 7 x higher in MCT Oil.

Why are MCT's important?



The diagram above compares the digestion of MCT with LCT's or Long Chain Triglycerides found in all common supermarket vegetable oils. Whereas MCT Oil is easily digested and sent to the liver to be used as energy, LCT's must be metabolized by a complex process that involves circulation via our cardiovascular system and are more likely to be stored as fat. Today we have a better understanding of why MCT fats are essential to health due to the way in which they are metabolized in the body and the production of ketones that supports fat burning, energy & brain health. Indeed, MCT'S have been a main component in the human diet since the beginning of human history but for the past 40 years have been largely missing due to the low-fat diet propaganda and fear of saturated fats. This has led to an exponential increase in obesity and heart disease worldwide.

HOW TO TAKE MCT OIL?

Add between 1 teaspoon (5ml) to 2 teaspoons (10 ml) to food or drinks. May also be taken directly as it has only a mild neutral taste, or blended into drinks, salad dressings, sauces or soups. If you have never used MCT Oil or Coconut Oil before, start with 1 teaspoon in drinks or with food and gradually increase to 2 teaspoons after 1 week. Refrigeration is not required and MCT Oil will remain liquid at room temperature.

HOW TO MAKE A "BULLETPROOF" DRINK?

Bulletproof Coffee is very popular today as part of the low carb / high fat and ketogenic dietary movements. It involves drinking a "healthy MCT fat" black coffee in the mornings or at lunch to replace the normal high carb meal. The main ingredient is MCT Oil to which may be added organic grass-fed butter, coconut butter or virgin coconut oil. Our favourite is Organic Coconut Butter as it tastes great and adds prebiotic fibres..



Step 1: Start with 1 cup of hot black unsweetened coffee (may be substituted with tea or a healthy low carb smoothie).

Step 2: Add 1 teaspoon of coconut source **Body Hack MCT Oil** and 1-2 tablespoons of **YumYum Organic Coconut Butter** and stir. Coconut Butter is ideal because of its high fat content (more than 60% fat) plus coconut fiber with a rich creamy taste. Experiment yourself and make your own Bulletproof Coffee recipes!



- *Body hacking or biohacking incorporates physical or mental tweaks designed to improve human performance in the shortest time and with optimum effect.*

FOR SALES ENQUIRIES:

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