

BOTANICAL INNOVATIONS

NUTRACEUTICAL *Flavours, Fragrances & Ingredients for Health and Wellness*



MCT (COCONUT) OIL POWDER

DATA SHEET

Botanical's Breath unique **MCT (COCONUT) OIL POWDER** contains 50% essential oil. This aromatic fine powder is a versatile ingredient for a variety of nutraceutical, flavour, fragrance and cosmeceutical applications.

Botanical Name: Cocos nucifera

Family Name: Arecaceae (Palm Family)

Description: **MCT (MEDIUM-CHAIN TRIGLYCERIDE) OIL POWDER** is a type of dietary fat that is composed of **MEDIUM-CHAIN FATTY ACIDS** which contain a high proportion of medium-chain triglycerides.

Free Fatty Acid Profile: MCT oil mainly contains three types of medium-chain fatty acids:

CAPRYLIC ACID (C8:0)

CAPRIC ACID (C10:0)

Small amount of LAURIC ACID (C12:0)

Bioactive Compound Profile: MCT oil powder is known for its unique composition of medium-chain triglycerides, which are rapidly metabolized by the body for energy, rather than being stored as fat.

Health Benefits:

- **Energy Source:** MCT oil powder is quickly absorbed and converted into energy, making it a popular choice among athletes and individuals following ketogenic diets.
- **Weight Management:** Some studies suggest that MCT oil powder might aid in weight management due to its potential to increase feelings of fullness and boost metabolism.
- **Brain Health:** Medium-chain fatty acids can cross the blood-brain barrier and may have neuroprotective effects, potentially supporting cognitive function.
- **Antimicrobial Properties:** Lauric acid, present in small amounts, has antimicrobial properties, which may contribute to overall immune health.

Nutraceutical Applications: MCT oil powder is commonly used as a dietary supplement and can be put in capsules, sachets, protein powders, gummies and powdered supplements.

Food Applications: MCT oil powder can be used added to foods and beverages to increase the energy and nutritional content. It is also used in ketogenic recipes as a substitute for traditional oils and fats.

Cosmetic and Beauty Product Applications: MCT oil powder can be added to skincare products, hair care products, and cosmetics for its moisturizing properties and potential benefits for skin health.

The information provided is for educational purposes only. Minimum order quantities apply.

Talk to Us Botanical Innovations Group T: +61488196527 E: admin@botanicalinnovations.com.au

www.botanicalsbreath.com.au