

THE SUPER POWERS OF LAURIC ACID

LAURIC ACID

Is derived from the heart of the coconut and is prevalent in **MCT//143™**. This superfood has super powers. Monolaurin, a key derivative of lauric acid, kills or suppresses growth of unhealthy bacteria including those that cause acne, certain viruses, and fungi such as candida. You can even put your **MCT//143™** where your mouth is. Give it a swish to help prevent tooth decay and keep those pearly whites shining bright like a diamond!*

MCT COMBO FAT CRUSHER

MCT//143™ was precisely designed for maximum health benefits. This wasn't a haphazardly chosen MCT blend, it contains a carefully crafted combination of MCTs from C6 through C12. These MCTs are converted to ketones by the body, burned as energy, and not stored as fat. The resulting ketones can help your body reduce post workout inflammation, naturally lower blood sugar and insulin levels, and promote continued fat burning. **MCT//143™** is naturally thermogenic, which means it increases your calorie burn rate and can lead to fat loss.†

YOUR BRAIN ON PHOSPHATIDYLCHOLINE (PC)

Remember in science class when you had to draw the parts of a cell? That outer part of the cell that acts as a shield, while communicating with other cells, and controlling what comes in and out of the cell is called the membrane. Phosphatidylcholine (PC) is a major component of cell membranes. We're talking MAJOR! It's essential to whole body function, energy regulation, and is especially useful in memory and other critical brain functions. Studies have shown that PC is lower in the brains of people with Alzheimer's and some other types of memory impairment. Essential omega-3 fatty acids such as DHA and EPA are transported into the brain by PC creating optimized functionality. PC is cognition ammunition.

When used several times per day, **MCT//143™** can provide a steady stream of ketones to help support and sustain a baseline of ketosis. Combine **KETO//OS®**, **KETO//OS® MAX**, and **KETO//KREME®** with **MCT//143™** for a maximized level of ketones in the body. **MCT//143™**. For the love of your brain.†

*These statements hereupon have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

†This product is not a medical treatment, medicine, or weight loss supplement.

MCT// 143™

VIRGIN COCONUT ENRICHED MCT OIL



WHERE IT ALL STARTED...

MCT
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1:4:3

MCT//143 was formulated for the love of your brain. Dr. Mary Newport first crafted this innovative technology for her husband, Steve Newport. This powerful formula was designed to provide ketones as a preferred fuel for his brain. The response was dramatic, and now Prüvit is bringing this technology to you in convenient on-the-go pouches.

A FORMULA FOR KETOSIS AND ENERGY OPTIMIZATION



MCT

(medium chain triglycerides)

+



VCO

(virgin coconut oil)

+



PC

(phosphatidylcholine)

=



**OPTIMIZED
BRAIN FUNCTION**

ABOUT

MCT//143™ is light, smooth, creamy, and tasteless. Making it an amazing addition to any food or drink. Seriously, you can add it to anything! With its proprietary blend, **MCT//143™** is packed with organic virgin coconut oil, medium chain triglycerides (MCTs), and phosphatidylcholine (PC) which are loaded with health benefits.



DR. MARY NEWPORT

"In **MCT//143™**, organic virgin coconut oil and coconut-derived MCT oil come together to provide a steady stream of ketones when taken several times per day. **Phosphatidylcholine (PC)** is a major component of cell membranes and is vital to brain and whole body energy regulation."

MCT//143™ can be used in hot, warm, or cold foods. It is also an optimized alternative to traditional cooking oils at low heat or can be mixed in foods and baked in the oven up to 350° F.

You can enjoy your food or drink with an added brain boost by adding MCT//143™ to anything!



UP YOUR SMOOTHIE'S GAME WITH THE ADDED POWER OF FAT



STIR IN SOUP TO FUEL UP BY THE SPOONFUL



CREATE A BALANCED SNACK WHEN MIXED WITH COTTAGE CHEESE



DRIZZLE OVER VEGETABLES OR SALAD TO TAKE IT BEYOND THE GREENS



SWISH IN YOUR MOUTH TWICE DAILY FOR 30-60 SEC TO OPTIMIZE ORAL HYGIENE



USE AS FAT REPLACEMENT IN RECIPES FOR GREATER NUTRITION IN EVERY MEAL

INSTRUCTIONS

- Begin with one-half to one level teaspoon once or twice a day.
- Increase every 2 or 3 days as tolerated to prevent gastrointestinal discomfort that can be associated with coconut oil consumption.
- Take with other foods. If intestinal distress occurs, cut back for a week or two and increase more slowly thereafter.