

## 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 by boosting your mitochondria fat burning machinery. **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.†

### Supplement Facts

Serving Size 1 packet

Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 140		C:12:0-Lauric Acid 3200 mg	†
Total Fat 15 g	23%*	C:14:0-Myristic Acid 1300 mg	†
Saturated Fat 15 g	75%*	C:16:0-Palmitic Acid 500 mg	†
Medium Chain Tryglicerides		C:18:2-Linoleic Acid 130 mg	†
C:8:0-Caprylic Acid 5600 mg	†		
C:10:0-Capric Acid 3700 mg	†		

\* Percent Daily Value based on a 2,000 calorie diet.  
† Daily value not established

OTHER INGREDIENTS: EXTRA VIRGIN ORGANIC COCONUT OIL, PURIFIED PHOSPHATIDYLCHOLINE (FROM SOYBEAN LECITHIN). CONTAINS TREE NUTS (COCONUT, PALM KERNEL).

MANUFACTURED FOR: PRUVIT VENTURES, INC. 901 SAM RAYBURN HWY, MELISSA, TEXAS 75454

**CAUTION:** As with any new supplement, consult with your physician before using. If you are using any prescription or over-the-counter medicines, are unaware of your current medical condition or have any pre-existing medical condition(s), consult with your physician before using this product. Build up to a full serving slowly to avoid gastro-intestinal discomfort.

**STORAGE:** No refrigeration required. Keep at room temperature and away from direct sunlight.

†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.

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

# MCT// 143™

## VIRGIN COCONUT ENRICHED MCT OIL



+



=

143™

## FOOD FOR THOUGHT™



# WHERE IT ALL STARTED...

MCT  
//  
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 it's 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.