

THE BEST TIME OF DAY TO USE MCT OIL

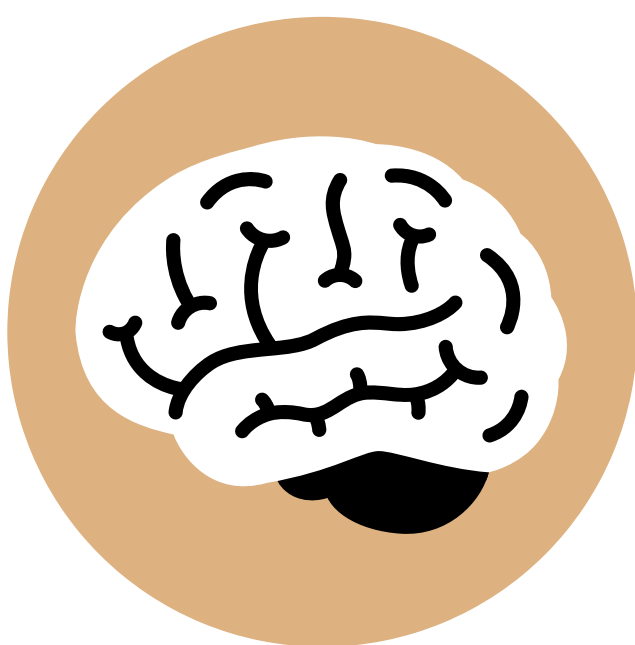
MCT oil is beneficial at any time of the day, but you can strategize your timing to maximize certain goals.

IN THE MORNING



FOR FAT LOSS

Ketones suppress hunger to burn fat without feeling deprived



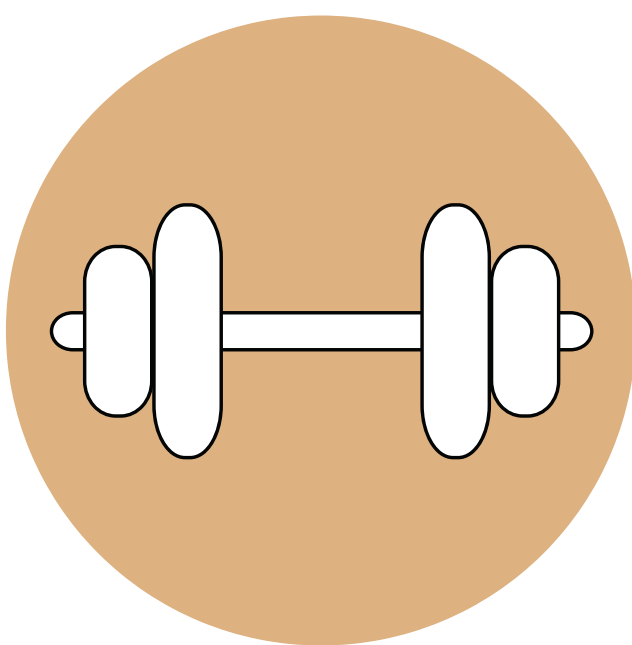
FOR MENTAL CLARITY

Your brain can use ketones for energy to get rid of brain fog



PRO TIP: Try adding MCT oil to your morning coffee or tea. It pairs beautifully with caffeine for an extra mental boost and it helps you kick off your day in fat-burning mode

PRE-WORKOUT



FOR QUICK ENERGY

MCTs convert to ketones within minutes, so your muscle cells can use them for fuel to help you push through a tough workout.
