

MCT Oil In Coffee For Weight Loss: Benefits And Full Review

Brandon Schoen January 10, 2014



3 days only sale, 50% off with code: MCTOIL50 at checkout on Amazon.com. MCT oil, a highly purified coconut oil extract, helps maintain healthy weight loss when combined with unsalted grass-fed butter in coffee as well as the ability to curb cravings.

(Newswire.net -- January 10, 2014) Albuquerque, New Mexico San Diego, CA -- At first glance the idea of putting oil and fat into black coffee on a regular basis to promote weight loss seems counterintuitive. However, recent studies have shown that doing just that will not only aid in losing pounds, but also in maintaining energy levels and decreasing appetite. Of course not any fat and oil will work – otherwise

frappuccinos from popular coffee chain stores would be even more popular than they are! MCT oil, a highly concentrated extraction from coconut oil, combined with unsalted grass-fed butter in coffee might just have the weight loss benefits everyone has been searching for.

MCT oil, the less known brother to the popular coconut oil, has been proven to be converted into instant energy faster than other healthy fat sources. Because the energy is used so quickly, the fat from MCT oil is rarely stored as fat, which means boosted energy and weight loss. **MCT oil** also has incredible thermogenic properties, ones that are safe and natural unlike other popular weight loss drugs and performance enhancers. Thermogenesis boosts heat in the body through metabolic stimulation, meaning increased calories burnt.

Many people have not only noticed weight loss simply by putting a tablespoon or two of **MCT oil** in their black coffee each morning, but they also note more clarity in their daily activities, citing more focus and productivity. Some, however, go a step farther by also adding unsalted grass-fed butter. This addition makes coffee creamier (and who doesn't want that?), but is also surprisingly healthy. Unlike healthy milk fat, grass-fed milk does not contain denatured protein casein found in most creamers.

So it seems that not only does **coffee with MCT oil** and grass-fed butter make for a delicious morning treat, but that it is satisfying enough to stop mid-morning cravings, provide hours of sustainable energy, and help aid in weight loss.

Experts note that it is important to use the highest grade of ingredients possible when making this special morning coffee. They suggest low toxin, high performance, freshly ground coffee, **MCT oil** that is free of additives, artificial ingredients, and stored in a paraben-free glass bottle for purity, and grass-fed butter that is organic and local if available.

For a limited time this product will be available for 50% off already discounted price on Amazon.com by simply entering discount code: MCTOIL50 at checkout on **Amazon.com**. This offer expires Monday January 13, 2014.

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Or find the product available online:

Amazon (3 Days Only 50% Off Coupon Code: MCTOIL50):

<http://www.amazon.com/Pharmaceutical-Thermogenic-Maintain-Cholesterol-Performance/dp/B00DJDYGO6/>

Blog:

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