

Nutrition Series



PHARMOCARE 8120 MCT

Caprylic/Capric Triglyceride (MCT)

PHARMOCARE 8200 COCO MCT

Caprylic/Capric Triglyceride from **100% Coconut**

PHARMOCARE 8120 and 8200 COCO MCT

INCI: Caprylic/Capric Triglyceride (MCT Oil)

- Maintains healthy weight loss and weight management
- Increase exercise performance
- Improves gut health
- Improves cognitive/brain health
- Lowers risk of diabetes

Caprylic/Capric Triglyceride – also known as MCT Oil – is a clear to yellowish oil derived from sustainable, renewable natural vegetable sources. MCT oil is a triglyceride of the fractionated Caprylic (C8) and Capric Acids (C10).

Pharmacare 8120 MCT and 8200 COCO MCT is a clear and colourless liquid, neutral in odour and taste. The triglyceride is fully saturated and therefore highly resistant to oxidation. We achieve high purity from carefully selected raw materials and a tightly controlled manufacturing process. Our product is free of additives such as antioxidants, solvents and catalyst residues.

Pharmacare 8120 MCT and 8200 COCO MCT has a shelf life of 3 years from production if stored in closed original drums or IBC.

High energy additive for:

- Energy Bars
- Drinks
- Coffee

Smoothing effect for:

- Sauces
- Dressings/Marinades

Vegan, low carb, sugar-free, ketogenic, ready to use.



PHARMOCARE 8120 and 8200 COCO MCT

INCI: Caprylic/Capric Triglyceride (MCT Oil)

Test Description		Limit	
		Min.	Max.
Appearance	-	Colourless or slightly yellowish, oily liquid.	
Solubility	-	Practically insoluble in water, miscible with ethanol (96 per cent), with methylene chloride, with light petroleum and with fatty oils.	
Acid Value	mg KOH/g		0.1
Saponification Value	mg KOH/g	310	360
Iodine Value	g/100g		1.0
Hydroxyl Value	mg KOH/g		10
Peroxide Value	meq/kg		1.0
Moisture	%		0.2
C6 Fatty Acid	%		2.0
C8 Fatty Acid	%	50.0	80.0
C10 Fatty Acid	%	20.0	50.0
C12 Fatty Acid	%		3.0
C14 Fatty Acid	%		1.0
Total C8 and C10 Fatty Acids	%	95	
Relative Density	-	0.93	0.96
Refractive Index	-	1.440	1.452
Viscosity	mPa.s	25	33
Sulphated Ash	%		0.1
Unsaponifiable Matter	%		0.5
Alkaline Impurities (0.01M HCl)	mL		0.15
Heavy Metals	ppm		10
Chromium (Cr)	ppm		0.05
Copper (Cu)	ppm		0.1
Lead (Pb)	ppm		0.1
Nickel (Ni)	ppm		0.1
Tin (Sn)	ppm		0.1

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Bulletproof Coffee Recipe

Ingredients

1 cup of brewed coffee

1 teaspoon to 2 tablespoons of Pharmocare 8120 MCT/Pharmocare 8200 COCO MCT

1-2 teaspoons of unsalted butter OR 1-2 teaspoons of ghee

Procedure

Brew 1 cup of coffee

Add the coffee, MCT oil, butter/ghee to a blender

Blend for 20-30 seconds until it looks like a creamy latte. Enjoy!

Nutritional Info (1 cup):

Calories: ~230

Fat: ~23g

Saturated Fat: ~20g

Carbs, Protein, Fibre,

Sugar, Salt: 0g

Adjust the amount of butter/ghee and MCT oil to find what works for you.

