



Multi Chain Triglycerides and Why We Love Them at Akai Life

Benefits of MCT Oil as an Ingredient in Akai Life's Nutritional Tincture and Our Vape Carrier

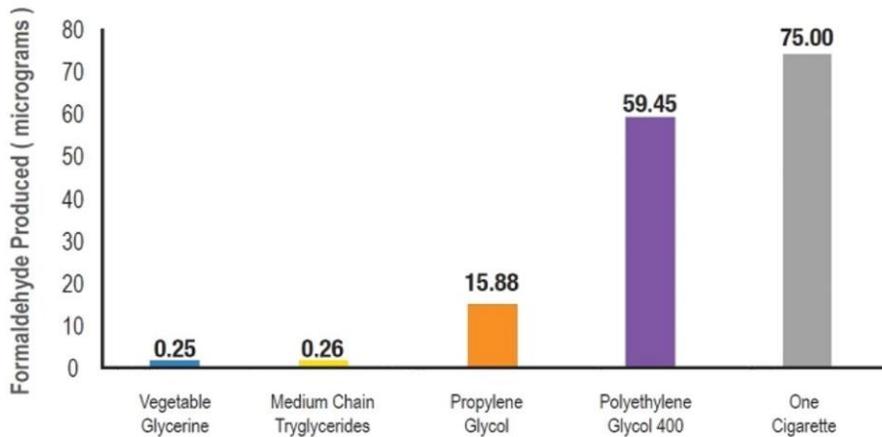
Our Akai Life CBD tincture is based in savvy mix of nutritionally-benefic oils. Along with Avocado, Black Cumin Seed, Borage, Vanilla and Vitamin E oils, you'll also reap the dietary benefits from MCT oil. MCT is Medium-chain triglyceride and it defined as medium or short length fatty acids with about twelve carbon atoms. The MCTs are quickly adsorbed and used by the body.

Major sources of MCT oil include coconut and palm oil. Our MCT is manufactured exclusively from coconut oil in a show of support for the environmental movement away from the ecologically unsustainable farming of palm oil in South East Asia and elsewhere.

The quick absorption and digestion of MCT oil leads to various health and physical benefits. We have also chosen MCT oil as the base for our CBD vape pen, and those advantages are addressed below, as well.

MCT provides support to the immune system and ensures proper immunity health. This is due to the high levels of lauric acid. Easily absorbed by the body, MCT can assist in preventing inflammatory bowel diseases like irritable bowel syndrome and Crone's disease. The oil successfully eliminates all microorganisms that invade the digestive system, causing chronic inflammation in the intestines.

FORMALDEHYDE PRODUCED BY: Cannabis Oil Thinning Agents and One Cigarette



Note: Formaldehyde produced by the thinning agents resulted from one 4-second draw. Formaldehyde produced by one cigarette was cited from information reported by Gillman, Kistler, Stewart, and Paolantonio (2016).

One of the distinct benefits of MCT oil is that it serves to regulate blood sugar levels. For people suffering from diabetes, this is crucial in regulating blood sugar levels. Several other studies in both animals and humans have shown that MCTs (caprylic and capric acids) increase the body's ability to burn fat and calories. MCTs were found to reduce fat and calorie intake in a study on 36 healthy women.

MCTs can increase satiety, the feelings of fullness, which leads to reduced food intake and causing weight loss. MCT also promotes

proper thyroid function by stimulating the metabolism, making it useful in treating obesity, nutrient-absorption issues and cystic fibroids.

Because MCT oil goes directly to the liver, it provides an immediate boost in energy without the side effects other stimulants may cause, and provides energy to the brain and body without an increase in food intake. MCT oil provides a great, instant boost for athletes.

By increasing cellular energy, MCT oil increases physical endurance. By sparing glucose consumption, MCT aids in extending your glycogen stores, delaying fatigue and "hitting the wall." A study on mice found that they performed much better in swimming tests when fed an MCT rich diet compared to an LCT rich diet. It has also been shown that consuming food containing MCTs instead of LCTs for 2 weeks increases duration of high-intensity exercise in recreational athletes.

We've chosen coconut-oil based MCT as the carrier in our CBD Vape Pen, as well. This was a considered decision, based on recent evidence pointing to the oil's superiority over either Propylene Glycol (PG) or Vegetable Glycerin (VG), the two more common vape pen carriers. PEG is Polyethylene glycol, the active ingredient in antifreeze and it breaks down to acetaldehyde and formaldehyde at 230°C. It's not commonly used to anymore as a vape carrier.

A recent study by the Journal of Alternative and Complimentary Medicine provided: "Analyses showed that PEG 400 produced significantly higher levels of acetaldehyde and formaldehyde than PG, MCT, and VG. Formaldehyde production was also significantly greater in PG compared with MCT and VG. Acrolein production did not differ significantly across the agents."

<https://www.liebertpub.com/doi/abs/10.1089/acm.2016.0337>

Also, make certain that your vape pen is set to 200C or less. If burned too hot, it will create an acrid, burnt taste. Many standard kits provide pre-set temperatures around 180C, but check your settings. Vaping CBD is both uplifting and calming, and a valid option to smoking tobacco when trying to cut down or eliminate consumption.