

MCTs vs Coconut Oil

This is such a great article explaining the difference of MCT Oils compared to Coconut Oil. Don't get me wrong coconut oil is my go to choice of any oil, and I literally use every single day, multiple times a day.

If you think it has the same effect on your body in terms of fat burning you are might might want to check this out.

<https://blog.bulletproof.com/what-is-mct-oil-vs-coconut-oil/>