

## **MCT//143—A Coconut Oil and MCT Oil Mixture**

by Mary T. Newport, M.D.—2018

About two months after starting Steve on coconut oil, we began experimenting with mixing MCT oil and coconut oil. After Steve took just coconut oil in the morning, his ketone levels peaked at about three hours and were nearly gone after eight to nine hours just before dinner time. Steve's ketone levels with just MCT oil were higher but gone within three hours. I reasoned that a mixture of MCT and coconut oil should result in higher levels and longer-lasting levels, so that some ketones are always circulating. I began to experiment with mixing MCT oil with virgin organic coconut oil and found that a ratio of 4 to 3 worked very well—it is liquid, does not separate and can be stored at room temperature for a very long time (two years from date of purchase of ingredients usually). I also added some soy lecithin to provide important phospholipids for the brain, such as phosphatidylcholine.

This MCT and coconut oil mixture is versatile—it can be taken as is, mixed into or drizzled on top of nearly any food or drink, warm or cold, and can be used in baked foods up to 350°F or to cook with on the stove at low to low-medium temperatures. We very slowly increased the amount of this mixture for Steve to 2 to 3 tablespoons four times per day over several months (I started taking it as well due to worries about Alzheimer's in my family). Steve experienced significant improvement over the first year. In the beginning, he was much more alert, animated, talkative and could finish his sentences; his clock test for Alzheimer's improved dramatically over two weeks; he said it was like the light switch came on in his brain that day he started taking coconut oil. Over the next few months, his slow weird gait normalized, and he could run again, at three to four months he was able to read again, and by nine months he could

remember what he read several hours later and recall events that happened several weeks earlier. He was able to “do things” much better and resumed cutting the grass and helping with housework and even became a hospital volunteer.

### ***MCT//143***

Ten years after I first developed this mixture for Steve, I am very pleased to announce that the Pruvit company suggested that we make this mixture available to the public. I am not a business person and am grateful for their expertise in making this a reality as of April 2018. MCT//143 comes in convenient one tablespoon sachets with larger pouches coming soon. This retains the 4 to 3 ratio I used for Steve and uses MCT oil (60/40 blend of C8 and C10) from coconut oil, organic virgin unrefined coconut oil, and pure concentrated phosphatidylcholine, a substance that is part of all cells membranes and is especially abundant in the brain and important to memory. The sachets are perfect for taking to work or for travel and also for people who are in assisted living. Many doctors will order a food like MCT//143 to be given with meals at the family’s requests.

As with coconut and MCT oil I strongly advise starting with a small amount such as ½ to 1 teaspoon 2 or 3 times a day with food and increase slowly every few days. For most people the ideal amount will be 1 tablespoon two to four times per day. The most common side effect is gassiness and diarrhea, so taking it slow is the way to go.

Like my original mixture, MCT//143 can be taken “as is” or can be added to food and drink such as coffee, tea, smoothies, soup, chili, yogurt, cottage cheese, ricotta, vegetables, rice, drizzled on salad. It can be used in baked foods up to 350°F or to cook with on the stove at low to low-medium temperatures. It should be stored at room temperature and has a long shelf

life. MCT//143 can be purchased at [marynewport.pruvitnow.com](http://marynewport.pruvitnow.com). If you like the product, ordering a monthly “smartship” saves 22%!

### ***Recipe to Mix MCT and Coconut Oil***

Many people are on a fixed income and prepackaged MCT//143 could add up, so you can save money by mixing your own! (This does not, however, contain the pure concentrated phosphatidylcholine in MCT//143.)

**RECIPE:** I suggest using a quart (32-ounce) glass container, such as an MCT oil bottle and use a funnel to add oils to the bottle. Warm 12 ounces of organic virgin coconut oil until melted and combine with 10 ounces MCT oil in the 32 -ounce glass bottle. Store at room temperature. Should be good on the shelf for up to two years!!! Each bottle contains about 64 x 1 tablespoon servings.

**NOTE:** For people who want the most ketogenic formula, look for a pure C8 MCT oil, such as Brain Octane or Parrillo Performance. Many people have a problem with diarrhea using pure C8. More people tolerate “standard” MCT oil, which contains a 60/40 mixture of C8 and C10, and C10 has its own important special properties; for example, C10 stimulates mitochondria to multiply, which could help increase ATP production in cells, whereas C10 also has anti-seizure properties, whereas C8 does neither.

### ***Why Not Use Just MCT Oil?***

If you decide to take just MCT oil several times a day, the levels fluctuate up and down more than with coconut oil or with a mixture of coconut and MCT oils. Also, some fatty acids in whole coconut oil are not found in MCT oil, and I think they might contribute to the

improvements seen in Steve and others. For example, the lauric acid in coconut oil kills bacteria, fungi, protozoa and certain types of viruses, such as those that cause fever blisters. Several groups of researchers have reported evidence of the herpes simplex virus type 1 that causes fever blisters in the beta-amyloid plaques in the brains of people with Alzheimer's, especially those with the ApoE4 gene like Steve. Taking coconut oil seemed to be working for Steve in that he was regularly fighting fever blisters, sometimes for several weeks at a time, and these episodes have become much less severe and less frequent, with just six or so episodes over eight years.

Coconut oil is also reported to support the thyroid, and many people with dementia have or develop hypothyroidism at some point in the disease process. Nearly all people with Down Syndrome develop Alzheimer's disease by the time they reach their thirties or forties, and they also have a problem with hypothyroidism. Coconut oil could have a beneficial effect in this regard.

### ***Why Not Use Just Coconut Oil?***

Many people have reported to me that they have seen improvements in their loved ones with Alzheimer's using just coconut oil. Steve had a dramatic improvement using just coconut oil for the first two months. I don't know for certain if there is any additional benefit to adding MCT oil, so I see no problem with using just coconut oil for this dietary intervention. One of the reasons to consider adding MCT oil would be to achieve higher levels of ketones. Only part of MCT oil is converted to ketones, so the remaining medium-chain fatty acids could potentially be used by neurons as an alternative fuel. So, the more medium-chain fatty acids one can tolerate, the more will be available to brain. Much more needs to be learned about exactly what medium-chain fatty acids do.

Another point to consider is that by mixing MCT and coconut oil in a four to three ratio, the long-chain saturated fatty acids are reduced to about 10 percent of the total fat. For those worried about the possible health issues related to saturated fats, this offers an alternative to using an equivalent amount of coconut oil.

**MCT//143 available in single-serving packets and in a 17-ounce bottle at  
[marynewport.pruvitnow.com](http://marynewport.pruvitnow.com)**