Studies of MCT Oil and Coconut Oil in Older Adults, People with MCI & Alzheimer's (as of Nov 2025)						
Yomogida (2021)	20 (14 <sup>9</sup> , 66y)	Healthy older adults	MCT (60%C8,40%C10)	20 g x 1	1 meal	↑ executive function
O'Neil (2019)	96 (40º, 65y)	Healthy older adults	MCT (55%C8,45%C10)	30 g/day	14 d	↑ verbal memory and attention
Mutoh (2022)	63 (22 <sup>9</sup> , 70y)	Healthy older adults	MCT (75%C8,25%C10)	18 g/day	3 mo	↑ MMSE, word list recall, balance
Abe (2020)	64 (51º, 85.5y)	Frail elderly	MCT (75%C8,25%C10)	6 g/day	3 mo	↑ Functional Independence, motor, pulmonary function, and cognition; controls ↓
Abe (2020)	64 (51º, 85.5y)	Frail elderly	MCT (75%C8,25%C10)	6 g/day	3 mo	↑MMSE by 3.5 points/controls ↓ 0.7
Abe (2017)	38 (27 <sup>Q</sup> , 87y)	Frail elderly	MCT (75%C8,25%C10)	6g/day	3 mo	↑ MMSE, ↑Nishimura Geriatric rating scale; controls ↓ on both
Abe (2016)	38 (27 <sup>Q</sup> , 87y)	Frail elderly	MCT (75%C8,25%C10)	6g/day	3 mo	↑ Speed of walking, grip strength, leg open & close, expiratory flow; controls ↓ on all
Fortier (2019)	52 (21 <sup>Q</sup> , 75y)	MCI	MCT (60%C8,40%C10)	30 g/day	6 mo	↑ Brain ketone use; improved multiple domains
Fortier (2021)	82 (45º, 71y)	MCI	MCT (60%C8,40%C10)	30 g/day	6 mo	↑ Recall, fluency, naming; correlated with ketones
Roy (2022)	32 (8º, 74y)	MCI	MCT (60%C8,40%C10)	30 g/day	6 mo	↑ Attention, processing speed, connectivity
Ota (2019)	20 (9 <sup>2</sup> , 73y)	Mild-Mod AD	MCT (60%C8,40%C10)	20 g x 1 dose then 50g/day	12 wk	No difference with 1 dose;12 wk study - ↑ Digit Symbol Coding, Logical Memory
Henderson (2009)	152 (85♀, 77y)	Mild–Mod AD	MCT 100%C8	20 g/day	90 days	Improved ADAS-Cog in ApoE4-
Ohnuma (2016)	22 (10º, 64y)	Mild–Mod AD	MCT 100%C8	20 g/day	90 days	Large ↑MMSE in 1 ApoE4– patient
Juby (2022)	20 ( 9º, 73y)	Mild–Mod AD	MCT 100%C8	15-30g/day	6 - 12 mo	MMSE, MoCA, Cognigram - 80% stable or improved
Xu (2020)	53 (31º, 75y)	Mild–Mod AD	MCT	17.3 g/day	30 days	ADAS-Cog-C improved
Henderson (2020)	413 (245♀, 76y)	Mild–Mod AD	MCT 100%C8	20 g/day	6 mo	Improved ADAS-Cog esp. ApoE4-
Taylor (2017)	15 (8º, 73y)	Mild–Mod AD	MCT (55%C8,45%C10)	1-3 tbsp/day	3 mo	ADAS-Cog improved
De la Rubia Orti (2018)	44 (3º, 84y)	Mild-Mod AD	Coconut oil (Mediterranean diet)	40 g/day	21 days	↑ episodic & semantic memory
Fernando (2023)	84 (55º, 74y)	Mild–Mod AD	Coconut oil	30 g/day	24 wks	↑MMSE only in ApoE4+ patients
Phillips (2021)	21 (10♀, 68)	Mild-Mod AD	Keto diet - coconut oil in most recipes	varied	12 wks	↑ACE-III (cognitive test), ADCS-ADLs, QOL-AD while on ketogenic diet, but not low-fat diet

ACE-III = Addenbrookes Cognitive Examination; AD = Alzheimer's disease; ADAS = Alzheimer's Disease Assessment Scale; Cog = cognitive; d = grams; MCI = mild cognitive impairment; MCT = medium-chain triglyceride oil; MMSE = Mini-Mental Status Exam; MoCA = Montreal Cognitive Assessment; Mod = moderate; QOL = quality of life; tbsp = tablespoons

References for these clinical trials, plus animal, in vitro studies and reviews:

https://coconut ketones.com/wp-content/uploads/2025/10/REFERENCES-FOR-KETOGENIC-STRATEGIES-FOR-ALZHEIMER-Oct-2025.pdf