

What to do in place of MCT//143 from Pruvit – November 2025

Dr. Newport developed a mixture for her husband Steve in 2008 and formulated the product called MCT//143 for Pruvit in 2017. Herbalife bought the Pruvit company in early 2025 and decided to discontinue selling MCT//143. The product contained MCT from coconut oil + virgin coconut oil + phosphatidylcholine which is important to brain cell membranes and formation of acetylcholine, the “memory” neurotransmitter.

What you can do:

Easy Recipe (makes 7 ounces of the MCT/coconut oil mixture):

1. Place 3 ounces of virgin unrefined coconut oil in an 8-ounce glass measuring cup.
2. Place the cup with oil into a pan of hot water to melt the oil; OR place the cup with oil in the microwave for 10 seconds at a time until melted.
3. Add 4 ounces of MCT oil to bring total oil up to 7 ounces (14 tablespoon servings).
 - **For a larger amount**, in a quart bottle, combine 16 ounces MCT oil to 12 ounces coconut oil. (56 tablespoon servings).
4. Store at room temperature in a glass container, such as an MCT oil bottle.

To replace phosphatidylcholine:

1. Include egg yolks in your diet.
2. Take a sunflower or soy lecithin capsule daily.
3. Take a krill oil supplement.
4. Add 1 teaspoon of liquid sunflower or soy lecithin to 7 ounces of the MCT/coconut oil mixture. Invert bottle several times to mix well before taking each time.
5. Add ¼ to ½ teaspoon of liquid sunflower lecithin to a smoothie or salad dressing.

Food ideas for MCT/coconut oil mixture:

- Use coconut oil instead of or with butter on vegetables, or a small portion of sweet potato, whole grain rice, or oatmeal.
- Mix coconut oil into your favorite casserole, soup, stew, or chili.
- Using low to medium-low heat, cook eggs, vegetables, or anything else you like to sauté with coconut oil on the stove.

- Use coconut oil in place of other oils and fats for baking up to 350°F (175°C).
- Add the MCT oil/coconut oil mixture or coconut milk to smoothies, yogurt, cottage cheese, ricotta, milk, buttermilk, or kefir.
- Drizzle the MCT oil/coconut oil mixture on salad.

Many high-quality brands of virgin coconut oil and MCT oil come from the same manufacturers but use their own label. Here are Amazon links to some good products I use myself that are also economical:

Amazon brand organic unrefined cold-pressed coconut oil, 54

ounces: <https://amzn.to/4qjnpwW>

Now organic MCT oil, 32 ounces: <https://amzn.to/4qw6PtR>

Now sunflower lecithin 1200 mg capsules (large), 100 capsules: <https://amzn.to/484Yvc7>

Now sunflower lecithin liquid, 16 ounces: <https://amzn.to/4hJXYAx>

Glass bottles: <https://amzn.to/42JSzU1>