

# Mercola Announced as 2018 Clean Choice Award Winner

*Mercola's Ketone Energy MCT Oil named 2018 Clean Choice Award Winner*

*by Clean Eating Magazine*

**Hoffman Estates, IL February 22, 2018** – Dr. Joseph Mercola, founder of Mercola.com, is always on the leading edge of research and development when it comes to producing high-quality health products. As the result of his efforts and ongoing quest to help people understand and implement a cyclical ketogenic meal plan, Mercola's **Ketone Energy MCT Oil** has received Clean Eating Magazine's 2018 Clean Choice Award.

Crucial for cellular health, mitochondrial function and energy production, nutritional ketosis allows the body to shift over to burning fat for fuel instead of carbohydrates. Medium-chain triglycerides, or MCTs, have become very popular as knowledge grows about the many benefits of ketosis.

Dr. Mercola's **Ketone Energy MCT Oil** stands apart from other MCT oils in several ways:

- Contains 95 percent Caprylic Acid (C8 MCT oil), the most effective MCT fatty acid (most commercial brands are combinations of C8 with other fatty acids)
- Its MCTs bypass normal digestive processes, diffuse across the intestinal membrane and go directly to the liver to be used as a clean-burning fuel for the entire body and brain
- Offers a great way to get extra fat into the diet, and because it is odorless and tasteless and actually *enhances* flavor, it can be added to foods and beverages for extra fat calories
- Contains no trans fatty acids and NO genetically engineered ingredients

While most researchers have only scratched the surface of this important area of health and wellness, Mercola continues to develop products that place him at the forefront of addressing mitochondrial health.

"Nearly everyone needs to burn high-quality fats instead of carbs," Mercola said. "When you use the *right* kind of MCT oil, I'm convinced that you can reap profound benefits. I use it daily."

MCT oil is becoming one the fastest growing trends for health and well-being. **Ketone Energy MCT Oil** can be added to food or beverages like pasta, salads, or even blending it into coffee with a pat of raw, grass fed butter to create the perfect ketogenic pick-me-up.

## About Dr. Mercola and Mercola.com:

Dr. Joseph Mercola is a physician and three-time *New York Times* best-selling author. He was voted the 2009 Ultimate Wellness Game Changer by the Huffington Post and has been featured in several national media outlets including *Time* magazine, *LA Times*, CNN, Fox News, ABC News, the Today Show, and The Dr. Oz Show. Dr. Mercola founded his website, Mercola.com, in 1997 and it has since become the world's #1 natural health resource site – with over one million subscribers to its natural health e-Newsletter. His latest book, **Fat for Fuel**, is an Amazon #1 best-seller that revolutionizes the way people look at food and nutrition.