



Top 5 Sports Performance Benefits of Coconut Oil

QUICK ENERGY SOURCE:

- 1** The MCTs in coconut oil can provide a rapid source of energy, which can be beneficial for athletes before or during high-intensity workouts.
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IMPROVED ENDURANCE:

- 2** Some studies suggest that MCTs can enhance endurance exercise performance by providing a sustained source of energy.
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REDUCED LACTIC ACID BUILD-UP:

- 3** There is some evidence to suggest that MCTs may help reduce the buildup of lactic acid in muscles during exercise, potentially delaying fatigue.
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AID IN RECOVERY:

- 4** The anti-inflammatory properties of coconut oil may help with post-exercise recovery by reducing inflammation and aiding in muscle repair.
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ENHANCED NUTRIENT ABSORPTION:

- 5** Coconut oil may help improve the absorption of fat-soluble vitamins and minerals, which are crucial for overall health and athletic performance.
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