

# Lemon X MCT

xanthigen® infused mct oil

Lemon X MCT is a clinical-strength formula powered by Xanthigen® - a patented blend of brown seaweed and pomegranate seed oil clinically shown to support weight loss, enhance fat metabolism, and promote liver health. Combined with fast-absorbing MCT oil for clean, sustained energy, this advanced formula helps your body burn fat more efficiently while supporting healthy liver function and natural detoxification. Designed to promote metabolic balance and make weight management more sustainable, it also helps boost mental clarity, focus, and daily stamina. With a light citrus flavor and versatile use in smoothies, coffee, or meals, Lemon X MCT makes it easy to fuel your health goals every day.\*



## DIRECTIONS

- Shake well. Take ½ dropper up to 2x daily, straight or mixed with up to 8 ounces of water or your favorite beverage. Use as directed by a health professional.\*

**Bonus Tip:** Take before bed as a night-time fat burner and lose weight while you sleep!

Supplement Facts		
Serving Size: 800 mg (Approximately 1/2 dropper)    Servings Per Container: Approximately 30		
	Amount Per Serving	% Daily Value
<b>LEMON X MCT</b>	<b>800mg</b>	*
Xanthigen® (Wakame Seaweed Extract (Undaria pinnatifida) and Pomegranate Seed Oil) (providing 1,275 mcg Fucoxanthin)	600mg	*
Medium Chain Triglyceride (MCT) Oil; Lemon (Citrus limon) Peel Oil; Peppermint (Mentha piperita) Oil; Lemongrass (Cymbopogon flexuosus) Oil; Grapefruit (Citrus paradisi) Peel Oil; Ginger (Zingiber officinale) Root Oil	200mg	*
Does not contain Wheat, Gluten, Soy, Fish, Shellfish, Peanuts, Egg, Milk, Artificial Flavors, Artificial Colors, Artificial Sweeteners, or Preservatives.		
This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.		

Xanthigen® is a registered trademark of PLT Health Solutions, used under license.

## CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.\*
- This product may lower blood glucose. Consult your healthcare provider before use if taking blood sugar-lowering medication.
- Keep out of reach of children.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*

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## MEDICINAL CONSTITUENTS

### XANTHIGEN®

- **Fucoxanthin:** Fucoxanthin is a powerful carotenoid found in brown seaweed, recognized for its ability to support fat burning, boost metabolism, and aid in healthy weight management. It also promotes liver health by supporting natural detoxification processes and reducing inflammation. With antioxidant properties, fucoxanthin helps protect cells from oxidative stress, making it a valuable nutrient for overall metabolic and cellular wellness.\*
- **Punicic Acid:** This rare omega-5 fatty acid found in pomegranate seed oil is known for its powerful anti-inflammatory and antioxidant properties. It supports healthy weight management by enhancing fat metabolism and reducing fat accumulation. Punicic acid also promotes liver health by helping to reduce oxidative stress and support natural detoxification, making it a valuable nutrient for metabolic and overall wellness.\*

#### Clinical studies for Xanthigen®:

- <https://pubmed.ncbi.nlm.nih.gov/19840063/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4951448/>
- <https://link.springer.com/article/10.1007/s10068-014-0125-1>

### MCT OIL

- **Caprylic Acid:** A medium-chain fatty acid found in coconut oil, known for its ability to support fat metabolism, energy production, and gut health. It plays a role in healthy weight management by promoting the efficient breakdown and use of fats for fuel. Caprylic acid also supports liver function by easing the liver's detox load and helping maintain a balanced gut microbiome, which is closely linked to metabolic and liver health.\*
- **Capric Acid:** Another medium-chain fatty acid found in coconut oil that supports weight management by promoting fat metabolism and providing quick, sustained energy. It helps the body convert fat into fuel more efficiently, which can aid in reducing body fat over time. Capric acid also supports liver health by reducing the liver's workload in processing fats and assisting in natural detoxification, making it a valuable nutrient for metabolic balance and overall wellness.\*

#### Clinical studies for MCTs:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8919247/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9941952/>
- <https://doi.org/10.1016/j.clnu.2024.06.016>

### LEMON

- **Limonene:** This natural compound found in citrus peel is known for its antioxidant, anti-inflammatory, and detoxifying properties. It supports weight management by promoting fat metabolism and curbing appetite, while also enhancing liver function and aiding in the body's natural detox processes. Limonene's ability to protect liver cells and support metabolic balance makes it a valuable nutrient for overall wellness.\*

#### Clinical studies for Lemon:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC2581754/>
- <https://pubmed.ncbi.nlm.nih.gov/32182635/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11666827/>

### PEPPERMINT

- **Menthol:** This natural compound found in mint, supports weight management by enhancing thermogenesis, which helps the body burn fat more efficiently. It also promotes liver health by aiding in detoxification and reducing inflammation within the liver. Menthol's soothing properties support digestive health, further contributing to metabolic balance and overall wellness, making it a valuable addition to any wellness routine.\*

#### Clinical studies for Peppermint:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11020615/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8584325/>

### LEMONGRASS

- **Citral:** This compound found in citrus fruits and lemongrass, supports weight management by boosting metabolism and promoting fat burning. It also aids liver health by enhancing detoxification processes and reducing oxidative stress. Known for its anti-inflammatory and antioxidant properties, citral helps support overall metabolic function and liver wellness, contributing to a balanced and healthy lifestyle.\*

#### Clinical studies for Lemongrass:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10892616/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3217679/>

### GRAPEFRUIT

- **Flavonoids:** These naturally occurring compounds found in fruits, vegetables, and herbs, support weight management by enhancing fat metabolism and reducing inflammation linked to weight gain. They also promote liver health by protecting liver cells from oxidative stress and supporting natural detoxification processes. With powerful antioxidant and anti-inflammatory effects, flavonoids play a key role in maintaining metabolic balance and overall wellness.\*

#### Clinical studies for Grapefruit:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4016745/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11902153/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9604264/>

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