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Reader's Digest

12 Keto Supplements That Are Worth Your Money

By Kimberly Holland

MCT Oil



Medium-chain triglycerides (MCT) are fatty acids usually derived from coconut or palm oil. They are one of several popular keto supplements commonly used by keto dieters. [Elroy Vojdani, MD, IFMCP](#), a functional medicine doctor in Los Angeles, recommends adding a tablespoon or two to a coffee or smoothie in the morning to fuel ketosis and boost mental energy. Indeed, a 2018 review suggests that people who use MCT oil reach ketosis more quickly than people who do not. Plus, people who use MCT oil may have higher levels of circulating ketones in the blood, the review said. “The more circulating ketones you have, the more potential fuel your brain cells have to use when in ketosis,” Dr. Vojdani says.

Taking it in the morning will help you get the biggest benefits from that brain boost, he adds. “It really helps curb appetite, pushing your first true meal into later in the day and potentially amplifying the effect of intermittent fasting if you are doing this alongside keto,” he says. Start with small doses so you don’t cause stomach pain.



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Omega-3 fatty acids



Fish oils are one of the most popular keto supplements because they are a rich source of heart-healthy omega-3 fatty acids. These fats are especially important for keto dieters, says Dr. Vojdani. “One thing we know for certain with ketogenic diets is that if they are higher in saturated fat derived from animals, they have a greater tendency to cause a worsening of cholesterol numbers linked to cardiovascular disease,” he says. “It’s paramount to be sure that your version of keto combats this by increasing your exposure to plant-derived poly- and monounsaturated fats, and clean sources of fish-derived omega-3 fatty acids.” Fish oil supplements can cause fishy burps, though, so Dr. Vojdani recommends taking omega-3 supplements in the morning with food to avoid the returning scents.

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