

## Effects of Oral MCT intake on Bowel Function.

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In Japan, many people experience symptoms of constipation<sup>1)</sup>. As Chronic constipation negatively affects quality of life (QOL)<sup>2)</sup>, early intervention is essential for those with constipation tendencies. MCT (Medium-Chain Triglyceride) is a lipid composed solely of medium-chain fatty acids (MCFA) and is used as a nutritional supplement for preterm infants and others due to its properties as an energy substrate<sup>3)</sup>. Recent studies conducted on Japanese athletes suggest that MCT may also contribute to improving bowel movements<sup>4,5)</sup>. However, there are few reports evaluating the effects of continuous consumption of small amounts of MCT in Japanese populations with a tendency toward constipation. In this study, we investigated the effects of consuming 2g of MCT daily for two weeks on bowel movement frequency in Japanese men and women having a tendency toward constipation. Compared to consuming 2g of rapeseed oil (Long-Chain Triglyceride) daily for two weeks, MCT intake significantly increased the number of bowel movement days ( $P < 0.05$ ) and showed a trend toward increasing bowel movement frequency ( $P < 0.10$ ). Thus, daily intake of even a small amount of MCT may be helpful in improving bowel movements in Japanese individuals prone to constipation.

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