

# Top 5 Keto Butters & Oils, and their Benefits

## Clarified Butter & Ghee

Free of dairy sensitive compounds casein and lactose  
Contains butyrate to improve gut health

## Grass-Fed Butter

Rich in CLA to stimulate fat burning  
High in Omega-3s to combat inflammation

## Coconut Oil

Rich in MCTs to stimulate ketone production  
Contains lauric acid a potent antimicrobial agent

## Avocado Oil

Great for cooking due to high smoke point  
Contains lutein a potent antioxidant

## MCT Oil

Converted to ketones in the liver  
A rapidly digesting energy source