**Table S1. Fatty acid composition of MLCT and control oils.**

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| **Fatty acids (g/100g)** | **MLCT oil** | **Control oil** |
| SFA | 19.5 | 9.0 |
| MCFA | 11.6 | 0.0 |
| MUFA | 56.5 | 63.9 |
| PUFA | 24.0 | 27.2 |
| n-6 PUFA | 17.2 | 19.5 |
| n-3 PUFA | 6.8 | 7.7 |

SFA, saturated fatty acids; MCFA, medium-chain fatty acids; MLCT, medium- and long-chain triglyceride; MUFA, mono-unsaturated fatty acids; PUFA, poly-unsaturated fatty acids.