

# Benefits of Lauric Acid

- Antimicrobial Properties
  - It has been used to support the immune system and treat infections.
- Skin Health/Hair Care
  - A common ingredient in skin care products
  - Moisturize the scalp and reduce dandruff
- Weight Management
  - Medium-chain fatty acids like lauric acid may promote weight management by increasing metabolism and promoting a feeling of fullness.
- Digestive Health
- Heart Health



Jordan



Madeline Medrano

Chris

Chris

Irfan Ali

Noorani



Kevin Chang



Jacob Sagun



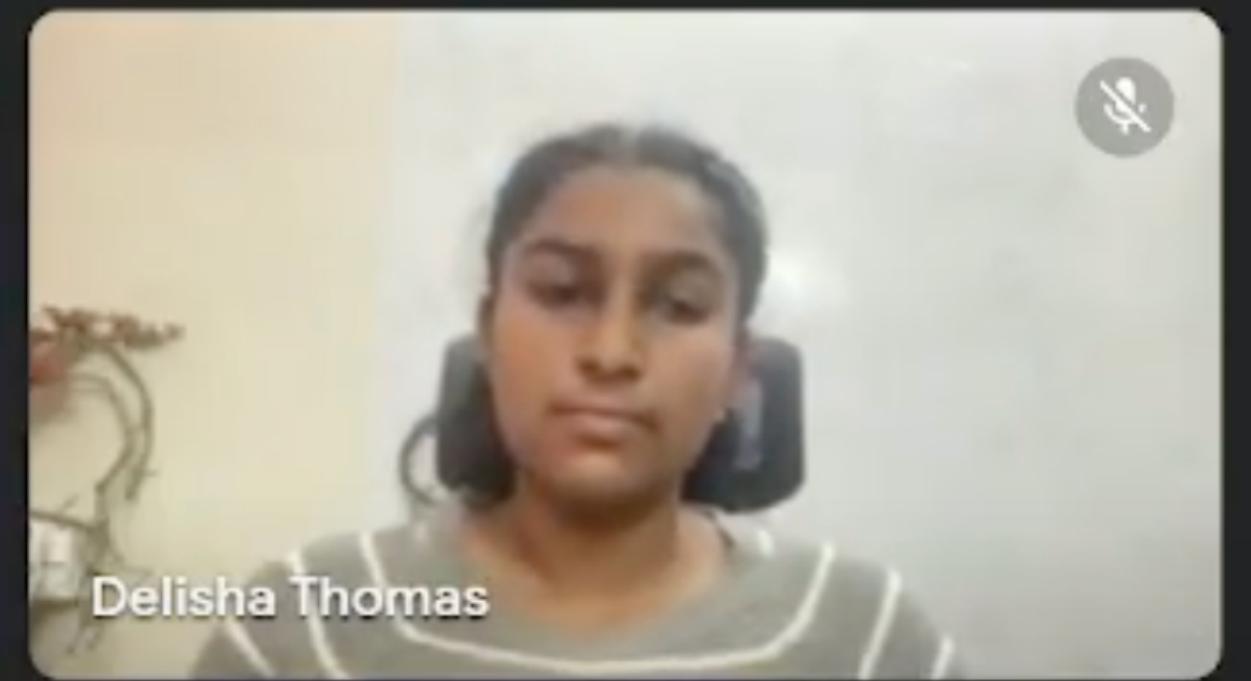
Shloke kamat



Akshara Gobbur



Naveen Polavarapu



Delisha Thomas



Advita Bathole



3 others



Satya Prakash Kothamasu