

Introducing

The Keto Kickstart Supplement Package

Your guide to healthy keto living with ketolibrium.



ketolibrium

Welcome to the Keto Crew!

Inside this box are a number of quality sourced supplements geared to help you get started living a healthy ketogenic lifestyle. These supplements are geared to support your body in breaking down fats and getting you into fat burning mode. Please read all instructions to ensure you're making the most of your supplement package and optimizing your results!

Low-carb high-fat keto eating is all about getting back to nutritious, unprocessed food. If there are supplements that can help you along the way, even better.

This supplement package is designed to make living a healthy keto lifestyle easier and support your body if you're starting keto for the first time. Whether you're new to keto or stocking up on your favourite keto additions, this package will cover all the basis.

If you have any questions or comments at all, reach out to us anytime. Really, ask us anything. We can be reached at info@ketolibrium.ca or 519-681-KETO (5386).

With love and butter, the Ketolibrium family



YOUR KETO SUPPLEMENT INSTRUCTIONS

USING THE TEST STRIPS

Included in your Kickstart Package you will find a pack of keto urine test strips. These test strips are meant to help you determine and track your progress starting on the keto diet. As you start eating keto, your liver will start producing ketone bodies as it is relying less and less on carbohydrates. These ketone bodies are what is measured with the urine strips. Please follow all instructions on the package. Results will vary from person to person - it will may take longer than a week to reach ketosis.

Please note: You will notice the test strips changing colour after using. If you're newer to the ketogenic diet, once you're in ketosis the colour may appear dark purple. This is okay! If you've been on keto for many months, the colour may gradually lighten. This is because your body has become more efficient at creating the ketones that fuel your body. Once fully keto adapted the urine test strips may no longer accurately measure your ketone body levels. You may wish to purchase breath or blood ketone measuring device at this point.

TAKING THE DIGESTIVE ENZYMES

When you start on a ketogenic diet, your body is getting used to the higher concentration of fat coming into your body. Digestive enzymes are a great way to help your body in the transition to keto and can aid in reducing digestive gas, constipation, bloating and indigestion. It is recommended you take them 1-2 X a day to start (one with lunch and one with dinner). See how you feel after the first week and adjust as needed.

GRASS-FED BUTTER

Grass-fed butter, like any pure fat, is an excellent source of healthy fats. It is provided in the keto kick-start package to provide you with an easy way to up your fat macros. One of the biggest challenges people have starting keto is actually getting in enough fat. Using grass-fed butter to cook food in or make keto coffee with (recipe below) is an easy way to ensure you're getting in enough fat. Grass-fed butter also contains more antioxidants, omega-3's, minerals and vitamins than regular butter, and is a healthier choice for consumption. When cow's eat grass instead of grain, the composition of the meat and any bi-products (butter / cheese) are affected positively. Try cooking your vegetables, eggs or meats in extra butter.



MCT OIL

Medium Chain Triglycerides (MCT) oil are a type of fat commonly derived from coconut oil. They can be used by the brain as quick fuel, giving you an energy boost as sugar would but without the crash. The high fat content increases satiety, and helps keep cravings at bay. MCTs can also easily be converted into ketone bodies, helping you achieve or maintain nutritional ketosis.

Taking MCT oil with a low-carb high-fat diet is a great way to control hunger and keep you burning fat for fuel! You can take it by the spoonful, but we recommend making a keto coffee with MCT oil and grass-fed butter to increase satiety and control appetite. See the recipe at the bottom of this document!

*Please note to start with a small amount of MCT (1 tsp) and work your way up to a tbsp, it can cause digestive upset at first in some individuals.

TIPS & TRICKS FOR STARTING OUT ON KETO

1. **Drink lots of water:** When eating a strict keto diet, it is very important to make sure you drink enough fluids. This is because our body is expelling a lot of water that carbs used to make our body hold onto. Replenishing our sources will help prevent the keto flu and keep our cells running efficiently. Water and herbal teas are the best choices.
2. **Get enough salt:** It is also important to incorporate enough salt in your diet, especially your first few weeks on keto. Try adding a little salt to bone broth to increase your intake. We sell two local brands of healthy and collagen packed bone broth. Add them to your cart to help ease keto flu symptoms.
3. **Listen to your body:** Lastly, listening to your body while you're on the keto diet is very important. If something doesn't feel right, take a step back and try to resolve the issue. Always consult your doctor if you have any health questions.

REHEATING YOUR FOOD

If you also purchased food, please note all meals can be reheated either in the microwave or the oven/toaster oven. We recommend reheating to an internal temperature of 165 F. To reheat, open a corner of the lid (remove any sauce containers) and microwave for 2 – 4 minutes. In the oven, we recommend preheating to 375 and leaving to heat for about 10 – 15 minutes. Exact heating time will vary on personal preference.



Keto Coffee Recipe

This powerful drink is more than your average cup-a-joe. MCT's are used by the brain as quick fuel, supporting productivity, while the high fat content keeps cravings at bay, leaving you to get on with your day feeling full and energized.

Using your favourite roast, combine 1 TBSP MCT oil and 2 tsp grass-fed butter to 1 cup of coffee. Simply blend until frothy and creamy and enjoy!

DON'T DRINK COFFEE?

If you don't drink coffee, here are some other ideas to use the grass-fed butter and MCT oil! MCT oil is flavorless, so you can add it to many of your favourite foods!

- Add extra butter to cooking
- Cook vegetables, meats and eggs in grass-fed butter
- Make a tea latte with butter or MCT oil
- Add MCT oil to smoothies or salad dressing

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