

# SUGARS ARE EVERYWHERE HERE'S HOW TO DETECT THEM

Sugar can be disguised under many names in commercial food products, so it's very important that you become really good at reading labels and know what sweetener is being used. Even keto-friendly products can claim to be sugar-free, and still use Sucralose or Maltodextrin, which have the same negative effect as sugar on your blood glucose. Educate yourself and choose the right sweetener for your keto diet!

Avoid



### Natural Sugars

- Agave Nectar
- Coconut Nectar
- Coconut Sugar
- Date Sugar
- (Evaporated) Cane
- Fruit Juice
- Honey
- Syrup (maple, malt, refiners, rice, date )
- Molasses
- Rice Malt (Extract)
- (Sweet) Sorghum
- Treacle



### Artificial Sweeteners


- Aspartame
- Acesulfame - K
- Equal
- Nutra - Sweet
- Saccharin
- Splenda
- Sucralose
- Sweet-n-Low
- High Fructose Corn Syrup



### Scientific Names for Sugar


- Dextrose
- Disaccharide
- Fructose
- Galactose
- Lactose
- Maltose
- Monosaccharide
- Polysaccharide
- Ribose
- Saccharose
- Sucrose
- Maltodextrin
- Maltol

Approved




### Use In Moderation

- Xylitol
- Inulin
- Mannitol
- Tagatose
- Yacon Syrup



### Best

- Stevia
- Erythritol
- Monk Fruit
- Allulose



Find out how much weight you'll lose with our simple Keto System plan.

[simpleketosystem.com](http://simpleketosystem.com)

KONSCIOUS

Here's a list of our best-selling keto-friendly products with only keto-approved sweeteners.

**Keto Activate - Guaranteed To Put Your Body Into Ketosis Faster (Even If You Cheated) And Accelerate Your Weight Loss And Fat Burning Results Or Your Money Back.**

[Click here to get our top-selling, scientifically-formulated Keto Activate shake in mouth-watering Dark Chocolate Truffle flavor...](#)



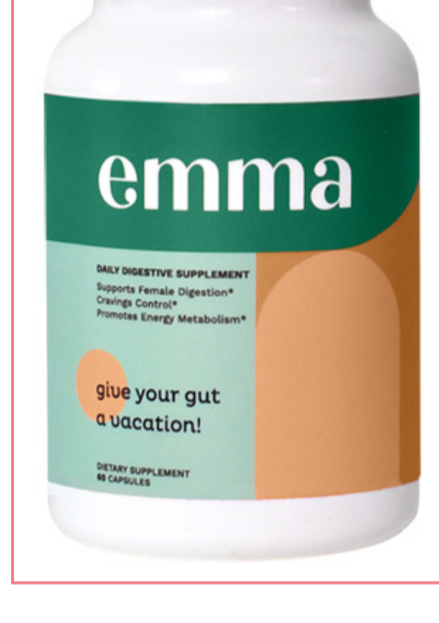
**Metabolic Energizer - If you're looking to quickly burn 10, 20, 30 pounds or more quickly, you're going to love this natural fat burner.**

[Click here to speed up your metabolism while forcing your body to burn fat all day \(and all night\)...](#)



**Emma - Natural and doctor-formulated to eliminate embarrassing constipation, bloating, and weight gain...**

[Click here to eat the foods you love without unsightly bloating and painful indigestion...](#)



**Supreme Greens - Detoxify and nourish your body with this keto-friendly drink in just 30 seconds while fighting chronic inflammation...**

[Click here to get your daily greens without shopping, chopping, or the mess and cleanup...](#)



**Multi-Flavor Keto Shakes - Enjoy healthy fats and super foods while feeling full for hours (Try our multi-pack of delicious Strawberry Cheesecake, Creamy Chocolate, and Banana Creme Brulee flavors)...**

[Click here to try our mouth-watering Strawberry Cheesecake, Creamy Chocolate, and Banana Creme Brulee Keto shake to satisfy your sweet tooth and trim inches of your waistline...](#)



**Strawberry Cheesecake Keto Shake - Enjoy healthy fats and super foods while feeling full for hours...**

[Click here to try our mouth-watering Strawberry Cheesecake Keto shake to satisfy your sweet tooth and trim inches of your waistline...](#)



**Creamy Chocolate Keto Shake - Enjoy healthy fats and super foods while feeling full for hours...**

[Click here to try our mouth-watering Creamy Chocolate Keto shake to satisfy your sweet tooth and trim inches of your waistline...](#)



**Banana Creme Brulee Keto Shake - Enjoy healthy fats and super foods while feeling full for hours...**

[Click here to try our mouth-watering Banana Creme Brulee Keto shake to satisfy your sweet tooth and trim inches of your waistline...](#)



Let us know if you have any questions.

Remember...

All products come with a money-back guarantee.