

As the keto diet continues to gain momentum, you may be curious about embracing this high-fat, low-carb, moderate-protein way of eating. While it may not be suitable for everyone, there are many health benefits associated with this lifestyle:

- Healthy weight management
- Cardiovascular support
- Blood sugar support
- Brain health and mental clarity
- Energy revitalization
- Improved sleep

There is a wealth of information readily available about the keto lifestyle, but one aspect not widely discussed is the important role supplementation may play as you adopt this diet.



## DID YOU KNOW?

Ketones are byproducts of fat breakdown and become the main fuel source on a keto diet. Your brain actually prefers to run on ketones!

This clean fuel source is one of the main reasons you'll experience mental clarity and greater cognitive performance.



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# KETO SUCCESS WITH SUPPLEMENT SUPPORT



Enjoy a smooth, successful ketogenic lifestyle with strategic supplemental support.

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## SHIFTING FUEL SOURCES

Ketosis is when your body burns fat (ketones) for energy instead of carbohydrates (glucose).

The transition from relying on carbs to fat can be difficult and have a significant impact.

To successfully transition into and maintain a keto lifestyle, it's important to give your body the support it needs beyond exclusively focusing on the food aspects of the diet. Proper supplementation can play a very complementary role and help mitigate many of the negative effects that may surface:

- The keto "flu"
- Electrolyte imbalance
- Nutrient deficiencies
- Digestive discomfort
- Excess animal protein

The keto diet need not be difficult! This guide will show you how to overcome each of the above noted effects and how complementary nutritional interventions can help you enjoy a smooth, successful keto lifestyle.

**Note:** The ketogenic diet is not for everyone. Checking with your health care practitioner before and during your keto journey is encouraged.

## THE KETO "FLU"

The keto "flu" is by no means a true flu, but many experience flu-like symptoms during the first 5–7 days of the transition to keto. These symptoms may include headaches, nausea, and fatigue and are a result of the body adapting to a carb-limited diet.

## HELPFUL SUPPLEMENTS

Berberine and Apple Cider Vinegar support a smoother transition to the keto diet. Stress-Relax<sup>®</sup> Mental Calmness and Tranquil Sleep<sup>®</sup> help reduce stress and support a good night's sleep, both important to help transition into ketosis!



## ELECTROLYTE BALANCE

As carb intake decreases, your body loses key electrolytes through the urine. Electrolytes play an important role for the cells, especially those of the nerves, heart, and muscles. Cells use them to carry electrical impulses (e.g., nerve impulses, muscle contractions) across themselves and to other cells.

Supplementation can help restore and maintain electrolyte balance, which is critical to well-being.



## HELPFUL SUPPLEMENTS

A few drops of Deep Ocean Minerals provide a concentrated source of essential minerals and trace elements! Magnesium Bisglycinate is a pure, gentle source of magnesium.

## NUTRITIONAL DEFICIENCY

Restrictive diets can result in nutritional deficiencies over time. With the keto specifically, the most common deficiencies include vitamins A, B, D, and E; selenium; choline, chromium, iodine, magnesium, and molybdenum.

## HELPFUL SUPPLEMENTS

A complete multivitamin/mineral helps ensure these nutritional pitfalls are avoided.

Fresh from Factors Farms<sup>®</sup>, each demographic-specific multivitamin and mineral provides meaningful levels of key nutrients.



## DIGESTIVE SUPPORT

One of the primary challenges for many people on the ketogenic diet is constipation. This is because the diet is typically low in fibre. For this reason, supplemental fibre is an important addition to support healthy regularity and general well-being.

## HELPFUL SUPPLEMENTS

Reliefibre<sup>™</sup> provides 5 g of soothing fibre while super fibre PGX<sup>®</sup> exponentially increases the benefits of fibre.



Digestive enzymes also help with gastrointestinal comfort as they offer critical support to help digest high-fat and high-protein foods.

## EXCESS ANIMAL PROTEIN

Eating too much animal protein for a prolonged period can burden your kidneys, liver, and bones. Excess animal protein results in high levels of omega-6, which may also negatively impact your health. Sustainable plant proteins help balance out the effects of excess omega-6 levels.

## HELPFUL SUPPLEMENTS

While the majority of the positive research on omega-3 fatty acids EPA and DHA has focused on cardiovascular health, these critical fats are also important for overall health, including brain function.

