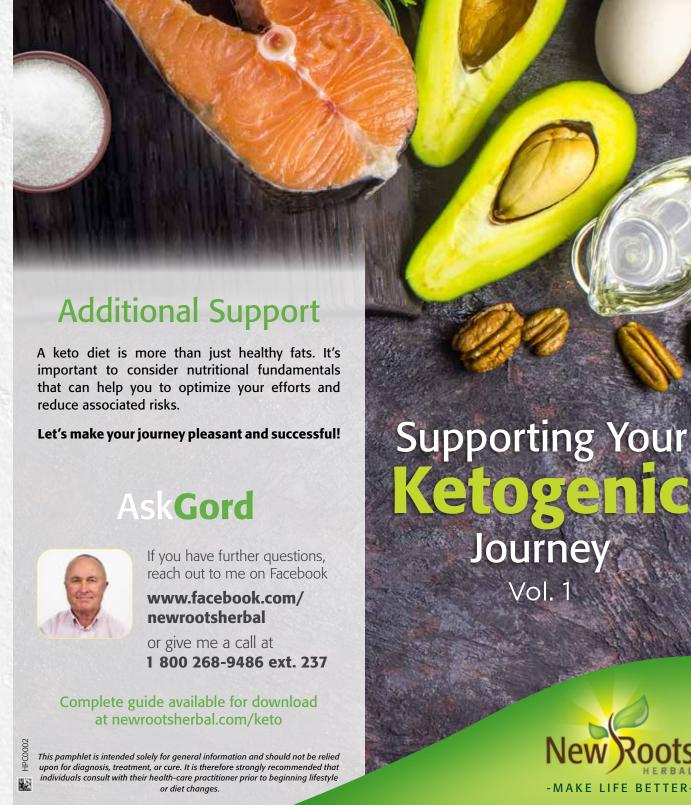
#### **Keto in Brief**



The ketogenic diet consists of drastically reducing the proportion of carbohydrates in your diet, in favour of lipids. Healthy fats should make up 70% of your plate.

#### Beneficial for

- Weight management and body composition
- Cardiovascular and degenerative diseases
- Metabolic disorders
- Mental health and memory
- Energy and vitality
- Endurance sports and physical training



Journey

Vol. 1

-MAKE LIFE BETTER-

### **Digestive Support**

- Get the enzymes you need to manage added fats
- Keep your bowels regular with fibre and magnesium
- Support your intestinal flora with probiotics



#### **Metabolic Support**

- Reinforce liver performance with botanicals and B complex vitamins
- Suppress hunger cravings with Garcinia cambogia
- Drive metabolism of fats for cellular energy with acetyl-L-carnitine



## Bring On the Good Fats

- Choose biologically active and practical MCTs
- · Nourish mind and body with fish oils
- Savour the cardio benefits of delicious sterol-enriched oils



# Choosing Your Proteins

- Lupine seed and pumpkin seed plant-sourced proteins
- Beef bone broth with superior bioavailability and flavour
- · Amino acids as building blocks for proteins



## Covering Your Bases

- Stay well-hydrated with electrolytes
- Complete your diet with multivitamins and antioxidants
- Let the sunshine in with vitamin D3



# Sweeten and Brighten Up

- Discover how sweet it is with stevia
- Brighten up your recipes with fermented turmeric and red beet
- Harness the nutritional power of fermented ginger and maca

