

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.

Benefits:

- ✓ Weight management and body composition
- ✓ Cardiovascular and degenerative diseases
- ✓ Metabolic disorders
- ✓ Mental health and memory
- ✓ Energy and vitality

Low-Sugar Supplementation

Certain supplements presented in this guide contain carbohydrates. These should be taken into consideration when looking at your daily ketogenic plan (with 20 g of sugar for strict plans, and up to 50 g for moderate ones). All other supplements in this guide do not contain sugars.

Supplements for the Ketogenic Diet	Daily Dose	Total Carbs	Fibres	Net Carbs
Beef Bone Broth Protein	3 tbsp.	1 g	1 g	0 g
Fermented Black Cumin Seed - Organic	½ tsp.	1 g	0 g	1 g
Fermented Ginger - Organic	1 tsp.	2 g	0 g	0 g
Fermented Maca - Organic	1 tsp.	2 g	0 g	0 g
Fermented Red Beet - Organic	1 tsp.	1 g	1 g	1 g
Fermented Superfood Blend - Organic	½ tbsp.	6 g	< 1 g	7 g
Fermented Turmeric - Organic	1 tsp.	2 g	1 g	0 g
Juicy Immunity - Energy	2 tsp.	3 g	1 g	2 g
Lectro-Lytes Coco-Pineapple	4.2 g	1 g	0 g	1 g
Lectro-Lytes Lemon-Lime	4.8 g	1 g	0 g	1 g
Lupine Seed Protein - Organic	⅓ cup	7 g	4 g	2 g
Peacegreens Immune	3½ tsp.	3 g	2 g	1 g
Plantago - Fiber Ultra Rich + Inulin	2 tsp.	5 g	5 g	< 0.5 g
Psyllium - Fiber Ultra Rich + Inulin	9 capsules	5 g	5 g	< 0.5 g
Psyllium - Fiber Ultra Rich + Inulin	2 tsp.	5 g	4 g	0.5 g
Pumpkin Seed Protein - Organic	2 tbsp.	2 g	2 g	0 g
Stevia Sugar Spoonable	¼ tsp.	1 g	1 g	0 g
Super Fibre Psyllium	6 capsules	5 g	5 g	< 0.5 g
Sweet 'n Clean Xylitol	1 tsp.	4 g	0 g	0 g
Sweet 'n Slim Erythritol	1 tsp.	4 g	0 g	0 g
Vitamin C ⁸	1 tsp.	2 g	< 0.5 g	1 g

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Supporting Your Ketogenic Journey

Vol. 2

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, erythritol, and xylitol
- Brighten up your recipes with fermented turmeric and red beet
- Harness the nutritional power of fermented ginger, maca, black cumin, and superfood blend

