

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



Additional Support

A keto diet is more than just healthy fats. It's important to consider nutritional fundamentals that can help you to optimize your efforts and reduce associated risks.

Let's make your journey pleasant and successful!

AskGord



If you have further questions, reach out to me on Facebook

www.facebook.com/newrootsherbal

or give me a call at
1 800 268-9486 ext. 237

Complete guide available for download
at newrootsherbal.com/keto

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This pamphlet is intended solely for general information and should not be relied upon for diagnosis, treatment, or cure. It is therefore strongly recommended that individuals consult with their health-care practitioner prior to beginning lifestyle or diet changes.

Supporting Your Ketogenic Journey

Vol. 1


New Roots
HERBAL
-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

