

BENEFITS OF THE KETO DIET FOR MEN

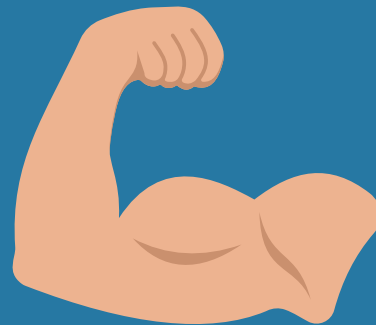


Improves weight loss results



How – Fat is the main energy source

Builds muscle and strength



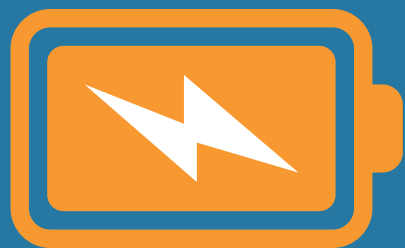
How – Higher protein in diet

Reverses Type 2 diabetes



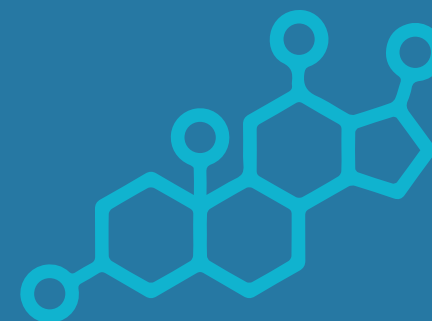
How – Controls blood sugar levels

Increases energy levels



How – Fat is a more stable energy source

May boost testosterone levels



How – Dietary fat supports hormone production