






WHICH SUPPLEMENTS SHOULD I TAKE?

1ST *Eat Whole Foods!!*



WHAT	WHY	SOLUTION
 Salt	→ Keto Diet is naturally diuretic.	→ Drink lots of water and add a pinch of sea salt for electrolytes.
 Magnesium	→ Lower in today's vegetables due to farming practices.	→ Find one that suits you best Magnesium Glycinate Magnesium Citrate Topical Magnesium
 Trace Minerals	→ At the beginning, electrolytes could be out of balance.	→ Add trace mineral drops to water or take in pill form.
 Prebiotics & Probiotics	→ Vegetable consumption may decrease to keep carbs down.	→ Take in liquid or pill form, singularly or together.
 Digestive Enzymes	→ SAD leads to thick bile & difficulty digesting fats.	→ Take a digestive enzyme capsule before meals until the body adjusts.