

KETOGENIC MEAL REPLACEMENT SHAKE

BulaFIT™ KetoFUEL™

The ketogenic diet (often termed keto) is a very low-carb, high-fat diet that involves significantly reducing carbohydrate intake, and replacing it with fat. The reduction in carbohydrates puts the body into a metabolic state called Ketosis. Ketosis is the state when your body turns fat (fuel) into ketones for energy. It has been associated with energy, blood sugar support, mental health support, and lasting fat loss. A ketogenic diet should have approximately 75% of calories from fat, with another 20% from proteins and 5% from carbohydrates. KetoFUEL™ helps maintain the ideal high fat, medium protein and low carb ratios for an easy way to keep you in Ketosis. The Keto Diet is often called the “feel good diet” because of the high energy that metabolized fat provides. Ketones also fuel the brain and help to avoid the “brain fog” associated with other low-carb diets. The Keto Diet also tastes great and allows dieters to enjoy butter, cream, cheese, eggs, bacon, KetoFUEL™ and similar comfort foods. Combining KetoBURN™ Appetite Control and Metabolic Accelerator will also aid in reaching weight loss goals

Healthy Weight Loss

A ketogenic diet is an effective way to lose weight and lower risk factors for disease. The Ketogenic Diet is filling so that you can lose weight without counting calories or tracking food. Specially formulated to support the body's natural ketogenic metabolic processes, KetoFUEL™ has a delicious creamy taste with macronutrient ratios that support ketosis. When combined with a healthy diet and exercise, KetoFUEL™ promotes high-impact fat loss, energy production, blood sugar support, and better mental and overall health.

How KetoFUEL™ can benefit you!

- ▶ **Weight Loss**
- ▶ **Increased Energy Levels**
- ▶ **Heart disease:** The ketogenic diet may improve risk factors like body fat, HDL levels, blood pressure and blood sugar
- ▶ **Alzheimer's disease:** The diet may reduce symptoms of Alzheimer's and slow down the disease's progression
- ▶ **Polycystic ovary syndrome:** The ketogenic diet can help reduce insulin levels, which may play a key role in polycystic ovary syndrome
- ▶ **Acne:** Lower insulin levels and eating less sugar or processed foods may help improve acne



BulaFIT™ KetoFUEL™

Supplement Facts		
Serving Size: two heaping scoops (41g)		
Servings Per Container: 30		
	Amount per serving	% Daily Value
Calories	250	
Total Fat	21 g	27%*
Saturated Fat	12 g	61%*
Cholesterol	190 mg	64%
Total Carbohydrate	5 g	2%*
Dietary Fiber	0 g	1%
Total Sugars	3 g	**
Protein	12 g	
Vitamin A	248 mcg	28%
Vitamin C	24 mg	26%
Vitamin D	11.5 mcg	57%
Vitamin E	4 mg	26%
Thiamin	0.3 mg	26%
Riboflavin	0.4 mg	28%
Niacin	4 mg	25%
Vitamin B6	0.4 mg	25%
Biotin	8 mcg	26%
Calcium	90 mg	7%
Iron	5 mg	29%
Sodium	410 mg	18%
Potassium	140 mg	3%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Ingredients: Dehydrated Sweet Cream (non-GMO), Whole Egg Powder, Whey Protein Concentrate (from grass-fed cows), MCT Oil Powder (MCT, Maltodextrin, Gum Arabic, D-Alpha Tocopherol, and Silica), Salt, Natural Flavors, Ground Cinnamon, Sweet Leaf Stevia, Vitamin C, Organic Fijian Turmeric, Organic Pink Fijian Ginger, Ferrous Fumarate, Vitamin D3, Niacin, Vitamin A Palmitate, Biotin, Vitamin B6, Vitamin B1 Mononitrate, Riboflavin, Vitamin E Acetate. Allergens: Contains Egg, Milk.

What to eat:

- ▶ Meat: Red meat, steak, ham, sausage, bacon, chicken and turkey.
- ▶ Fatty fish: Such as salmon, trout, tuna and mackerel.
- ▶ Eggs: Look for pastured or omega-3 whole eggs.
- ▶ Butter and cream: Look for grass-fed when possible.
- ▶ Cheese: Unprocessed cheese (cheddar, goat, cream, blue or mozzarella).
- ▶ Nuts and seeds: Almonds, walnuts, flaxseeds, pumpkin seeds, chia seeds, etc.
- ▶ Healthy oils: Primarily extra virgin olive oil, coconut oil and avocado oil.
- ▶ Avocados: Whole avocados or freshly made guacamole.

- ▶ Low-carb veggies: Most green veggies, tomatoes, onions, peppers, etc.
- ▶ Condiments: You can use salt, pepper and various healthy herbs and spices.

What not to eat:

- ▶ Sugary foods: Soda, fruit juice, smoothies, cake, ice cream, candy, etc.
- ▶ Grains or starches: Wheat-based products, rice, pasta, cereal, etc.
- ▶ Fruit: All fruit, except small portions of berries like strawberries.
- ▶ Beans or legumes: Peas, kidney beans, lentils, chickpeas, etc.
- ▶ Root vegetables and tubers: Potatoes, sweet potatoes, carrots, parsnips, etc.
- ▶ Low-fat or diet products: These are highly processed and often high in carbs.
- ▶ Some condiments or sauces: These often contain sugar and unhealthy fat.
- ▶ Unhealthy fat: Limit your intake of processed vegetable oils, mayonnaise, etc.
- ▶ Alcohol: Due to its carb content, many alcoholic beverages can throw you out of ketosis.
- ▶ Sugar-free diet foods: These are often high in sugar alcohols, which can affect ketone levels in some cases. These foods also tend to be highly processed.

Frequently Asked Questions

How long does it take to get to ketosis?

It usually takes 2-3 days to enter ketosis if you keep within your optimal net carbs limit. You can speed this process up by exercising to accelerate the depletion of glycogen in your body. If you are quite sedentary, it may take up to a week based on experience. Once you stick to the plan, it's actually easy to get into ketosis, as you will find out using ketone detection

strips or blood ketone meter.

How much weight could I lose and how fast?

This is individual and can vary from 1 to 5 lbs (0.5 to 2.5 Kg) per week. It depends on the speed of your metabolism, age, and fitness level, etc. Concentrate on your body fat percentage rather than your weight, as it says nothing about your body composition. Use a tape measure - this says more than just numbers on scales.

What are the phases of the Ketogenic Diet?

- 1. Initial fast weight loss - induction phase**
Most of the first few days of weight loss will come from water. It doesn't have to be dramatic; everybody may react in a different way.
- 2. Post-induction Stall Syndrome**
A new balance of water and glycogen will be set. This may cause stalling or even slight weight gain. Don't panic, this is just water and won't last for long, probably just a few days.
- 3. Keto-adaptation**
People get keto-adapted after a few weeks (3-4 weeks on average). Full keto-adaptation, where the body has learnt to use fat for fuel and your brain has switched from using glycogen to ketones, may take even months. Your weight may stall or even fluctuate, but the overall trend of your weight should be downwards.

Do I have to exercise to lose weight?

Yes, exercise can help you lose weight in many ways: Strength training / lifting weights or using your own body weight. It will help you lose weight by building muscles and slightly increasing your basal metabolic rate. Moderate cardio such as walking or light cycling are beneficial for your health and can help you stay focused and positive. However, studies show that this type of exercise doesn't seem to have any long-term benefits for weight loss per se.