

Keto Lifestyle For Women Supplements

Starting with these 3 supplements will help you transition into a keto lifestyle much easier than not taking them. Since you will be transitioning from a sugar burner to a fat burner, the process will be easier. Get these right away. There is a [link](#) on our website store.

Digestion Support:

Pure Encapsulations Digestive Enzymes Ultra w/HCL – Helps with digestion and to minimize bloating, gas, reflux and optimize digestion. Take one capsule with each meal. The larger bottle should do.

Liver & Gallbladder Support:

Planetary Herbals Bupleurum Liver Cleanse – the liver plays an important role in detoxification. This facilitates a deep internal cleansing. Take 2 tablets between meals twice daily for 4 weeks then decrease to 1 tablet between meals twice daily (2 - 72 tablet bottles)

Mineral Support:

Trace Minerals Research Trace Mineral Tablets – helps replenish electrolytes and minerals lost during the low carb transition due to the initial water loss. Take 1 with food twice per day through 6 week program. (1 - 90 tablet bottle)

Some people find that they need to take it 3 times a day to help with the keto flu symptoms and others have found that they transition with ease while taking minerals. Some of the common symptoms are sleep issues, cramping, water retention, fatigue, headaches, and other symptoms commonly associated with the keto flu.

You can create an account on our website for discounted prices.

* These supplements are important to your success as you transition into a new way of eating over the next 6 weeks. I have noticed when some of the ladies tried to go without them they begin to experience issues with digestion issues, fatigue, and cramps. I strongly suggest you order these right away so we can minimize or even prevent the Keto flu.