

Live Keto Healthy



Your metabolism is a powerful force for transforming the shape you're in. Research shows that your daily diet is one of the main factors in determining body shape and metabolic health. For many people, eating a Ketogenic Diet is their key to rapid weight loss success. A healthy Keto Diet can help re-set your metabolism, ignite your body's fat-burning furnace and build the lean muscle you've always wanted. Our new line of Prairie Naturals Keto Products are designed to support your healthy Keto Diet. It's a whole new way of living well.

prairie**naturals**[®]
sport

Understanding the Keto Diet

Solve Your Weight Loss Puzzle

Are you puzzled and frustrated by your difficulty losing weight? Most people are. That's one of the many reasons you are hearing so much about the Keto Diet. Because it's easy. And because it works. In fact the Keto Diet works quickly - without feeling hungry. The Keto Diet is founded on medical science and nutritional research that healthy fats, as part of a ketogenic program, act as a metabolic catalyst, improve mitochondrial function and stabilize blood sugar. A healthy Keto Diet induces your body into an activated state of nutritional ketosis, an optimal metabolic zone in which your body rapidly burns up excess fat (instead of carbs) as its primary fuel source. A Keto Diet is based upon eating healthy fats in combination with certain types of muscle-building proteins, and very limited amounts of specific kinds of carbs.

Keto Products Designed by Prairie Naturals

Jump Start Your Fat-Burning Engine!

Sometimes we need to have immediate results to stay committed to a successful weight loss plan. That's why the Prairie Naturals Keto Products are such an important aspect of your Keto metabolic weight loss plan. Based upon the expertise of nutritional and medical researchers, Prairie Naturals has designed a dynamic line-up of Canada's newest Keto Products to support your Keto Diet plan. They are compliant with the standards and principles of a healthy Keto plan and meet all the guidelines for natural health products established by Health Canada.

Our Keto nutritional support products are convenient, easy-to-use and taste good. You will feel the difference in your energy, strength and digestion. Most of all, you will see the difference in your shape. These supplements can help get you into a higher level of ketosis faster than with dieting or fasting alone. Taken as recommended, in combination with your Keto eating plan, our designer Keto Products provide you with the additional dietary support needed to ensure your success. Start today. We're here to support you.



keto

greens

Your Green Key to Healthy pH & Appetite Control

The superfood duo of spirulina and chlorella makes all the difference in your Keto Diet. With appetite-suppressing properties to help you stick with your eating plan, you'll accelerate your weight loss results. And best of all, these two green superfoods spark energy and promote healthy body pH to for healthy bones and immunity. Organic. Gluten-free. Non-GMO.

Medicinal Ingredients	
Each 3.3 g serving contains	
Organic Broken Cell Chlorella (<i>Chlorella vulgaris</i> , whole plant)	1150mg
Organic Spirulina (<i>Spirulina platensis</i> , whole plant)	1150mg

Non-Medicinal Ingredients: Organic MCT Powder.

Recommended Dose (Adults): Adults take 1.5 teaspoon (approx 3.3g) daily in water or juice, or as directed by a health care practitioner.



keto

strips

Measure Your Ketones

We make it easy for you to monitor your Keto Diet success with Prairie Naturals KetoStrips. With this simple 40-second test you will clearly see your ketone level. As your body enters ketosis, there is a natural reduction of insulin levels at the same time there is accelerated fat breakdown. This is a good thing. During this process, your liver produces more ketones. Ketones are an important indicator for assuring your success on your Keto Diet.



Ingredients: Sodium nitroprusside 7.8%W/W
Directions: Firmly hold end farthest away from Test Pad. Pass Test Pad through urine stream. After 40 seconds match Test Pad to the color chart shown on label for result.

IMPORTANT: Promptly replace cap after taking out strip. Do not remove or discard desiccant. Keep away from light and moisture. Discard after expiration date. Test is no longer accurate after 60 seconds

- large - 16
élevé - 16
- large - 9.0
élevé - 9,0
- moderate - 4.0
modéré - 4,0
- small - 1.5
faible - 1,5
- trace - 0.5
minimal - 0,5

negative
négatif



keto coconut

This Amazing Oil Burns Belly Fat

Coconut oil encourages fat-burning because of the unique way it's metabolised, coconut oil is especially beneficial for your Keto Diet success. Here's why: Coconut oil contains an extraordinary and unique combination of fatty acids with powerful effects on metabolism. In fact, nutritional researchers concluded that adding coconut oil to your diet stimulates fat loss, especially stubborn belly fat! Coconut oil is especially rich in a particular kind of fat called MCT (medium-chain triglycerides). Organic. Gluten-free. Non-GMO. Available in 240 Softgels or 100ml squeeze tube.



Medicinal Ingredients

Each softgel contains:

Raw, Organic Virgin Coconut Oil (*Cocos nucifera*)..... 1,000 mg

Non-Medicinal Ingredients: Gelatin (encapsulating agent), glycerin, purified water.

Recommended Use or Purpose: Coconut oil softgels are also a convenient way to supplement your diet with one of nature's richest sources of medium-chain fatty acids (MCT). Organic virgin coconut oil, provides a source of antioxidants and helps protect cells against oxidative damage caused by free radicals.

Recommended Doses (Adults): Take 4 softgels daily, or as directed by a health care practitioner.

keto mct

Energy for the Brain, Muscles and Tissues

KetoMCT is a pure form of easily absorbed fatty acids that can be used as energy by the brain, muscle and other tissues. MCTs assist the body to getting into the state of ketosis. MCTs in powder form are much easier on the digestive system than MCT oil. KetoMCT oil powder is flavorless and odorless so you can easily add it to your favorite drinks and meals. Like our KetoCoconut capsules KetoMCT is 100% pure MCT oil from coconuts with no fillers or additives that can take you out of ketosis. Gluten-free. Non-GMO.



ketoenzyme

Digestive Enzymes Make a Difference

Having good digestion will give you the fastest, most noticeable results from your Keto Diet simply because you will be getting the most nutritional value out of the foods you eat. Naturally, any significant change in your diet can change your digestion. That's where KetoEnzyme comes in. This specialized, full-spectrum formula ensures you have the digestive enzymes you need to metabolise the unique ratio of fats, proteins and carbohydrates in your daily Keto Diet. Your entire digestive system will function more efficiently with the enzymatic support of KetoEnzyme. Gluten-free. Non-GMO.



Medicinal Ingredients

Each capsule contains:

Bile Salts (Bos taurus bile) Ox Bile Extract (45% cholic acids).....	50 mg
Lipase (Aspergillus niger) (triacylglycerol lipase).....	78 mg
800 FCC LU	
Pancreatic Enzymes (Bos taurus pancreas) Bovine (8x).....	50 mg
10,000 USP units Amylase	
1,600 USP units Lipase	
10,000 USP units Protease	
Slippery Elm (stem bark inner) (Ulmus rubra)	80 mg

Non-Medicinal Ingredients: Gelatin (encapsulating agent), magnesium stearate, microcrystalline cellulose.

Recommended Use or Purpose: Digestive aid to help decrease bloating after high caloric, high fat meals. Helps to relieve constipation and provide bile salts for bloating, gas and digestive stress. Facilitates the absorption of fat-soluble vitamins and phytonutrients, as well as omega fatty acids. Provides 2 sources of the enzyme Lipase for digestion of fats.

Recommended Doses (Adults): Take 2 capsules 1-2 times daily, or as directed by a health care practitioner. Take with 1 cup (250 ml) of water before a meal/food. Maintain adequate fluid intake. Take a few hours before or after taking medications.



keto^{pro}

Organic Bone Broth with New Zealand Whey

Made with the finest ingredients including New Zealand whey protein isolate (grass-fed) and organic chicken bone broth (free-range), Prairie Naturals KetoPro provides amino-rich proteins designed to optimize your keto protein requirements and help you rebuild and reshape your body. Carbohydrate-free and fortified with MCTs (medium-chain triglycerides) KetoPro supports the success of your Keto Diet with the added benefits of natural appetite control and reduced inflammation. Gluten free. Non-GMO. Hormone free. Antibiotic free.



Nutrition Facts Valeur nutritive

Per 1 scoop (26 g) serving
Par portion de 1 mesure (26 g)

Calories 110	Daily Value*
	% valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 5 mg	2 %
Sodium 170 mg	7 %
Potassium 225 mg	5 %
Calcium 30 mg	2 %
Iron / Fer 0.1 mg	1 %

*5 % or less is a little, 15 % or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

Chocolate Supreme

Ingredients: Organic chicken bone broth protein powder, New Zealand whey protein isolate, Medium chain triglycerides, Cocoa powder, Natural chocolate flavour, Soy lecithin, Sunflower lecithin, Sodium chloride, Stevia leaf extract. Contains milk & soy.

Directions for Use: Mix 1 scoop (26 g) of KetoPro Bone Broth Protein powder in 250 mL of purified water, juice or desired liquid, shake vigorously or blend and enjoy. Antibiotic free.



Nutrition Facts Valeur nutritive

Per 1 scoop (24 g) serving
Par portion de 1 mesure (24 g)

Calories 110	Daily Value*
	% valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 5 mg	
Sodium 170 mg	7 %
Potassium 150 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 0.1 mg	1 %

*5 % or less is a little, 15 % or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

French Vanilla Cream

Ingredients: Organic chicken bone broth protein powder, New Zealand whey protein isolate, Medium chain triglycerides, Natural vanilla flavours, Sunflower lecithin, Sodium chloride, Stevia leaf extract. Contains milk.

Directions for Use: Mix 1 scoop (24 g) of KetoPro Bone Broth Protein powder in 250 mL of purified water, juice or desired liquid, shake vigorously or blend and enjoy. Antibiotic free.

Supplements to support a keto healthy lifestyle:

A ketogenic diet may create a variety of positive health changes, however you may not feel great as the body adapts to this alteration in cellular metabolism. As people first enter ketosis they often experience nausea, low energy and other symptoms known as the dreaded "keto-flu". You can offset this period of keto flu and ensure optimal health with supplements.

ElectrolyteFuel - In response to starting a ketogenic diet the body can become low in mineral salts, especially sodium and potassium. People in ketosis require more salt due to lower levels of insulin. Electrolyte deficiency can lead to dehydration, heart arrhythmias and cramping. Supplements like ElectrolyteFuel neutralize acidosis and lighten the severity of keto flu. ElectrolyteFuel contains 50mg of sodium and 140mg of potassium with only 4g of carbohydrate. Dietary support needed to ensure your success. Start today. We're here to support you.

Magnesium Solution - A ketogenic diet can cause physiological stress and can increase your need for magnesium both to help maintain ketosis and in response to an increased amount of magnesium eliminated via the kidneys. Experts recommend doubling the RDA for magnesium when on a ketone diet (men 400-420mg, women 310-320mg). Many food sources of magnesium contain a significant quantity of carbohydrates. Mag-Force and Magnesium Solution are two highly absorbable ways to increase magnesium without any need to count carbs.

Omega-3 Force - Also disrupted in a ketogenic diet are triglyceride levels, the circulating fats in the blood. Elevated levels of triglycerides are associated with increased risk of cardiovascular disease. Omega-3 Force is high in both EPA and DHA, the most important of the omega 3 fats for controlling triglycerides. Fish oil supplements will decrease triglyceride by about 20% when consumed regularly.

Vitamin D3 - D vitamin helps maintain mineral equilibrium, strong bones and a healthy immune system. This becomes even more essential in a keto diet scenario where mineral imbalance often occurs. Vitamin D is deficient in the average Canadian.

Vitamin K - It is important to consume fat-soluble vitamins in the correct ratio. Vitamin A and E are often well represented on a ketogenic diet, but vitamin K, like vitamin D, can fall short. Where vitamin D is important for the absorption of minerals, vitamin K is important for the distribution and use of minerals. Normally, vitamin K is obtained through vegetables and fermentation, often omitted or reduced with a keto diet approach so supplementing with Vitamin K is highly recommended.

Multi-Force Daily - Ketogenic diets restrict many foods and this can lead to nutrient deficiencies. A good multivitamin, supplying optimal doses of easily absorbed micro-nutrients, ensures not just adequacy but optimization of your health. A carbohydrate deficit diet is naturally low in B vitamins. Multi Force Daily supplies the B's in their most bioavailable forms; methyltetrahydrofolate, methylcobalamin, niacinamide, benfotiamine, and pyridoxal 5 phosphate. Iodine is an important one on a ketogenic diet as it is needed for normal thyroid function to efficiently produce energy. MultiForce Daily also contains a green food base delivering some spirulina, chlorella and green tea extract to ensure additional phytonutrients are included.

10 Steps to KetoSuccess [Ketosis]

1. Support your Keto Diet with Prairie Naturals KetoProducts.
2. Eliminate all calorie-dense processed foods from your diet.
3. Eat meats and eggs.
4. Eat only very low-carb vegetables.
5. Eat high fat foods: coconut oil, dairy foods, avocados.
6. Eat nuts & seeds.
7. Eat berries.
8. Use stevia as a sweetener; no sugar, honey, maple syrup, agave.
9. Do not eat potatoes, yams or fruits other than berries.
10. Do not eat any grains or pasta.

Keto Coconut Coco Balls

Stay in your Keto Zone with these delicious Keto Coconut fudge balls!

Ingredients:

- ¼ cup Prairie Naturals Coconut Oil (solid)
- ¼ cup almond butter
- ½ scoop Chocolate KetoPro
- ¼ cup cocoa powder
- ¼ teaspoon vanilla extract
- ¼ teaspoon stevia powder extract
(adjust to taste)
- ¼ cup toasted almonds, chopped
- ½ cup finely shredded coconut
(reserve ¼ cup for coating Fudge Balls)

Mix together all ingredients (except ¼ cup shredded coconut) in a bowl until smooth and well mixed. If the fudge mixture is too soft to work with, refrigerate it for 30 minutes until more solid. Pinch off small portions and roll into balls. Roll each ball in coconut and place on a flat plate. Keep refrigerated until ready to eat & allow to sit at room temperature for 15 minutes before serving.

