



WHY KETO DIETS ARE BETTER WITH ALGAE

ENERGYbits sells algae tablets that are KETO - they **do not** decrease ketones or increase glucose. Algae is endorsed by NASA and United Nations as the most nutrient dense food in the world because it contains over forty vitamins, high protein and other essential nutrients. **Why is algae so important for KETO diets?**

KETO DIETS do not contain enough chlorophyll or Vitamin K2. A deficit of either one can put your liver, long term health and longevity at risk.

1. **CHLOROPHYLL** is a blood and liver cleanser, antioxidant, anti-inflammatory, detoxifying pigment that penetrates and heals the cell walls, oxygenates the blood, absorbs carcinogens, heals the liver and provides mitochondria with a fuel source that is cleaner than glucose. Chlorophyll is an essential nutrient for long term health yet most people are deficit, especially those on a keto diet. Chlorella algae has the highest concentration of chlorophyll in the world (200 x more than spinach).
2. **Vitamin K2** has been found to prevent and reverse heart disease, osteoporosis, Alzheimer's disease and even skin aging. Yet virtually everyone in the western world is deficit of Vitamin K2, especially those following a Keto diet. This is because Vitamin K2 is ONLY found in grass-fed protein or dairy OR algae. A serving of RECOVERYbits chlorella algae will meet your daily Vitamin K2 needs.
3. **PROTEIN and iron** in algae is PLANT-BASED so it does NOT stimulate the MTor pathway (like animal protein) or gluconeogenesis. The MTor Pathway can cause uncontrolled growth of cancer cells.

*ENERGYbits and RECOVERYbits are the **highest quality spirulina and chlorella** and they remain one of my staple keto-friendly foods for peak energy and performance. I relied on ENERGYbits and RECOVERYbits heavily as a crew member on the NASA NEEMO 22 mission. **Dr. Dominic D'Agostino, PhD, Professor Molecular Pharmacology and Physiology, Morsani College of Medicine, University of South Florida***

Algae restores cellular health, balances blood pH, reduces inflammation, improves mitochondria health, slows aging and helps metabolic disorders like heart disease & cancer. When algae is combined with a KETO diet, the result is powerful, holistic, natural and life changing.

ENERGYbits® (Spirulina algae). This blue-green algae provides energy and focus, improves performance, protects brain health, and satisfies hunger.

RECOVERYbits® (Chlorella algae). This green algae builds immune system, removes toxins, supports anti-aging and speeds recovery from sports or injury. **HIGHEST CHLOROPHYLL**

WANT TO TRY SOME? To learn more or purchase your algae tablets please visit www.energybits.com or Amazon.com. Thanks for loving your body to bits!

These statements have not been evaluated by the Food and Drug Administration & are not intended to diagnose, treat, cure or prevent any disease.

