



## *KETO DIET LIGHT*

*for immediate loss of stored fat without fats over consuming*



### **MCT «Middle Chain Triglycerides»**

- "Medium Chain Fatty Acids" promote the supply of energy from stored fat, reduce appetite and speed up metabolism.
- Through the supply of MCT from an external source, the body acquires a high level of ketosis, and burns fat for energy production.
- In a state of increased ketosis the body uses 80% fat as an energy source
- The use of MCT for 2 weeks steadily reduces calorie intake by up to 250 calories per day.
- Consuming MCT acids during the diet increases satiety and reduces appetite in just 1 week.
- PreVent KETO DIET Light products supply the body with the necessary MCT fatty acids to obtain a high level of "KETOSION",
- They promote energy production from stored fat and ketone bodies and thus avoid the consumption of large amounts of fat



1<sup>st</sup> Level – Glycose Detox



4h



4h



4h



2 days- every 4 h- 4 scoop powder (53.75g)  
with 125ml milk + 125 ml water – per shake 235 Kcal

**PreVent MCT KETO Detox**

- Immediate emptying of glycogen stores in the body and reduction of insulin secretion
- - Balancing total body water with the loss of unnecessary extracellular fluids and retention, improving bowel function
- - Reduction of appetite and hunger sensation, immediate and high weight reduction
- - Provides 100% of all essential nutrients + 3g to 6g Omega 3

2nd Level – Immediate weight & fat reduction



4-6 h



4-6 h

**MCT Shake Choco-Coco**  
4 scoops + 200<ml milk - 1.5% fat



**Protein meal**  
With 60% proteins  
F 650 Kcal M 800 Kcal

- After the partial draining of the glucogen reserves, and hypocaloric nutrition the body is ready to use fat for the necessary energy.
- By the Keto Light program, especially stored fats.
- Avoid in-between meals and control your carbohydrates consuming (20%)
- Drink daily 2L–3L sugar free liquids

3<sup>rd</sup> Level – Fat Reduction & Muscle Mass Increase

**Breakfast 250-300 Kcal**  
+ MCT Coffee / MCT Smoothie

4-6 h

**MCT Shake**  
4 scoops  
+ 200ml milk

4-6 h

**Protein meal**  
With 60% proteins  
F 650 Kcal M 800 Kcal

TIPS: Maintain the weight

Continue your new habits to maintain your weight:

- Eat 3 meals a day
- Consume a MCT Smoothie or & MCT Coffee to stabilize your Ketosis
- Avoid snacks and in-between meals
- Consume 2L-3L of calorie-free fluids per day

Ideal for Keto diet  
Keto diet Light  
**MCT Keto Detox**

**Chocolate-Hazelnut**

38% Πρωτεΐνες - 18% MCT

18% MCT Fat - 38% Protein - 20% Fiber - 23 Vitamins & Trace Elements

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**MCT Keto Detox**

**Chocolate-Hazelnut**

38% Πρωτεΐνες - 18% MCT

14% MCT - specially processed cold-pressed Coconut oil - 52% Proteins  
Low Carb - 23 Vitamins & Trace Elements - 10% Fibers - L-Carnitine  
Gluten free – GMO free - Preservatives free

## MCT KETO Smoothie - Berries-Coconut



Ideal for Keto diet  
Keto diet Light

### MCT Keto Smoothie



#### Red berries - Coconut

26% Πρωτεΐνες - 26% MCT - L-Καρνιτίνη - 23 Βιταμίνες & Ιχθυοστοιχεία

*Natural - great taste of coconut & fruits – to use also as meal replacement  
26% MCT fats - 23 Vitamins & Minerals & Omega 3 - 26% milk Proteins  
Fruits & Coconut Flakes - Chia Seeds - L-Carnitine- Yerba mate -  
15% fibers –Low salt - Glutenfree -Ppreservatives free - GMO free  
to prepare with: water 100 Kcal - Almond milk 150 kcal – Milk 190 Kcal*

### Other MCT products



#### MCT Coffee

- Powder with MCT fats, for the preparation of instant coffee with coffee/coconut flavor, 500mg L-Carnitine,
- 4% caffeine and 9g MCT-Middle Chain per drink in a state of increased ketosis the body uses 80% fat as an energy source for greater loss of stored fat
- 14 MCT-service envelopes
- 1 envelope in 100ml cold/hot water



#### MCT Biscottate

- Natural MCT-fatty acids
- 40% proteins
- gluten free
- low carbohydrate
- ideal for breakfast

#### MCT Grissini



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