

Keto Flu

AM I REALLY SICK?

The keto flu is a group of symptoms that MAY occur as your body becomes keto-adapted

SYMPTOMS OF KETO FLU

BRAIN FOG »

« DIZZINESS

« IRRITABILITY

NAUSEA »

« CONSTIPATION

DIARRHEA »

« BODY ACHES

MUSCLE »
CRAMPS



TIPS



STAY
HYDRATED



INCREASE SALT
& ELECTROLYTES



EAT MORE FAT



EXERCISE
LESS



REST
MORE