

KTO-ElectroPure™



Magnesium-charged electrolyte concentrate for rapid rehydration

By David M. Brady, ND, DC, CCN, DACBN & Amy Berger, MS, CNS

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

KTO-ElectroPure™ is an exciting electrolyte blend designed specifically for health- and performance-oriented ketogenic dieters. Each 3 mL serving (approx. ½ teaspoon) provides 75 mg magnesium, 30 mg sulfate and 300 mg chloride sourced from ionic trace minerals, 2 mg zinc (as zinc sulfate), 150 mg sodium (from seawater) and 150 mg potassium (as potassium chloride). This concentrated formula is convenient for adding to water or other beverages and can be used by individuals who may benefit from increased electrolyte intake, even while not following a ketogenic or reduced carb diet. Ionic minerals are readily absorbed, allowing for rapid replenishment, and KTO-ElectroPure™ provides more magnesium than other commercially available formulas.

Why electrolytes?

Transitioning from a standard Western diet to a ketogenic or very low carb diet entails making a rapid and dramatic change to dietary intake. Many of the unpleasant issues associated with this transition—often called the “keto flu”—are a direct result of changes in electrolyte status. With the removal of most carbohydrates from the diet, insulin levels decrease. Insulin is a potent stimulator of mineral reabsorption in the kidneys, especially sodium.¹⁻³ In the absence of a significant and prolonged insulin stimulus, excretion of electrolytes is increased, which typically requires keto dieters to increase intake of these compounds in order to maintain healthy levels of these critical elements.

Signs and symptoms that may indicate a need for increased sodium, magnesium or potassium intake in those following a ketogenic diet include⁴⁻⁵:

- Headaches
- Fatigue
- Light-headedness
- Dizziness
- Nausea
- Sluggishness
- Leg cramps or other muscle cramps
- Decline in strength or power during athletic pursuits

Supplementing with a broad array of electrolytes, such as that provided by KTO-ElectroPure™, may help ease the transition during the first few weeks of keto-adaptation. Beyond this initial phase, supplemental electrolytes may be helpful for the long term to ensure keto dieters obtain the minerals they need, and may be especially beneficial for those using ketogenic diets to support athletic performance, an increasingly popular application of this way of eating.⁶⁻⁸ The ketogenic diet itself may increase the need for electrolytes, and individuals who engage in strenuous physical activity may require even more beyond this, owing to loss of crucial minerals in sweat, and to the role of electrolytes in muscle contraction and proper nerve conduction.

KTO-ElectroPure™ contains only seawater, ionic trace minerals, purified water and citric acid. It is completely free of carbohydrates, making it an ideal electrolyte replenishing formula for those following ketogenic diets as well as anyone who may require electrolyte supplementation for other reasons.

Recommended Use:

Mix 3 mL (approx. ½ teaspoon) with 20 ounces of water for a quick hydration boost, or as directed by your health care practitioner. Can increase or decrease amount of water for desired concentration and taste.

Supplement Facts

Serving Size 3 mL (approx. 1/2 teaspoon)
Servings Per Container 40

Amount Per Serving	% Daily Value	
Magnesium (from ITM)	75 mg	18%
Zinc (as Zinc Sulfate)	2 mg	18%
Chloride (from ITM)	300 mg	13%
Sodium (from Seawater)	150 mg	7%
Potassium (as Potassium Chloride)	150 mg	3%
Sulfate (from ITM)	30 mg	*

*Daily Value not established.

Other Ingredients: Seawater, ionic trace minerals (ITM), purified water, citric acid.

For a list of references cited in this document, please visit:

https://catalog.designsforhealth.com/assets/itemresources/KTO-ElectroPure_References.PDF

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.