

# KTO-C8™ Chews

*Innovative and delicious chews providing medium chain triglycerides*

KTO-C8™ Chews are a novel delivery system for medium chain triglycerides (MCTs) that can be enjoyed by ketogenic dieters as well as anyone looking for the boost these special fats provide while keeping sugar intake low. Each delicious strawberry watermelon flavored chew provides 500 mg MCTs in the form of pure caprylic acid, a primary ingredient in MCT oil, which keto dieters and others value for its unique effects. The chews are sweetened with stevia extract and allulose and contain fiber from inulin, giving them just 2 g net carbs per chew. KTO-C8™ Chews are an ideal way to satisfy a sweet craving while remaining strictly ketogenic and also getting the unique benefits of MCTs.

## Why MCTs and C8?

MCTs are special fats that the body readily converts into ketones, even when someone is not on a ketogenic diet. Ketones are an energy source that most cells and tissues in the body can use, but which are especially known for fueling the brain. This may explain the mental clarity and sharp cognition many people report when adding MCT oil to their morning beverage.\* MCTs are digested and absorbed differently than other fats. Owing to this unique metabolism, MCTs can elevate ketone levels without the need for carbohydrate restriction, making KTO-C8™ Chews a potentially beneficial tool for individuals who enjoy the distinct effects of MCTs regardless of the diet they follow.

“C8” is the scientific shorthand for caprylic acid, one type of medium chain fatty acid. C8 has been shown to be metabolized in the brain more efficiently than other types of MCTs, so C8 was chosen as the exclusive type of fat in these chews.

## A Note About Allulose

One of the sweeteners in this product is allulose, a unique sweetener found naturally in figs, raisins and maple syrup that contains only 1/10th the calories of sugar (sucrose). Humans lack the enzymes to digest allulose, so it is almost entirely excreted, but without the unpleasant GI effects some people experience from certain sugar alcohols. Allulose does not impact blood sugar or insulin levels when consumed in reasonable amounts, so it's an ideal sweetener for people following ketogenic or reduced carb diets.

### Benefits of Allulose:

- Glycemic index of zero
- 90% fewer calories than sugar
- Ideal for ketogenic or low carb diets
- No unpleasant GI effects, as are common with sugar alcohols
- No cooling effect in the mouth as occurs from various sugar alcohols
- Ideal for those who prefer to avoid artificial sweeteners

Because it is technically a sugar (and bears the suffix “-ose”), the FDA requires allulose to be listed as part of the Total Carbohydrate on food labels, but not as a sugar, and thus does not contribute to the “Net Carbohydrates” when considering its dietary impact. Allulose is not metabolized by the body and has a glycemic impact of zero. It's important to understand this in order to read nutrition labels in this context and know that products containing allulose fit perfectly into a healthy keto or low-sugar lifestyle.

## Recommended Use:

Take one chew per day, or as recommended by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**