Top Supplements You’ll Want to Take on a Keto Diet

When you’re following the keto diet, after a while you could start to experience a number of side effects. These are typically down to not getting the right amount of nutrients from the diet.

If you develop a nutrient deficiency, your health is going to suffer. So, for this reason it’s often a good idea to take supplements when following a long-term keto diet.

Here, you’ll discover the top supplements you’ll want to take on a keto diet.

MCT oil

MCT oil is a popular keto supplement and it’s short for Medium Chain Triglycerides. The liver breaks them down before they enter the bloodstream where they are used to fuel the muscles and the brain.

While you can get these MCT’s from coconut oil, it is a good idea to invest in MCT oil supplements instead. These provide a higher concentration of MCT than most food sources.

Taking this type of supplement can speed up weight loss, boost your fat intake and leave you feeling fuller for longer.

Magnesium

Magnesium is really important for energy and it also helps to support the immune system and regulate blood sugar. On the keto diet, you’re at a particular risk of developing a magnesium deficiency due to most magnesium-rich foods being high in carbs.

For this reason, you will want to seriously consider taking magnesium supplements if you’re following the diet long term. If you do take them, you’ll find they help to combat sleep troubles, minimize muscle cramps and help reduce irritability.

Vitamin D

Vitamin D is crucial for the health and it’s also one of the most difficult vitamins to get enough of. This is because it’s largely absorbed into the body through direct sunlight. Few foods provide the vitamin, which means on a strict diet like keto, there’s a large risk of suffering a deficiency.

Vitamin D supplements also often contain calcium too – another thing you’ll need on this type of diet.

Exogenous Ketones

Finally, you’ll also want to consider taking exogenous ketones. These are basically external ketones which help the body to remain in ketosis.

In particular, you’ll find these supplements really help to boost your energy levels. They can also boost weight loss, decrease inflammation and increase your focus.

The above supplements will help to ensure you don’t become deficient in any essential vitamins and nutrients on the keto diet. They’ll also help to ensure you don’t struggle through the side effects of the diet too. There’s a lot of different types of supplements out there, but the ones above are the main ones you’ll want to consider.