

Nutritional Information - FAQ's about Dough Bites

What are Dough Bites?

Ketopia Dough Bites are a delicious cookie dough snack. They are rich with 24-Karat® Chocolate and so they are filling, help to reduce cravings, and taste amazing. Dough Bites feature a great blend of ingredients to give you zero-impact carbohydrates, fiber and the prebiotics you need. They are formulated to help balance insulin levels and increase fat utilization for energy.

- No artificial flavorings or colors
- Zero-impact carbs
- No preservatives
- All natural & GMO-free
- High in fiber and protein
- Convenient
- Help maintain healthy blood sugar levels

Stop abusing carbs, and just burn fat!

Understanding how insulin contributes to (or detracts from) your weight management goals is important as you begin your Ketopia program.

As you begin your Ketopia Program, it is important to understand how Insulin is major contributing factor toward your weight management goals.

Naturally, the body produces insulin. Insulin is a fat storing hormone that helps to digest foods that are high in carbohydrates. So a high carbohydrate often causes high levels of insulin in the body. High levels of insulin hinders the body from turning stored fat into fuel. Alternately, the body is forced to rely on glucose (from sugar) for fuel, which also makes reaching your weight-management goals more difficult.

Ketopia has created the Dough Bites as a non-impact carbohydrate, so your body doesn't create insulin in response to eating it. In fact, it allows your body to increase the utilization of stored fat for energy! This will help keep you energized and your weight loss goals on track, without making you feel tired or sluggish.*

Make the cravings disappear

Dough bites are packed with another great ingredient called PhantomFiber™. Ketopia understands that a prebiotic fiber is important to help balance and maintain healthy digestion as well as support a healthier immune system. PhantomFiber™ also helps in the reduction of body weight, by balancing blood glucose levels and reduces cravings even further.

Doctors agree that Fiber is an important part of any diet to promote regularity and to help you feel fuller longer. This is why Ketopia Dough Bites contains 15 grams of fiber per serving which helps you meet the recommended daily fiber intake!

So not only are Dough Bites a delicious guilt-free snack, they are designed to help your sweet cravings, and help you get better results in Ketopia's 10 Day Reset Program.

How do I eat Dough Bites?

Eat a Dough Bite 2 to 3 hours after your KetonX Drink if using as part of the 10 Day Reset, or 2-3 hours since you last ate if just using it as a regular snack. Enjoy with 16 oz/500ml water. Also can be baked. (350F/175C for 3-5 minutes).

The Value of 24-KARAT Chocolate

Of course, what is cookie dough, without chocolate? Health and weight management should be a enjoyable experience, otherwise the chance for failure is heightened. The better you feel about a diet, the better the results. This is why Ketopia™ has included delicious 24-Karat Chocolate in every Dough Bite! A little known fact about chocolate is that most Commercially Made chocolate is filled full of waxes and fillers. However, in its purest form, chocolate is a dark, antioxidant-rich experience found from the blossoms of the cacao tree. That's right, chocolate is a fruit! This is why Ketopia Dough Bites feature tasty 24-Karat Chocolate. It's no mystery why these Dough Bites are most people's favorite part of the Ketopia 10 Day Reset Program.*

Are Dough Bites gluten free? Yes, all Ketopia products are

Nutrition Facts - Dough Bites

Dough Bites

Nutrition Facts	
Serving Size: 1 Package (46g)	
Amount Per Serving	
Calories	160
Calories from Fat	60
% Daily Values*	
Total Fat	7g 11%
Saturated Fat	2.5g 13%
Sodium	105mg 4%
Total Carbohydrates	20g 7%
Dietary Fiber	19g 76%
Sugars	2g
Protein	9g 18%
Calcium	2%
Not a significant source of Vitamin A, Vitamin C, and iron.	
*% Daily Values (%DV) are based on a 2,000 calorie diet	

Ingredients: isomalto-oligosaccharide, whey protein isolate, whey protein concentrate, almond flour, 24-Karat® chocolate chips, coconut oil, erythritol, sunflower lecithin, vanilla extract, sea salt.
Contains: milk, coconut, and almonds.

For further information on the Ketopia Body Transformation Program visit any of the following pages:

www.nurtureNESS.com.au www.nurtureness.fgxpess.com/#/getketopia

www.nurtureness.fgxpess.com or contact me on happy@nurtureness.com.au or +61 (0) 406 971387