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Healthy Eating / Diet Tips & Nutrition

The Best Keto Supplements to Take If You're Following the High-Fat Diet

These products can add more fiber, electrolytes, and vitamins to your diet.

By [Renee Cherry](#) | Jan 16, 2019

Topics: [keto diet](#), [vitamins and supplements](#), [ketogenic diet](#)

The Best Keto Supplements

Since the keto diet restricts or completely cuts a lot of healthy foods, committing to the diet can mean you're missing out on some nutrients. Though it's ideal to get your nutrients through keto food sources, supplements can help if you're running low, says Vanessa Voltolina, R.D.

As a starting point, read the ingredient list on anything you're already taking, since not all supplements are ketogenic. Gummies and gels are often made with sugar. Then, together with your doctor or a nutritionist, you can decide if you want to start taking anything new. The nutrients that you're missing out on are contingent on how you're approaching the diet—eating clean or dirty, vegetarian, dairy-free, and so on—and visiting a doc for a blood test can help you

pinpoint what you're lacking and what dosage to take. That said, there are several nutrients that dieters often miss out on. These ketogenic diet supplements all fill in common gaps from the diet.



Fiber



One of the biggest drawbacks of the keto diet is that it limits fruits and vegetables. "Since the keto diet is focusing on fat, generally you eliminate starchy vegetables and many fruits, which contain insoluble and soluble fiber," says Voltolina. The nutrient provides steady energy and satiety and **promotes a healthy gut**. not to mention one recent study suggested **fiber was the key to a healthy, long life**. If you're not including enough veggies on the keto diet, you might not be meeting **AHA's recommendation** of at least 25 grams per day. For a fiber supplement that's keto, try Yerba Prima Organic Psyllium Husks powder, which doesn't contain any added sweeteners.

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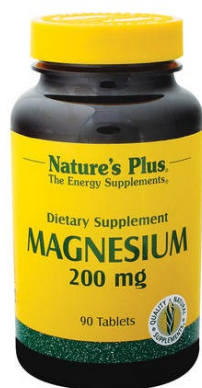
Potassium

The diet can affect your electrolyte levels, says Voltolina. During ketosis, you're breaking down glycogen, which stores water. So, you're peeing out a lot of extra water, and with it electrolytes, she explains.



One of those electrolytes is potassium, and if you're not getting enough from fatty fruits and veggies on the diet (e.g., avocado and mushrooms), a supplement might help. Try this affordable, vegan supplement option from Whole Foods.

Magnesium



You can also consider supplementing another important electrolyte, magnesium. Your magnesium intake on the keto diet is dependent on whether you're eating "clean" or "dirty" keto, says dietitian Brittany Michels, spokesperson for The Vitamin Shoppe. If you're not eating vegetables throughout the day, a

magnesium keto supplement might be a smart option. She takes the brand's magnesium powder at night since magnesium has been shown to encourage muscle relaxation and sleep. If you're more of a tablet person, Nature's Plus Magnesium is one of many options.

Electrolyte Supplement

You also have the option of taking one of the many ketogenic diet supplements that contain a combo of important electrolytes, like potassium, magnesium, and sodium. Michels likes to suggest pre-workout or BCAA supplements for dieters who like to work out. If you want something made for aiding in recovery, you can opt for Sparta Nutrition Keto BCAA, which contains calcium, magnesium, and sodium. (Here's [your guide to pre- and post-workout supplements](#).)



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Keto Multivitamin



Taking a multivitamin is always easier than popping a cocktail of pills. Ancient Nutrition makes a targeted keto diet supplement containing the vitamins and minerals that dieters commonly lack. It has vitamins A, D, E, and K, calcium, magnesium, zinc, and MCTs.

BHB Salts

Taking exogenous ketones, or ketones your body doesn't produce naturally, may help you raise your ketones enough to enter ketosis faster. BHB salts are a supplement created from binding beta-hydroxybutyrate (BHB) to one or more types of mineral salt. KetoLogic makes an unflavored BHB supplement, as well as several stevia-sweetened options.



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Keto Protein Powder



The keto diet isn't high protein, so no need to go out and buy protein powder. But if you love a good shake, you've got options. Make sure to select a ketogenic protein powder—they're typically made with collagen—since traditional powders have too many carbs and not enough fat. Ancient Nutrition Chocolate Protein contains ashwagandha, ginger, and reishi (three adaptogens) and clocks in at 3 grams of carbs, 15 grams of protein, and 11 grams of fat per serving.

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