

What's allowed during your fast:

- Water
- Sparkling mineral water
- Salt, sea salt, pink salt
- Plain electrolytes free of sweeteners, artificial sweeteners or sweetener alternatives like stevia, monk fruit, sugar alcohols
- Medications
- Certain supplements, such as a multivitamin, mineral/vitamin supplement (free of stevia/monk fruit, sweeteners, artificial sugar), herbs
- Black coffee
- Plain green tea and plain black tea, plain herbal tea
- Bone broth only* if fasting longer than 24 hours, BUT if you want to gain the autophagy benefits of a 2 day + fast, do not exceed 10-15g of protein per day; 1 cup of bone broth = 10g of protein

What's not allowed during your fast

- Supplements that contain any fats/oils, protein/amino acids, and/or carbohydrates, such as CoQ10, Vit D (since it's best absorbed with food), fish oil for example
- Bone broth* (see above)
- Artificial sweeteners and sugar substitutes
 - Acesulfame Potassium – Common names: Sunnett, Sweet One.
 - Aspartame - Common names: Nutrasweet, Equal.
 - Neotame
 - Saccharin - Common names: Sweet 'N Low, Sweet Twin, Sugar Twin.
 - Sucralose - Common names: Splenda.
 - Stevia/Rebaudioside - A Sweet Leaf, Sun Crystals, Steviva, Truvia, PureVia.
- Bulletproof coffee
- Bone Broth
- Anything not listed in the "allowed section"

Recommended brands for electrolytes:

- Seeking Health electrolytes plain (on Fullscripts)
- Dr Berg's Electrolyte powder
- Designs for Health KTO-ElectroPure (Fullscripts)
- Redmond's sea salt or any sea salt/pink salt
- Nu salt (potassium chloride) -don't exceed 1/2tsp per day *Do not use Nu Salt or similar salt alternatives IF you're on: Angiotensin-converting enzyme (ACE) inhibitors, such as captopril (Capoten), enalapril (Vasotec), and lisinopril (Prinivil, Zestril) Angiotensin-receptor blockers (ARB), such as losartan (Cozaar), diovan (Valsartan), or irbesartan (Avapro) Diuretic **drugs** (often called "water **pills**") or your Doctor has told you to avoid/limit potassium