

BETA HYDROXYBUTYRATE (BHB)

Weight Management Supplement

Nature Crave Keto uses BHB raw material is typically supplied as a stable mineral salt, such as BHB sodium, BHB calcium, or BHB magnesium. BHB is a naturally occurring metabolite formed during fat digestion and metabolism, known as a ketone body.

Order Now



Nature Crave Keto body fat can be divided into healthy (necessary) fat and unhealthy (unnecessary) fat. The healthy body fat is important for life as well as reproductive functions. You need a certain amount of fat in your body to protect your organs, keep warm and even to menstruate, conceive and bear children. Ever wondered why really thin people or those with anorexia nervosa have problems with their reproductive cycles? There's your answer.

The unhealthy body fat is what we should be worried about and aim to reduce. It is the excess fat in your adipose tissues, more common in the waist area in both men and women and in the hips and buttocks in women. It is in other parts of the body as well such as the arms, thighs and upper part of the back. Unfortunately, the **Nature Crave Keto** percentage is higher in women than in men for the reason of reproductive function. Body fat percentage is a reflection of how fit you are: the higher it is, the lower your level of fitness and vice versa.

The question on your mind right now is probably "WHAT IS THE HEALTHY BODY FAT PERCENTAGE?" Your answer is this: it differs between men and women. It should be between 8 and 14% in men and between 20 and 25% in women. If yours is higher than these ranges for men and women, it most likely means that you are not fit health wise. It should be noted that the values above are the normal values for TOTAL body fat in men and women. The normal percentage ranges for necessary (essential, healthy) body fat is 3-5% and 8-12% for men and women respectively. This essential fat is the minimum a human being is required to have for bodily functions. An overview reference table for total body fat according to Health Check Systems is presented below:

<https://pillsfect.com/nature-crave-keto/>

<https://bit.ly/36MF72o>