

Things You Should Know About

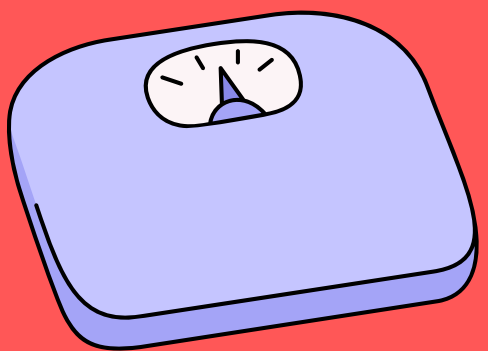
The Carnivore Diet

**High in
Saturated
Fats**

**High in
Protein**

**High in
vitamins
B12 & D**

The Claims



Improved Weight
Management

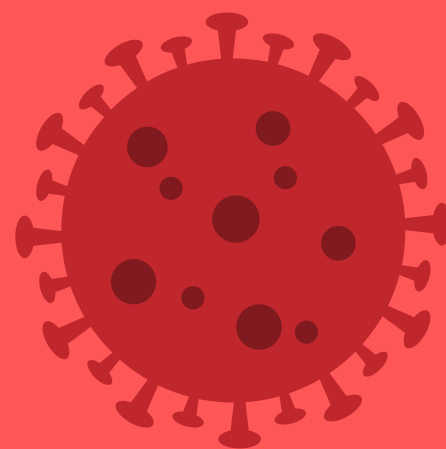
Increased Mental
Clarity



Better Digestive
Health

The Truth

Vitamin & Nutrient
Deficiency



Increased Risk of
Chronic Disease

Constipation due
to Fiber Deficiency



Dietary Guidelines for Americans on the Carnivore Diet

- Exceeds Recommended Daily Saturated Fat Consumption
- Does NOT Meet Essential Nutrient Requirements
- Exceeds Recommended Daily Protein Consumption

Excluding plant-based foods may lead to deficiencies in essential vitamins, minerals, fiber, and antioxidants, which are important for overall health and disease prevention. Overall, while some individuals may experience short-term benefits from the carnivore diet, its long-term safety and efficacy remain uncertain, and it may not be suitable for everyone.