

# Thanks to this special 'energy', people can live without eating and stay healthy

This strange drink can be used to replace food but still provides certain calories needed for life.

This strange drink can be used as a substitute for food because although it does not contain the three types of energy needed to live by animals: fat, protein, carbohydrates but still provides certain calories needed for life.

1. 17 types of food can be eaten at any time without quantity restrictions
2. 9 medicines and foods absolutely should not be used together

A group of scientists from Oxford University (UK) have studied a strange drink called Ketone, which can provide 120 calories of energy in each small bottle even though there are three components. This goes against the natural law so now - animals only get energy when consuming carbohydrates, fats, proteins.



This strange drink, although it does not exist 3 main sources of natural energy: protein, fat, sugar powder still contains energy.(Photo: INDEPENDEN.)

Ketone is actually the name of a type of molecule that exists in our bodies. When we do not provide enough carbohydrates (sugar in fruits or starch in potatoes .) to create energy, the body will use fat to make fuel. In the process of using fat, the body releases molecules called ketones.

The direct consumption of Ketone can give you a greater and more efficient source of energy than the Ketone molecule created during fat use.

In the first phase of the study, Professor Kieran Clarke, a biochemistry major at Oxford University, conducted an experiment, giving some people a ketone, others consuming carbohydrates and fat. The results showed that ketone users were always more successful, although their opponents had many former Olympic athletes.

The new Ketone drink has just been launched, the team hopes, it will be widely used in the future for long-term trips that are uncomfortable for carrying lots of food or for patients who cannot eat or drink. often.

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