

## Who can take KETO//OS®?

KETO//OS® is for any and everyone!

## How do I take KETO//OS®?

Take 1 - 2 servings of KETO//OS per day, in the morning and in the afternoon or before exercise. For people with sensitive stomachs, do 1/2 serving in the morning and 1/2 serving in the afternoon or before exercise for 1-2 days to allow your body to adapt your body to the active ingredients.

**HACK:** Mix KETO//OS® with a high Ph water to increase efficacy.

## Hydrate!

Drink 12 oz. of plain water before mixing KETO//OS® or first thing in the morning.

## What is KETO//OS® and what can I expect?

KETO//OS® is not a weight loss system. KETO//OS® was designed to put therapeutic ketones in the body. Consumers are seeing an average increase of .5 mmol of ketones in the blood.

## How do I know if I'm in ketosis?

Within 1 hour of taking KETO//OS® test your breath, blood, or urine through any ketone testing device. (Ketone urine strips from your local pharmacy is typically the most convenient.)

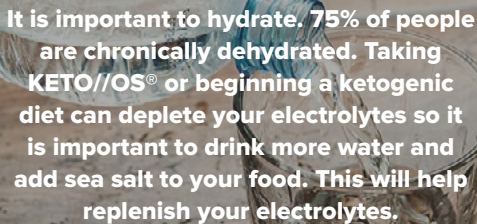
## Can I take KETO//OS® with intermittent fasting?

Yes, KETO//OS® is a great tool to use when intermittent fasting. Take it in the AM on an empty stomach, and don't eat your first meal until you're hungry in the afternoon.

## PRUVITNOW.COM/RESEARCH

Check out the benefits of therapeutic ketones, through various scientific research and reports.

### 101 HYDRATE




It is important to hydrate. 75% of people are chronically dehydrated. Taking KETO//OS® or beginning a ketogenic diet can deplete your electrolytes so it is important to drink more water and add sea salt to your food. This will help replenish your electrolytes.

### 102 START SLOWLY

We recommend everyone begin with 1/2 serving of KETO//OS® because MCT oils (healthy fats) in the product are quickly absorbed.

For some, this can cause very temporary GI (Gastrointestinal) discomfort. If this is the case, repeat Day 1 until your body is acclimated or start with a 1/4 serving.

### 103 FASTING



KETO//OS® can be taken with Fat Coffee or Keto Kreme in coffee or hot tea while following an intermittent fasting plan.

### 104 WITH OR WITHOUT?

KETO//OS® can be taken on an empty stomach or with food.

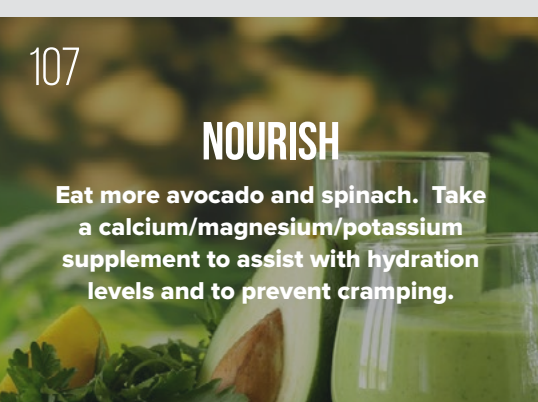
### 105 DIP IT!

Ketone urine strips should be dipped in the urine at full concentration rather than held under a stream of urine or dipped in a diluted urine sample.

### 106 TESTING

Using a ketone blood meter and strips is the most effective way to measure ketone blood levels.

### 107 NOURISH

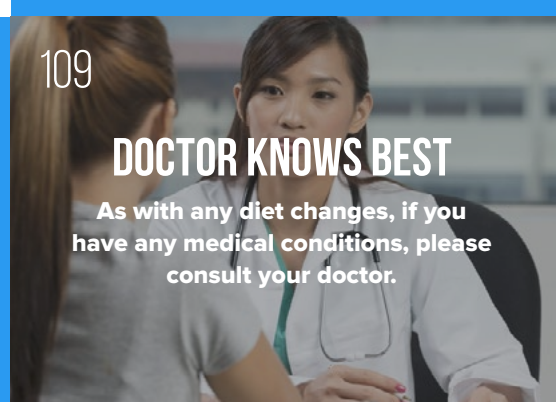


Eat more avocado and spinach. Take a calcium/magnesium/potassium supplement to assist with hydration levels and to prevent cramping.

### 108 GI DISCOMFORT

Adding vitamin K2 and Lypase enzyme can help with any GI discomfort.

### 109 DOCTOR KNOWS BEST



As with any diet changes, if you have any medical conditions, please consult your doctor.