

**Your KETONE drink journey will be simply amazing if you follow these steps!
First of all take PICTURES!**

- 1. DRINK them every day! Adjust your diet for when and what you are hungry for! Your internal hunger clock will change... listen to it! Cravings will also subside... ketones naturally help you eliminate a diet with heavier foods and carbs and sugars.**
- 2. DRINK whenever it works best! Before noon is always recommended, we drink our ketones between 8 to 11 daily. and you don't even have to give up your morning coffee! YOU DO YOU!**
- 3. BOTH the charged and uncharged have the SAME BENEFITS! The bright colorful packets are charged, which means they have caffeine, whereas the white packets are un-charged and do not have caffeine. Charged packets have about the same caffeine as one 10-12 oz. cup of coffee, that is it. You will not have highs, or jitters or a rush type of energy... just clean & steady. We also recommend a ball shaker type cup.**
- 4. Shake your pack WITH 16-30 OZ of water! You will adjust to them if they seem sweeter at first, just give them some time. Add up to 30 oz of water to your liking and decrease the water until your taste adjusts. You can also add ice, or you can add a packet to ANY zero calorie or zero sugar drink of your choice such as sparkling water, iced tea, or flavored Vitamin Water (you can also add them to coconut or almond milk), depending on your taste. Again, ALWAYS consume and enjoy your ketone drink within about 45 minutes.**
- 5. ADD electrolytes to your day - this will ALWAYS be the case and never stops! Not all electrolytes are created equal any added sugars or carbs is a RED FLAG in electrolytes! Pruvit has an all-natural electrolyte called MITO//PLEX that you can add to your ketone drink, or drink separately! MITO//PLEX is the only enhanced electrolyte for keto and low carb dieters. It also contains Creatine Monohydrate which improves energy production, muscle mass, performance, and cognitive performance. Didn't order MITO//PLEX yet? That's OK! Start with PowerAde Zero or use any 0 cal, 0 sugar electrolyte!**

Water intake is especially more important than ever on a lower carb diet. Dehydration is one of the most common side effects of being in ketosis, same is true if you eat KETO, dirty keto, or low carb! DO NOT overlook this! Carbohydrates hold water and sodium in your body, when you eat low carb those are excreted, and you naturally retain less water in your body. If you are not staying hydrated you may experience headaches, fatigue, dry mouth and an uncomfortable tum-my. Flavor your water if you wish and always avoid anything that contains sugar or calories. Sodium, potassium, magnesium and calcium are essential in a good electrolyte regimen - equally important when choosing an electrolyte. Pink Himalayan Salt will replace sodium depletion when 1/4 teaspoon is added to regular water! Water also pushes your fat loss

MUCH FASTER!

Remember, this is not a DIET, this is a DRINK! Enjoy the drink and just be consistent. If you do that you will feel good and you will see results on the inside and outside!

If you have any questions please reach out, we are available for questions!

NATURAL WELNESS

