

THE FIRST NATURAL CONSUMER PRODUCT TO PROVIDE ELEVATED BLOOD KETONE LEVELS TO THE BODY.

WHAT IS KETOSIS

Ketosis is a metabolic state in which most of the body's energy supply comes from ketone bodies in the blood, in contrast to a state of glycolysis where blood glucose provides most of the energy. Ketosis is characterized by serum concentrations of ketone bodies over 0.5mmol with low and stable levels of insulin and blood glucose. University research suggests that exogenous ketone supplements can induce ketosis, even when there are normal levels of blood glucose.

Ketosis is in contrast to ketogenesis, or Nutritional Ketosis, which is the production of ketones in the liver through a process by which ketone bodies are produced as a result of fatty acid breakdown. Ketone supplementation essentially substitutes for ketogenesis but only bioavailability of ketones in the blood for cellular use creates ketosis. Nutritional Ketosis usually begins at 0.5 mmol and is optimized between 2.0 mmol and 3.6 mmol. This is what we call THE ZONE.

YOU START FEELING SUPERHUMAN IN THE ZONE BECAUSE YOU ARE TRULY OPTIMIZING YOUR N8TIVE HUMAN POTENTIAL.

Ketosis is NOT diabetic ketoacidosis, which is a serious complication of uncontrolled diabetes that occurs when your body produces high levels of blood acids called ketones in conjunction with high levels of glucose, usually when blood BHB reaches 5-6 mmol or above.

Keto-Adaption is the process of shifting your metabolism from relying mostly on glucose for fuel to relying mostly on fat-based sources of fuel. Not only does fat oxidation increase but your body starts producing enough ketones that they can be used as a significant source of fuel.

WHAT TO EXPECT

- ✓ **Fat Loss**
- ✓ **Fast & Sustained Energy**
- ✓ **Reduces Brain Fog**
- ✓ **Increased Awareness**
- ✓ **Increased Focus**
- ✓ **Appetite Suppression**
- ✓ **Assists in Abdominal Fat Loss**
- ✓ **Strength Gain**
- ✓ **Better Mood**
- ✓ **Decrease in Inflammation**
- ✓ **Better Sleep**
- ✓ **Better Digestion & Gut Health**
- ✓ **Clear Skin**

RESEARCH

Check out the science, clinicals, research and the documented results that have been published:

www.mypruvit.com/research

"In the study I did, the ketones people went 2% further. It doesn't sound like much, but actually, in real-world terms, it's a really, really big effort and if you're at the top level of sport, then any change of that margin is going to be really significant."

WHY KETO//OS?

Keto-OS is ketone supplementation that gives someone the benefits of ketosis without having to be in nutritional ketosis. It is also a tool for people that want to follow a Keto lifestyle by reducing symptoms of the Keto flu and accelerating the use of ketones as energy, thus assisting to be Keto-adaptive more efficiently and effectively.

Rarely does a nutritional based product come along that has the ability to make a measurable and substantial impact on health and wellness. Prüvit's KETO//OS (Ketone Operating System) is a revolutionary drink mix that is based on a proprietary ketone energy technology that delivers advanced macro nutritionals and promotes optimized cellular regeneration, energy and longevity.

KETO//OS contains a specifically engineered ratio of proprietary ketone mineral salts that provide a high-energy fuel compound without having to incorporate an energy-restricted diet. It contains a perfect ratio of ketones for optimal protein synthesis and a high fiber based MCT formulation for sustained nutrient energy and digestive health and cognition. KETO//OS assists in improving the pattern of LDL Cholesterol and increases levels of HDL (good cholesterol). It will make you feel more energetic, more focused, more fit and healthier than you ever have. It provides an exceptional nutritional foundation to help you lose weight, feel great and perform your very best.

DIRECTIONS

Dissolve 1 scoop or 1 packet in 12-16oz. of cold water and shake/stir vigorously. Can be taken with or without food.

Therapeutic dose = 1 daily serving

Optimal performance = 2 servings AM/PM

GUIDELINES:

Start using Keto-OS gradually. Depending on an individual's ability to metabolize fat, start with one half serving up to one serving and increase slowly over several weeks. Too much Keto-OS, especially on an empty stomach, can result in loose stool or a stomach ache. You can avoid these problems by slowly increasing your daily consumption over a few weeks to build up to higher dosages. Keto-OS consumption will increase production of fat enzymes. Because most people are not efficient fat metabolizers their body needs to start optimizing the ability to metabolize and synthesize fat. As a result you will see increased fat loss and lower your total body fat percentage. If upset stomach occurs, lower the dosage for several days and gradually increase it over a few weeks as fat metabolism efficiency increases.

Consumption of Keto-OS before exercise can result in significant decreases in oxygen demand and increases in performance. We recommend 30 minutes before a workout.

Note: Pre-workout use is recommended after building up to a full dose

The best way to maximize energy, appetite control and sustain energy is to take Keto-OS first thing in morning.

To maximize benefits, build up to 1 serving 3 times daily - morning, afternoon and early evening.

May be used with carbohydrate supplements if desired or by itself as a non-carb, highly efficient energy source.



Nutrition Facts

Serving Size 1 packet (22.5 grams)
Servings per container 1

Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Values*	
Total Fat 7g	10%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 970mg	40%
Potassium 50mg	1%
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	2%
Vitamin A <1%	Vitamin C 0%
Vitamin B12 2%	Calcium 85%
Riboflavin 3%	Phosphorus 5%
Iodine 7%	

* Percent Daily Value based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS:

MCT Powder, Beta Hydroxybutyrate, Natural Flavor, Malic Acid, Stevia and Caffeine.

Contains Milk Ingredients

GLUTEN FREE

CAUTION:

As with any new supplement, consult with your physician before using. If you are using any prescription or over-the-counter medicines, are unaware of your current medical condition or have any pre-existing medical condition(s), consult with your physician before using this product. Build up to a full serving slowly to avoid gastrointestinal discomfort.

STORAGE:

No refrigeration required. Keep at room temperature and away from direct sunlight.

KETO//OS is not a medical treatment, medicine or weightloss supplement. It is an exogenous ketone product that elevates ketone levels in the blood.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.



For any questions please email support@pruvithq.com or visit support.justpruvit.com