

What to expect from taking Keto//OS (aka: Ketone Operating System)

- Weight Loss
- Reduces Brain Fog
- Increased Focus
- Strength Gains
- Better Sleep
- Decrease in Inflammation, Stiffness and Joint Pain
- Fast and Sustained Energy
- Increased Brainpower
- Appetite Suppression
- Better Mood
- Better Digestion and Gut Health
- Clearer Skin

Directions for taking Keto//OS

It's a great way to start your day! You will take only 1 tsp once or twice a day for 5-7 days (and during this time, be sure to drink all of your water with a dash of sea salt for the electrolytes; you may also consider almond milk for calcium and potassium). Just mix the Keto//OS powder with 12oz of cold water and sip over 15-20 minutes. You'll feel different within 60 minutes! (Probably, at the very least, warmer and energized!) That should give you a taste of the energy and focus, appetite suppression and restful sleep.

After 5-7 days, you'll want to bump it up to 1.5 tsp once/twice a day. Then by the end of the second week, you might be up to 2 tsp once/twice a day. By the end of the third week, you'll be able to add a third dose in your day (when/if necessary). I am now at 2 tsp 3x/day, and that's all I need to stay in ketosis, comfortably. They suggest that it takes about 4 weeks to see a real improvement and feel really good on this product because your body needs time to get used to burning ketones for energy instead of glucose. Again, make sure you're replacing your electrolytes throughout the day!

Only eat when you're hungry - your body is burning away stored fat, so you may not be as hungry as often. Pay attention to your body. You may want to start to reduce your carbohydrate intake and begin increasing your fat intake (for better results), but it's not necessary to get into ketosis - that's what this product is for. Use unrefined (raw) extra virgin coconut oil where ever you can, like your coffee - use a blender or emulsifier to froth up the oil in your coffee - it's amazing! Get plenty of rest - at least 7 hours per night (8-9 would be better) - and drink water with a dash of salt **constantly** throughout the day. Your body is also detoxifying during this time, so you may feel tired with headaches or mild flu-like symptoms; this is what we call a healing crisis, and it's perfectly normal (though it's *possible* you may skip this part because you're starting off light). Your body will adapt to the new energy source within 3-4 days, so please don't think it will last.

You'll probably want to take your measurements before you begin too, just so you can see that it's working. Also, to see that you really are in ketosis, you can use ketone test strips 1 hour after ingesting your Keto//OS.

Call/text/email me with ANY questions or concerns. Visit the link below to order more product or call me if you need it right away. And keep researching and learning. Remember, a Ketogenic diet reduces inflammation, the source of all illness - it's worth the effort!

Ingredients: MCT Powder (derived from coconut and/or palm fruit sources), Beta Hydroxybutyrate (exogenous ketones), Natural Flavor, Malic Acid, and Stevia.