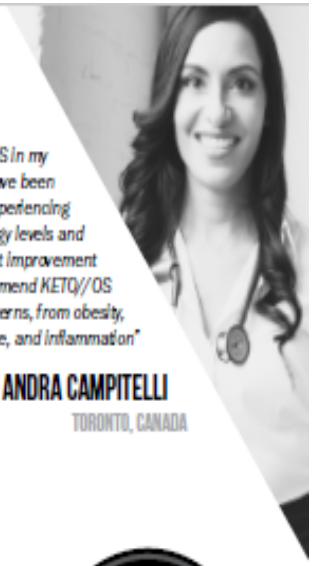
KETO//

OS

Pure therapeutic ketones



"I've started using KETO//OS in my practice, and the results have been incredible. Patients are experiencing better results in their energy levels and focus, and we've seen great improvement in their blood work. I recommend KETO//OS for a variety of health concerns, from obesity, fatigue, and inflammation"

DR. ANDRA CAMPITELLI

TORONTO, CANADA

#PRUVITEVERYDAY

Prüvit Ventures, Inc. (Prüvit) was founded with a very simple philosophy. Make. People. Better. Based on this core belief, the company set out to tackle the supplement world by creating the world's first consumer based ketone supplement drink. We are primarily focused on evidence based products that help optimize your human potential.

Prüvit is proud to be the worldwide leader in ketone technology as we pioneer this new marketplace. With community as our focus and the power of social commerce, our philosophy is simple.

Check out the science, research, and documented results that have been published:
pruvitnow.com/research

WE DO NOT WANT TO SELL PRODUCTS;
WE WANT TO INSPIRE OTHERS TO PARTICIPATE IN THIS COMMUNITY.

Supplement Facts

Serving Size 1 packet (22.3g)
Calories 110
Calories from Fat 60

*Percent Daily Value based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. †Daily value not established.

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 7g	10%	Potassium 47mg	1%
Saturated Fat 7g	34%	**Total Carbohydrates** 3g	1%
Trans Fat 0g	†	Dietary Fiber 0g	0%
Cholesterol 0mg	0%	Sugars 2g	†
Sodium 140g	59%	**Protein** 1g	2%

Vitamin A <1% • Vitamin C 0% • Iodine 7% • Calcium 44%
Vitamin B12 2% • Thiamin <1% • Phosphorus 6% • Riboflavin 4%
Magnesium <1% • Pantothenic Acid 1%

INGREDIENTS: MCT Powder, Beta Hydroxybutyrate, Natural Flavor, Stevia, Caffeine (charged version only), Malic Acid.
Contains Milk Ingredients, Gluten Free.

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

Manufactured for: PRUVIT VENTURES, INC. MELISSA, TX 75454.

For more information please visit **www.pruvitnow.com**
Customer Service: **support@pruvithq.com** FAQ: **support.Justpruvit.com**

prüvit™

*KETO//OS is not a medical treatment, medicine, or weightloss supplement.
**The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

THIS IS NOT A:
~~WEIGHT LOSS PRODUCT~~
KETO//OS IS A:
KETONE FUEL SOURCE

prüvit™

INSPIRED BY KETONE RESEARCH THROUGH THE DEPARTMENT OF DEFENSE AND OFFICE OF THE NAVY, PRUVIT'S KETO//OS KETONE OPERATING SYSTEM ACTS LIKE A 4TH MACRONUTRIENT THAT DELIVERS SUPERHUMAN PERFORMANCE FUEL TO OPTIMIZE BETTER HEALTH, FITNESS, AND WELLNESS.

FAT-LOSS

KETO//OS targets and burns body fat with every serving by positioning your body to follow a proven, accepted, and universal fat-loss formula.

✓ Make better food choices

Ketones naturally suppress your appetite allowing you to make better choices and eat less frequently.

✓ Minimize sugar intake

Ketones don't require insulin to deliver energy to your cells the way glucose does, so blood sugar levels are regulated and minimized which helps eliminate carb cravings and crashes.

✓ Protect and preserve muscle

Ketones are extremely anti-catabolic (they are protein/muscle sparing) and will preserve and protect your lean tissue during periods of caloric restriction. The more muscle you preserve, the more fat you burn.

✓ Move more

Ketones offer insulin free energy that maximizes your mindset and mental focus while motivating you to move more, do more, and be more.

FITNESS

KETO//OS creates a duel fuel energy system that allows ketones and glucose to co-exist inside the body.

✓ Energy output

Ketones create more ATP (Adenosine Triphosphate) per unit of oxygen than glucose making workouts more efficient.

✓ Inflammation

Ketones have incredible anti-inflammatory properties which aid in and improve post-workout recovery.

✓ Endurance

The Dual Fuel Operating System (Ketones and Glucose) delays the release of glycogen stores in the muscle. This allows for greater, longer, and stronger performance.

FUNCTION

KETO//OS provides a cleaner, quicker energy pathway than glucose while providing very important signaling molecules to the body.

✓ Signaling

Ketones are known to elicit many healthy effects by mediating our body's own protective antioxidant defenses.

✓ Protection

Ketones protect our cells from many types of age-related deficiencies and environmental damage.

✓ Endurance

The exogenous ketones from KETO//OS can help maximize endogenous ketone production by the body, leading to improved bio-markers including, blood sugars, cholesterol, triglycerides, and blood pressure.

CHECK OUT FACEBOOK.COM/JUSTPRUVIT TO SEE WHAT RESULTS PEOPLE ARE GETTING WITH KETO//OS.

prüvit™

KETO GLUTEN-FREE

*KETO//OS is not a medical treatment, medicine, or weightloss supplement.
**The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

"I put on 30-40 pounds when my wife had our baby. When I first tried KETO//OS, I felt like superman in 20 minutes. I've lost over 45 pounds so far with this product!"

MICHAEL RUTHERFORD
SAN DIEGO, USA

MORE BETTER PRÜVEN EXPERIENCES

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 3.5 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.

"Since starting KETO//OS, my sugar addiction is officially kicked and no more migraines!!! Fueled with Ketones, my energy is through the roof, I'm sleeping better than I have in years, and I've lost 8lbs of donuts – I mean fat. Ketones also brought my husband back to life! After 18 months on medical disability, he was able to return as a captain for Delta after just 25 days on KETO//OS!"

NATALIE KILBOURNE
OZARK, USA

MORE BETTER PRÜVEN EXPERIENCES

HOW TO USE

GENERAL APPLICATION

Upon awakening, mid-morning, or mid-afternoon

1. Drink a full glass of water before consuming.
2. Mix 1 scoop or 1 packet of KETO//OS in 12-16 oz. of cold water and shake or stir then drink.
3. Enjoy 3-5 hours of appetite control, increased energy, and mental focus/clarity.
4. Don't eat until you are hungry.

Note: Ketones are protein sparing, and KETO//OS is designed to preserve and protect your muscle during these 3-5 hours of caloric restriction.

HACK

PERFORMANCE APPLICATION

30 minutes prior to training

Maximize your workout, and notice improved oxygen efficiency, stamina, strength, endurance, and recovery.

ADDITIONAL NOTES:

It's important to drink a full glass of water before drinking KETO//OS.
KETO//OS can be taken with food and/or after drinking a full glass of water.
Therapeutic dose = 1 daily serving
Optimal performance = 2 servings AM/PM