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.

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.)

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.

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

Do you have other questions or need help getting started?
Get started with our KETO/OS Playbook to help you get the most out of your KETO/OS experience. You can also visit our FAQ or Customer Service pages for more information.