



# The Drink

# Ketones

# Transformation Go Guide

by: **THE**  
**KETO** **PRO**

# Before you start



Check off each step as you complete them:



## Join the community

Go to the exclusive Drink Ketones Daily Facebook Group at [challenge.com/community](https://challenge.com/community) where you'll find value, accountability, encouragement, and tips from Prüvit's Top Trainers and Coaches throughout your journey (be sure to answer the 3 required questions to be approved entry into the private group).



## Challenge others

Invite your spouse, partner, friends, or family members to join you during the journey accountability and support. Short challenges like this one are so much fun to do with a friend! We want everyone to experience BETTER!

*BONUS: if your friend joins the Challenge using your referral link [\[referrercode\].challenge.com](https://[referrercode].challenge.com), you can start earning free Pure Therapeutic Ketones™! Ask your promoter for MØRE details!*



## Connect to the Prüvit Pulse app and Prüvit TV

Think of these as your Challenge sidekicks. The Prüvit Pulse app (available on [iPhone](#) and [Android](#)) keeps you up to date with news, activity updates, and exclusive offers. Prüvit TV is the ultimate in binge-worthy content to support your pursuit of Better. Search Prüvit on your TV platform of choice or head to [pruvit.tv](https://pruvit.tv).



## Pick your journey

**1 - Fat Loss**

**2 - Performance**

**3- Anti-Aging**



## Take your before photos

These photos never have to be seen by others unless you wish to share. They are for your own personal use as it can be difficult to see small changes in your appearance day-to-day or on the scale. By the end of the journey, you may see a change in your overall appearance when comparing photos and body composition. Find a well lit area of your home and set the timer on your phone or camera so you can get full body photos. Try to wear as little clothing as you are comfortable with, for example, women should wear a sports bra or swimsuit and shorts, while men should wear shorts only. Take at least 4 photos, one of each side of your body, and don't forget to HAVE FUN! This is just the beginning!

# Before you begin (continued)



Check off each step as you complete them:

## Do your assesment

One of the things ive found is doing a full physical assesment and taking pictures is crucial for long term success, more than using a scale on a constant basis to track progress.

## Hop on the scales (optional)

Feel free to weigh yourself before starting your Challenge, but try not to focus on the scale during your journey. As body composition and your metabolism SHIFT, you can experience a range of benefits not measurable by a scale.

## Measurements (optional)

Feel free to fill in your measurements on this image to guide you on where to measure!

### Before

Neck <sup>1</sup>

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Upper arm <sup>2</sup>

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Chest <sup>3</sup>

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Waist <sup>4</sup>

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Hips <sup>5</sup>

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Thigh <sup>6</sup>

---

Calf <sup>7</sup>

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### After

Neck <sup>1</sup>

---

Upper arm <sup>2</sup>

---

Chest <sup>3</sup>

---

Waist <sup>4</sup>

---

Hips <sup>5</sup>

---

Thigh <sup>6</sup>

---

Calf <sup>7</sup>

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# Do your Assessment

**Drinking ketones** helps improve strength, performance, recovery, focus, and endurance. Since your body uses less oxygen when fueled by ketones you may find that certain exercises easier to perform. Rate yourself over the next 28 Days in the areas of performance, recovery and endurance and watch the improvements that you will get. *Please rate yourself even if your focus is only fat loss.*

Prior to starting the challenge, test your strength and performance in as many of the following areas as your body will allow. Set a timer for 60 seconds for each exercise. Perform as many high quality reps as possible. **This test is a maximal effort test and should only be performed by healthy individuals that are clear to exercise.**

EXERCISE (60 sec each)	BEFORE CHALLENGE	AFTER CHALLENGE
JUMPING JACKS	_____	_____
PUSH UPS / KNEE PUSH UPS	_____	_____
SIT UPS	_____	_____
BURPEES	_____	_____
WALKING LUNGES	_____	_____
PLANKS (Hold for as long as you can)	_____	_____
*ENDURANCE - One Mile Walk/Run	_____	_____

## MOVEMENTS

Another simple way to feel your best and maintain focus throughout the challenge is to MÜV!

We have 4 müvs for you to do for **1 minute each day**. Complete all 4 müvs each day to reach a **BETTER** you! Do these quick, 1 minute müvs daily, and you'll feel **BETTER**. Challenge yourself and double your results with an extra 4 minutes each day. The challenge is **YOURS!**



### JUMPING JACKS

1. Start with feet close together and arms touching your body.
2. Hop feet apart the same time as you bring your bent arms above your head.
3. Hop back in while bringing your arms down by your side.
4. Continue this motion to complete your jumping jacks.

**Modification:** Step one leg out at a time while bringing your arms up above your head and down by your side.

### SIT UPS

1. Lay flat on the ground, bending your knees. While keeping your core engaged and neck relaxed
2. Sit up by bringing your upper body toward your thighs.
3. Feet stay on the ground as you sit up and lower yourself back down on the ground.

**Modification:** Crunches serve as a great modification for sit ups.

1. Engage those abs and lift yourself up a few inches off the ground.
2. Squeeze and hold that position.
3. Lower yourself back down on the ground.
4. Keep it up and those abs will be on fire!



### PUSH UPS

1. Start in the plank position.
2. Place your hands on the ground shoulder width apart.
3. Keep your core tight, neutral neck, lower your arms until your entire body is near the ground but not completely touching the ground.
4. Keeping your body rigid repeat the motion for 60 seconds.

**Modification:** Place your knees on the ground while keeping your spine neutral and move your body in one motion towards the ground and back up.

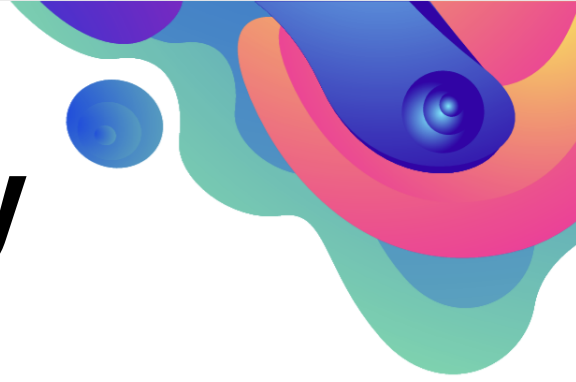


### LUNGES

1. Stepping one foot forward at a time, lower yourself until your back knee softly touches the ground and both knees are at 90 degree angle.
2. Keep forward knee from jetting out over the toes of your front foot.

# Pick your Journey

## Fat Loss



Congrats on your decision to experience better So, what can you expect? Within the first 3-7 days, most people notice an improvement in mental focus and clarity, a better mood and better sleep, sustainable energy and feeling stronger. This allows you to perform better at work, home and play. This is how the human body is designed to feel, be and operate. It can take a week or sometimes up to 3 or 4 weeks to notice the benefits, so be patient and commit to the journey!

### TIPS FOR SUCCESS

A big part of this process is healing your body. Not all progress is measured by the scale and depend- ing on how much damage has been done to your body, it can take months or even years to fully heal it. Do yourself a favor and enjoy the journey to getting healthy. Recognize every win and look for all the positive changes in your life in addition to fat loss, these are the reasons you will stick with this lifestyle and create a healthier you.

- Take **Keto OS//NAT** within 2 hours of waking up or at the time of day you want to feel your best. For optimum results drink two packs a day.
- Walk or **move your body** for at least 20-60 minutes 4-7 days a week.
- Do not eat after 8 pm. If necessary, have a **Keto//OS PRO** or Keto NAT non caffeine.
- Add healthy fats to your diet such as coconut oil, MCT oil, grass-fed butter, olive oil, ghee and duck fat. Use it to cook veggies, add to salads, or meats.
- **Hydration is crucial** for general health and for fat loss you will need to add more sea salt and Mytoplex is a great support.
- Ketones can highlight deficiencies. If you experience GI distress, headaches or cramping, re- duce serving to 1/2 serving twice a day and be sure to **stay hydrated with Mitoplex**
- I suggest to maximize fat loss the best way you should use the I-Fast program 1-3 times a month. You can learn more here: [dustin.shopketo.com/learn](https://dustin.shopketo.com/learn)

# Fat loss (continued)

The following plan is designed for fat loss. If you're new to keto, follow phase one for the first 6 days. This is a process, so be patient. Over time your body will adapt and you will begin to experience many amazing benefits.

## Phase 1 (Days 1-6) Start Slow

- Upon waking, drink a large glass of water with pinch of Himalayan or Celtic Sea Salt yes ACV is ok to add to this.
- Between 7-9 am, take 1 serving of Keto OS//NAT. Mix with 12-20 ounces of water (or to your liking) and ice or see recipes for other ideas. Note: Drink slowly over 30 minutes
- Stay hydrated. Drink at least 1/2 your body weight in ounces of water. Ideally add Mitoplex up- graded electrolytes, 1-2 times a day right in your Ketones.
- Begin to reduce your carb intake. Foods such as wheat, grains, pasta, breads and even fruit can inhibit fat loss efforts.
- Listen to your body and eat only when you are hungry.

## Phase 2 (Days 7-30)

- During phase 2, start to incorporate intermittent eating. Eat within an 8 hour time frame such as 11:00am-7:00pm. Follow the protocol below for days 7-20 and on.
- Start your day the Keto Way! Drink a large glass of water with pinch of Himalayan or Celtic salt upon waking.
- Once you get hungry in the morning, take a serving of Keto OS//NAT. Mix with 12-20 oz of water or as desired and ice. Keto OS//NAT should be consumed between 30-45 minutes.

**Optional:** If you drink coffee or tea in the morning, feel free to add **Keto Kreme** to take advantage of the additional appetite suppressant. You can also add it to your Keto OS//NAT. If you like **Keto Kreme**, you can always add it to your next smart ship order.

## Meal 1

Eat first meal between 11:00-2:00.

Choose a protein and veggie from suggested food guide. Sauté veggies with coconut or MCT oil, Avocado or grass fed butter. Limit carb intake and eat only until full.

Optional snack, if needed: 10-20 Almonds or Nuts, Cheese, Hard Boiled Egg, Lunch Meat (nitrate free) OR for optimal results take a second serving of Keto//OS NAT or a Keto//OS Pro

## Meal 2

Once hungry, have final meal, choosing a protein, and veggies from the food guide. Eat only until full. Finish eating before 8:00pm or within your window of eating.

**Pro Tip:** Take your 4-5 favorite meals and find the best way to make them lower carb. For example, serve spaghetti over cauliflower rice instead of noodles.

# Healthier Life Guide

## Brain - Heart - Body

Science is clear that the long-term benefits of drinking ketones are vital to improving brain health, heart health, and preventing muscle loss. These are all keys to improving longevity, anti-aging, and better health. It is also important to note that this is diet independent, meaning that drinking ketones daily can be done in conjunction with any diet. However, for optimized results, it is recommended to follow the health guidelines below. If weight loss is your primary goal, please refer to the Fat Loss Plan.

### Good Protocol :

**Ketones:** Drink your Keto NAT (powder or ampules) before 10am each day and optional second Keto NAT between 1-4 pm.

**Food:** Eat your diet of choice and I suggest to prioritize protein and reduce processed foods.

**Movement:** I encourage to increase your steps to 5,000-10,000 steps a day.

### Better Protocol :

**Ketones:** Drink your Keto NAT (salts or ampules) before 10am each day and Keto Pro between 1-4 pm. Optional add Keto Kreme to your coffee, add 1-2 Tbsp MCT per day spread out on your food or in your Keto NAT or Pro

**Food:** Eat whole foods, prioritize protein most of the time intermittent fast 3-5 days a week (intermittent fasting eat your food between 12pm - 8pm) Your ketones will not break your fast.

**Movement:** 1-3 days a week of physical activity, I highly suggest at least 1 day of week with resistance training meaning lift weights where the weight is heavy enough to only do 10 reps. Walk 7,000- 10,000 steps a day

### Optimal Protocol :

**Ketones:** Drink your Keto NAT (salts or ampules) before 10am each day and Keto Pro between 1-4 pm. Do our I-Fast 5 day plan 1-2 times a month. Optional add Keto Kreme to your coffee, add 1-2 Tbsp MCT per day spread out on your food or in your Keto NAT or Pro

**Food:** Eat whole low carb food and prioritize protein follow food list below. Intermittent fast 5 days a week intermittent tasting eat our food between 12pm - 8pm Your ketones will not break your fast. (I encourage to eat more food days 1-2 days a week. where you eat high quality foods but make sure you increase your calories on those days.

**Movement:** 3-5 days a week of physical activity highly suggest at least 2-3 day of week with resistance training meaning lift weights where the weight is heavy enough to only do 10 reps Walk 10,000 steps a day.

**Remember the only good diet is the one you are willing to and consistently follow. Please use the food list and choose them at least 80% of the time as often as you can.**

# Performance

## Improve - Recover = Win

Keto Nat it is the number one performance enhancer I have come across. With its ability to increase ATP production, reduce oxygen usage during intense exercise, and speed up recovery time, it can help you hit your personal best and compete longer. However, it's important to note that finding your own personal preference is key to optimizing performance. To help guide you, I have compiled extensive data from athletes around the world to provide you with some guidelines.

It is essential to clarify that I am not suggesting the ketogenic diet, but rather the consumption of ketones for maximal benefits. If you choose to switch to a keto or any other diet, I recommend taking at least 6 months to formulate your diet for optimal results. Additionally, it's important to work with a qualified coach before starting any new diet or exercise program.

### General Fitness:

**Ketones:** Drink 1-2 Keto NAT (salts or ampules) each day the harder you train I suggest 2 Keto NAT a day. Do fast 5 day plan 1-2 times a month.

**One Off Days** - Drink your Keto NAT (salts or ampules) before 10am each day and either a Keto NAT or Keto Pro between -4 pm.

**Workout Days** - Start drinking your Keto NAT 45 minutes before your workout finish it right before the work out. Optional Drink a Keto Up or a Keto Kick when you start your workout. I do suggest also a keto Pro within 1 hour of your workout.

### Aerobic: like running, biking, long swims

What we have found to be the most affective is to start drinking Keto NAT (I use the Unleashed formula) 45 minutes before workout and finish about 15 minutes before. (So you can go pee) Drink ketones every 60-90 minutes into your exercise (Use Keto Kick or Keto NAT ampules). Remember ketones are truly amazing recovery tool, so if you are training hard please have a Keto Pro or a Keto Nat after your workout

### Anaerobic: like weight lifting, sprinting

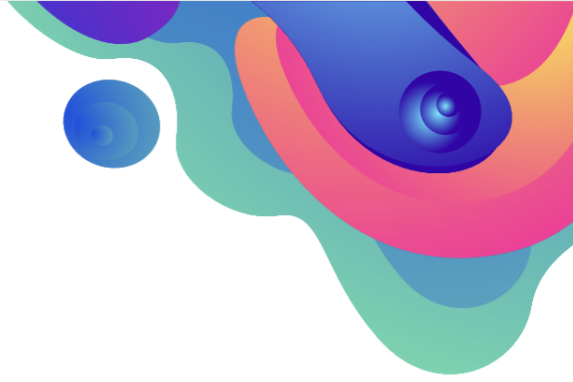
The best is to start drinking ketones 45 minutes before training and finish 15 minutes before. I also recommend for best results have a keto Kick, Keto Up or Liquid Ampule Ketones when you start your workout. Remember ketones are truly amazing recovery tool, so it you are training hard please have a Keto Pro or a Keto Nat after your workout.

### Food:

I can't stress enough Keto NAT is not a diet it's a product that supports your current diet. If you choose to go on a keto or low carb diet please remember it can take up to 6 months to dial in your diet. Our product will help that transition but it will still take time. You can drink ketones on a high carbohydrate diet also and get great benefits. If fat loss is desired I suggest being carb conscious and pick high quality paleo type foods. Yes you can fast and perform well but remember you still need to fuel your body for optimal results.



# Recommended Food Guide



## PROTEINS

Bonus Points for Grass-Fed, Organic, Hormone & Antibiotic Free, or Free Range

Bacon	Goat	Pork Chops	Veal
Beef	Ham	Pork Loin	Whole Eggs
Bison	Lamb	Prosciutto	
Chicken	Pheasant	Quail	
Duck	Pork	Sausage	

Remember, high fat is the name of the game.



## SEAFOOD

We like it wild. You should too. Go for wild caught. Farm raised is out.

Catfish	Halibut	Oysters	Snapper
Clams	Lobster	Salmon	Squid
Cod	Mackerel	Sardines (in olive oil is best)	Trout
Crab	Mahi Mahi	Seashells	Tuna
Flounder	Mussels		



## VEGETABLES

Starchy Veggies aren't our friends. Stick to the leafy greens that treat you right.

Asparagus	Cabbages	Kale	Romaine lettuce
Beet Greens	Cucumbers	Kimchi	Sauerkraut
Cauliflower	Garlic	Mushrooms	Spinach
Celery	Green beans	Radishes	Zucchini Squash

### ABOUT DAIRY/CHEESE:

Choose low allergy cheeses such as sheep or goat cheese. If you can tolerate cow cheese, choose cheeses like mozzarella or cream cheese. As always, choose cheeses from grass fed animals! If optimal results are not achieved eliminate all dairy out.



## FATS AND OILS

Organic and Grass Fed fats and oils are encouraged. Limit or avoid dairy when possible as many people have a negative effect from dairy.

Avocado oil	Cocoa Butter	Lard	Paleo Mayonnaise
Butter	Cream Cheese	Macadamia	Sour Cream
Beef Tallow	Ghee	MCT//143™	
Coconut butter	Goose Fat	Olive Oil	



## DRINKS

### Water Hack

Divide your body weight (in lbs) by 2. This number, in ounces is the minimum amount of water you should drink daily

### Drinks

- Keto OS NAT
- Sparkling water
- Unsweetened Iced Tea
- Unsweetened Coffee
- Unsweetened Kombucha

At minimum you should be drinking 8 -10oz glasses of water a day. Use our **Upgraded Mitoplex Electrolytes** to optimize hydration.

# During the journey (continued)

## How do you feel?

To help track your progress, screenshot or print the image below and put a ✓ next to all the benefits you experience.

I feel... (tick all that apply)	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY
	1	2	3	4	5	6	7	8	9	10
Better Mood										
Increased & Sustained Energy										
Mental Clarity & Focus										
MØRE Exercise Endurance										
Reduced Cravings										
Reduced Bloating & Water Retention										
MØRE Restful Sleep										
Imprüved Muscle Definition										
BETTER Overall										

Each minute, hour, and day we have the opportunity to show up, play **FULL OUT**, and become **1% BETTER**. These changes in your body may seem small, but they can add up to feeling your **BEST**. Remember, it only takes a 1 degree **SHIFT** to change everything!



### BONUS

By müving your body each day, you can experience even BETTER benefits with ketones. Challenge yourself to take the stairs at work, park further away from the store entrance to get your steps in, or play/go for a walk with your kids.

# When's the Journey over?

With over 20 years of coaching experience, I've learned that we're always in the process of improving ourselves. However, we can approach this ongoing journey with more wisdom and knowledge gained along the way. For those who have lived their best lives, become role models for their loved ones, and inspired others, they likely have already incorporated many of the following areas into their lifestyle. Take a moment to consider which aspects are most important to you and check off those boxes.

## Check off the boxes below

- |  |  |
|--|--|
| <input type="checkbox"/> Have a purpose                        | <input type="checkbox"/> Explore your dreams                             |
| <input type="checkbox"/> Eat Healthy                           | <input type="checkbox"/> Become an example for your loved ones           |
| <input type="checkbox"/> Move your Body                        | <input type="checkbox"/> Drink Ketones Daily, Fast Often, Reboot Monthly |
| <input type="checkbox"/> Improve your mindset daily            |  |
| <input type="checkbox"/> Surround your self by positive people |  |

## Why I partnered with Prüvit?

I was drawn to Pruvit's mission because they strive to help individuals reach their fullest potential and inspire others to do the same. What sets Pruvit apart from any other organization I've encountered, including my experiences in the Marine Corps and high-level athletics, is their comprehensive approach. Pruvit not only provides a community and education on how to improve ourselves through our actions, thoughts, movement, and nutrition, but also offers the top supplemental product on the market. This product is backed by leading scientists and can enhance sleep, energy, focus, mood, fat burning, longevity, and anti-aging. By combining these elements, Pruvit creates a recipe for long-term success in helping people live their best lives and improve future generations.