



Prüvit®



# Lifestyle Transformation Guide

#DRINKKETONES

# Welcome to I-Fast

## I-Fast is a scientifically proven Lifestyle Transformation System designed to help you find a faster way to BETTER.

Every journey to better health begins with the first step, the commitment!

You've already purchased your I-Fast System, making the decision to show up and play full out with the program, so let us be the first to say congratulations!

Before you get started, print off this guide. Having a tangible copy will help build the habit of accountability and engagement.

This Transformation Guide is designed to help you clarify your personal goals, utilize tools, and maximize results to put you on a proven path toward your own personal lifestyle transformation.

### Let's begin!

Why you are here?

**Goals:** Transformation begins with mindset.

Take a minute to think about your current personal health goals... What intentions are you bringing into the your I-Fast journey? What benefits or outcomes would you like to experience? What does your personal Lifestyle Transformation look like to you?

**Complete the following sentence:**

*I-Fast because...*

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### Fantastic!

Knowing and understanding WHY you are here will make the process fun, and keep your commitment strong.

**PRO TIP:**

Sharing your intention publically can increase your chances of success by elevating support and accountability on your journey. Share your answer above on social media now and with your family and friends - and remember to tag @justpruvit and use hashtag #ifast

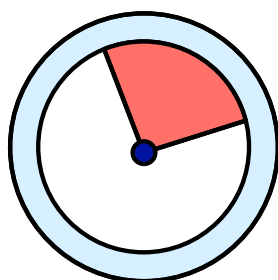
# I-Fast Fundamentals

The I-Fast system harnesses the synergistic power of these 3 pillars:



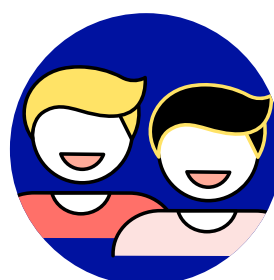
## Pure Therapeutic Ketones®

A drink, not a diet. KETO//OS NAT® has the most bioavailable ketone salts through the first and only natural fermentation process, designed to trigger a nutritional ketosis in 59 minutes or less, and amplify the benefits of a healthy lifestyle.



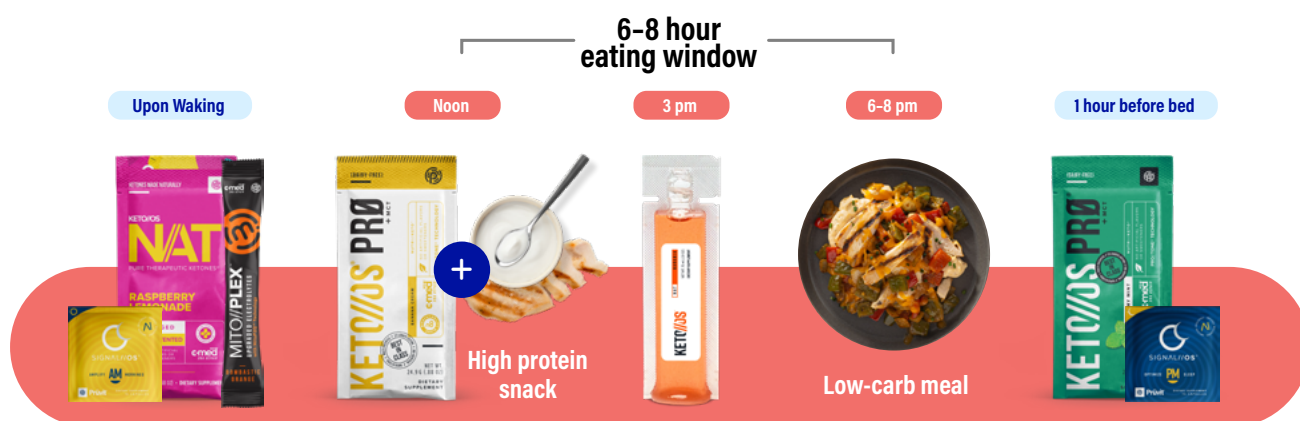
## Intermittent Fasting

Intermittent fasting is a simple, timed eating schedule proven to ignite fat loss, promote cellular repair, and more.



## Coaching & Community

It's more fun to I-Fast with friends! Access world class coaches, experts, and a passionate and powerful community to empower you with the information and inspiration you need to succeed.



# Pure Therapeutic Ketones



Protected with 9 patented processes, backed by research, and formulated by doctors, our Pure Therapeutic Ketones® are unmatched. With benefits ranging from better energy, enhanced focus, fat loss, and so much more, incorporating ketones into your daily routine is the easier decision of your day.

**PLUS** — Ketones help protect from muscle loss

**AND** — Pruvit's Keto products do not break your fast.

Use KETO//OS NAT® when you first wake in the morning to jump-start your day with energy and focus, or 20-30 min before a meal for added satiation and glucose control, or pre-workout for an EPIK energy boost!

KETO//OS NAT® is gluten-free, dairy-free, and kosher certified.



Protected by U.S. Patent Nos:

6,964,784	7,579,023	7,595,064	7,955,626
7,947,312	8,372,449	8,372,448	6,613,356

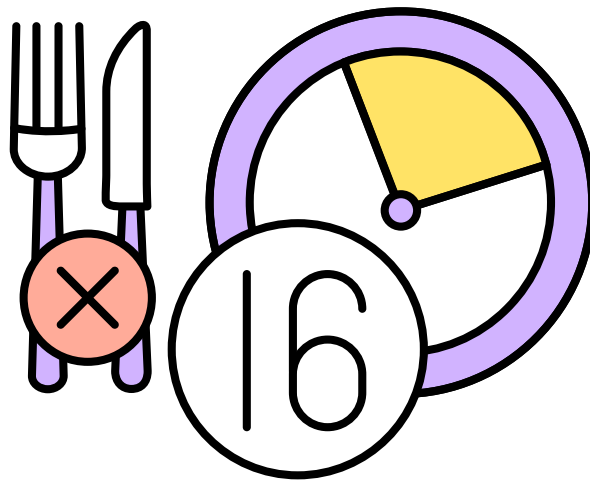


[pru.ai/campfire](https://pru.ai/campfire)

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Intermittent Fasting



Intermittent fasting is NOT a diet — it's simply an eating schedule. While your body is in a fasted state, it can focus on cellular repair, fat burning, gut healing, and more. Fasting is a powerful tool not just for fat loss, but for vitality and wellness.

## Start With This Example Fasting Protocol

First, start by pushing breakfast back — don't eat anything until 12pm. When you break your fast, try to eat a more balanced meal full of whole foods, for example, a veggie packed salad with lean protein, omelet, smoothie, or stir fry. Continue by eating dinner as you normally would, and stop eating by 8pm. Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at 10am, then keep moving it back until you've reached a 16-hour fasting window. Commit to making this part of our normal routine or lifestyle at least 5 days a week.

Regardless of your goal, there are many reasons to be excited about incorporating intermittent fasting into your daily routine.

Check out these resources for more education on the power of intermittent fasting. →

### Love learning?

We do too! Check out our digital library of binge-worthy content on Prüvit TV to support your pursuit of better.

Tune in at **pruvit.tv**



[pruvit.tv/watch/735](https://pruvit.tv/watch/735)

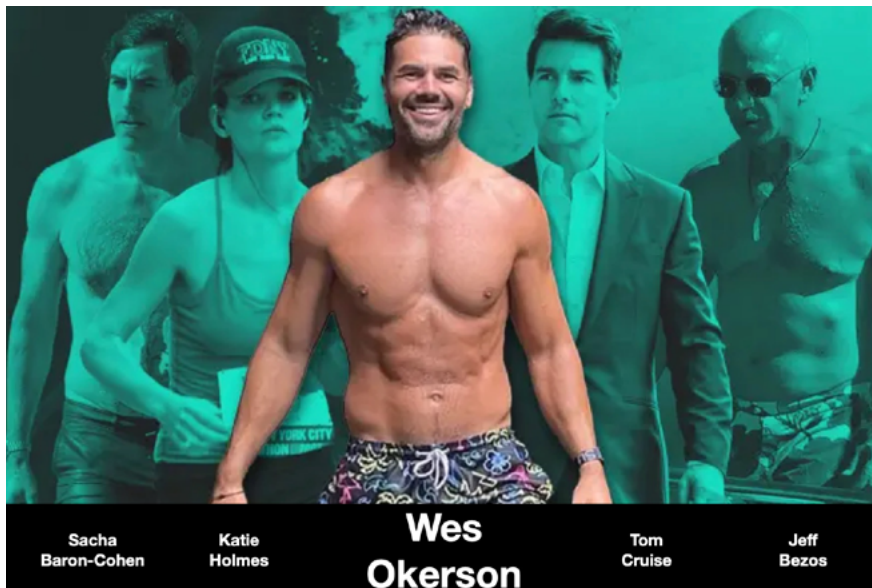


[pruvit.tv/watch/734](https://pruvit.tv/watch/734)



[pru.ai/intermittentfast](https://pru.ai/intermittentfast)

# Coaching & Community



Gain expert coaching and guidance during your I-FAST journey from renowned celebrity fitness trainer, Wes Okerson and a team of other community health and fitness experts. With their expertise, Wes and our Community Coaches bring valuable insight and guidance that will provide you with the support necessary to make these new habits part of your lifestyle.

## Join the community!

There is power in numbers, and our exclusive Drink Ketones Daily Facebook Group is nearly 200,000 fellow Prüvers who are all on a journey to BETTER. In this group you'll find value, accountability, encouragement, and tips from Prüvit's Top Trainers and Coaches throughout your transformation. **Join here** →



## I-Fast with friends

Did you know that when you take on a health goal with others, not only is it more FUN, but you also increase the chances of you accomplishing your goals together!

We want everyone to experience BETTER. Invite your spouse, partner, friends, or family members to join you during your I-FAST journey for accountability and support.

### **BONUS:**

If your friend joins the Challenge using your referral link [referrercode].shopketo.com, you can start earning free Pure Therapeutic Ketones® and other rewards! Ask your promoter for MØRE details!

# Healthy Hacks

## Looking for even BETTER results?! Incorporate these healthy hacks!

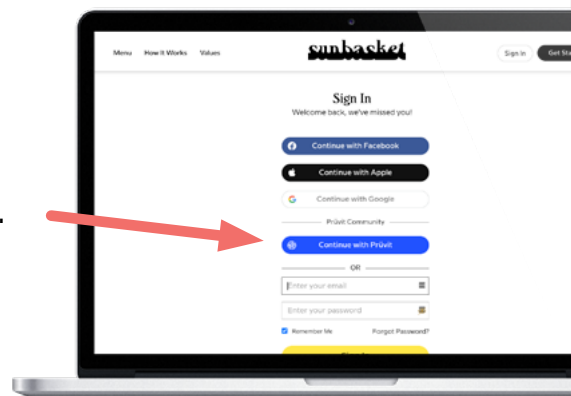


### Healthy Meal Choices

Reclaim all the time and energy spent meal prepping and have fresh, healthy meals delivered right to your door!



As a Pruvit customer, you have access to our Better Brands Partner, Sunbasket. With an array of cuisines and diet preferences, you're sure to find something you'll love. Simply head to [Sunbasket.com](https://Sunbasket.com) and click "continue with Pruvit".



### Water

Drinking enough water daily is going to help you during your fast! To calculate how much water to drink a day, you will want to multiply your current weight by 0.5, and that is the minimum number of ounces to drink per day. Check out our hydration guide here →



### Movement

Daily movement helps to burn stored glycogen, which helps you achieve autophagy sooner! Go for a brisk walk, hop in a zumba class, and/or pick up the weights! Movement is good for the mind, body, and soul! Set a goal to incorporate some kind of movement into your lifestyle for 30 minutes most days of the week.



### Mindfulness

Meditate for 2 minutes a day  
Write down 3 things you're grateful for.

# Before Your Transformation



Check off each step as you complete them:

**Hop on the scale** (optional)

Feel free to weigh yourself before starting your Challenge, but try not to focus on the scale during your 10 days. 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!

**Take your before pictures** (optional)

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

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>

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Calf <sup>7</sup>

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## After

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>

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Calf <sup>7</sup>

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# 5 Day Accelerator

The 5 Day Accelerator is just that — a 5 Day focus designed to **ACCELERATE** the benefits and results of the I-Fast Lifestyle Transformation System.



## How it works

### Know your schedule

Over the 5 days, you will follow a focused process by using a specific combination of Prüvit technologies, intermittent fasting for at least 16 hours a day, and making lower carb choices.

Regardless of your goals, this schedule will have you eating in a calorie deficit for these five days. The products shown are going to help you combat hunger and cravings while also preserving muscle mass. That is what makes this 5 Day Accelerator kit so powerful!

Do your best to adhere to this schedule for the five days. If your goal is not fat loss and you notice yourself uncomfortably hungry, feel free to make your noon protein snack a meal by adding in a source of healthy fat and a vegetable.

The start and end times shown are suggestions, and you can adjust them to work in your schedule if you need to start your eating window earlier in the day or later. Just make sure you keep your eating window at 6-8 hours to unlock the maximum benefits metabolically of this timed eating!

# The Technology



## KETO//OS NAT®

The ONLY exogenous ketone in the world created through a process of natural fermentation, making them more bio-identical to the ketones our bodies produce. Ketones help immensely by aiding in appetite and craving control.

Learn more about the power of ketones here: [pru.ai/campfire](https://pru.ai/campfire)



## MITO//PLEX®

Specially crafted help to combat the electrolyte imbalance a low-carb HIGH FAT diet can inflict, our electrolytes are upgraded with the exclusive MitoP2Q technology to flip the switch and turn on mitochondria.

Get up to speed here: [pruvit.tv/watch/316](https://pruvit.tv/watch/316)



## SIGNAL//OS®

SIGNAL//OS® AM + PM work to increase bioavailability, the delivery of nutrients, and enhance the benefits associated with Pure Therapeutic Ketones®.

Learn more about them here: [pruvit.tv/watch/240](https://pruvit.tv/watch/240)



## KETO//OS PRO®:

These protein infused ketones help initiate muscle growth and prevent muscle breakdown, providing high-quality fuel, perfect for advanced post-workout repair and recovery.

Learn more about it here: [pruvit.tv/watch/618](https://pruvit.tv/watch/618)



## KETO//OS NAT® AMPULES:

These ampules are crafted with patented free cell technology, meaning these exogenous ketones are not bound by a mineral salt and facilitate even faster ketosis, and are sweetened with allulose, known for lowering blood glucose levels.

Learn all about it here: [pruvit.tv/watch/531](https://pruvit.tv/watch/531)



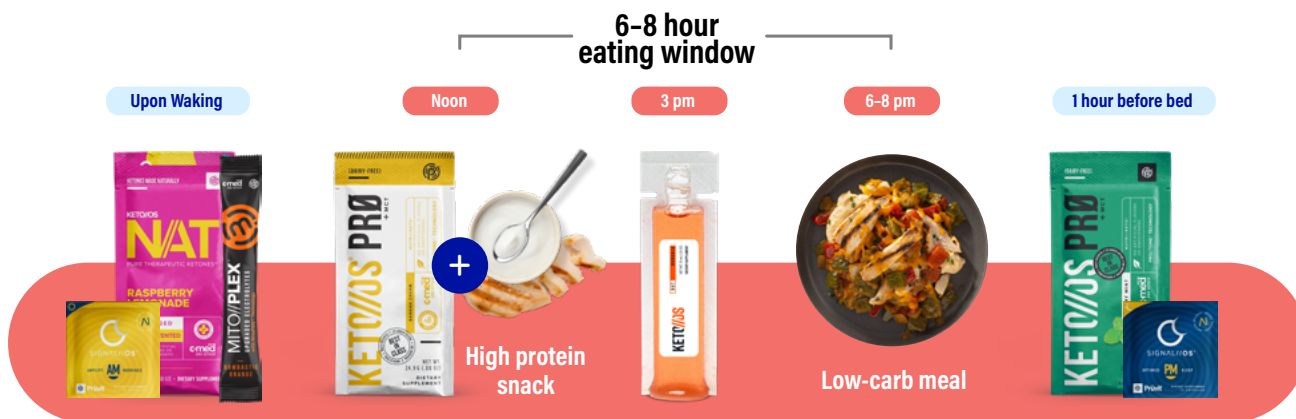
## Learn More

If you would like to learn more about how to use these products after your 5 days, as well as read about the benefits of other support products, take a look at our product guide **HERE!** [pru.ai/productguide](https://pru.ai/productguide)



## 5 Day Accelerator

# Daily Protocol



Over the course of your I-FAST journey, documentation is going to be key! Make sure to track your daily müvments, water, and the Prüvit technology as you consume it.

### Daily Accelerator Tracker

**WAKING**

Signal//OS® AM     KETO//OS NAT® [C]     MITO//PLEX®

**NOON**

KETO//OS PRØ®     High Protein Snack \_\_\_\_\_

**3 PM**

KETO//OS® Ampoule [CF]

**6-8 PM**

Low-Carb Meal \_\_\_\_\_

**BEDTIME**

Signal//OS® PM     KETO//OS PRØ®

**MÜVMENT** \_\_\_\_\_

**OBSERVATIONS** \_\_\_\_\_

# Track Your Progress

The physical transformation is only one piece to the puzzle, make sure to keep track of how you are feeling mentally and emotionally. Not all changes are tangible, sometimes feeling yourself move to better headspace is the change you need to keep going.

## 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 over the next 10 days.

<b>I feel...</b> (tick all that apply)	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
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					

Make it a Community effort and share your progress online. You can screenshot the image below to repost, or simply share a selfie and say how you're feeling! This is your journey, so share what works for you!

## 5 Day Accelerator

# After Day 5

### First things first, celebrate!

Big or small, you've completed the 5 Day Accelerator and that is amazing. We'd love to hear ALL about it! Whether you are an avid TikTok user, Instagram fan, or Facebook friend, **share your BETTER story and tag us @JustPruvit #iFast**

Want to share more than a social media comment? We'd love to hear all about it! **Submit your story to Pruvit HQ here** →

**Remember to take your BETTER progress photo.** Get back into the same outfit you wore for your before photo, in the same well lit area of your home. Take 4 full-body photos again to compare and see your progress!

We have seen incredible momentum continue on beyond these 5 days for those that want to continue to tap into the benefits of intermittent fasting whether your goals are fat loss, metabolic health, or longevity as a whole! It's a lifestyle, not a trend.



### What's next?

Continue the I-Fast Transformation lifestyle by drinking Ketones Daily and utilize the I-Fast accelerator once or twice a month.

Support your complete lifestyle transformation with one of our Good, Better, or Best Bundles, as well as all of our other products at [shopketo.com](https://shopketo.com)



**Good I-Fast Accelerator + Variety Pack**  
(Accelerator + 1 Ketones daily)



**Better I-Fast Accelerator + 2 Variety Packs**  
(Accelerator + 1-2 Ketones daily)



**Best I-Fast Accelerator + 2 Variety Packs + 2 KETO//KICK Neuro Boost + MITO//PLEX®**  
(Accelerator + 2 Ketones daily)

**This is just the beginning to your journey, so keep going!**  
**We are here to help you through your I-FAST lifestyle transformation and beyond. So stay plugged in and see where BETTER takes you!**