



## FREQUENTLY ASKED QUESTIONS

### **Q: What is nutritional ketosis?**

A: Ketosis is a metabolic state when the body converts to fat as its primary energy source, instead of abusing carbohydrates for energy.

### **Q: How do I use the Ketopia 10-Day Reset system?**

A: The program is simple. Drink KetonX in the morning, eat a Dough Bite 3-4 hours later, and drink a FIXX shake 3-4 hours after that. Have a low-carbohydrate meal in the evening, and drink plenty of water throughout the day.

### **Q: What are the primary benefits of using KetonX?**

A: Detoxify the body while ridding it of glucose, get your energy in a fat-burning mode, and optimize your general health.

### **Q: If my intention is to manage my weight, how many calories should I eat per day while on the Ketopia system?**

A: Everyone is different, but a good rule of thumb is to eat about 500 fewer calories than you burn. It is recommended that you follow the Ketopia system, which will provide nearly 500 total calories, and then eat at least 600-700 calories in your evening meal.

### **Q: If my intention is to take advantage of the broad range of health benefits of being in ketosis while using the Ketopia system, what should I eat?**

A: Simply choose a healthy, moderate diet. For best results, eat more fat, moderate protein and low carbohydrates to maximize the benefits of ketosis.

### **Q: Where should my calories come from while using the Ketopia system?**

A: About 65% of your calories should come from fats, 25% from protein, and 10% from carbohydrates.

### **Q: What types of food should I include in my evening meal?**

A: Some good places to start include eggs, fish, chicken, avocado, cheese, butter, and nut butters. Refer to the Ketopia Food & Recipe Guide for more information.

### **Q: If I experience hunger while on the Ketopia system, can I snack?**

A: You can snack on keto-friendly foods along with your KetonX, Dough Bite, or FIXX. Try to maintain the 3 to 4-hour window between each snack/drink.

### **Q: How much water should I drink while on the Ketopia system?**

A: Plenty. A good rule of thumb is to drink half your body weight in ounces per day. You will need to drink even more if you are active, work out, or sweat.

### **Q: What types of side effects might I notice while on the Ketopia system?**

A: Some people experience mild temporary gastrointestinal discomfort when first using KetonX. To avoid this, we recommend decreasing your KetonX intake to ¼ the recommended amount, and increasing to the full recommended amount over time as your comfort level allows.

### **Q: How long can I stay on the Ketopia system?**

A: Many choose to make Ketopia a lifestyle. It is safe to continue using the products beyond the initial 10-day program.

**Q: Should I exercise while on the Ketopia system?**

A: Yes, exercise can help you maximize your results. We recommend you exercise for 30 to 60 minutes per session, but try not to overdo it. You'll get the best weight management results by keeping your heart rate in your fat-burning zone. If you get your heart rate too high, you may burn more muscle than fat.

**Q: What do I do after my initial 10-Day Ketopia Reset program is done?**

A: This depends on your personal goals. You can continue drinking KetonX to benefit from the full range of health benefits that come with nutritional ketosis that reach far beyond weight management. Either stay on a keto-friendly diet, or just return to a healthy moderate diet until you decide to do another 10-day program. A detailed maintenance plan will soon be introduced to help you figure out the best solutions for you.

**Q: What other ForeverGreen products can I use alongside the Ketopia system?**

A: Pulse-8, FrequenSea, Pure, AIM, ImmunEYES, and Thunder are all great companion products to Ketopia.

**Q: Can I change the order that I take KetonX, Dough Bites, and FIXX while on the Ketopia system?**

A: Yes. It is recommended that you still eat/drink them 3-4 hours apart.

**Q: Can I drink wine and/or coffee while on the Ketopia system?**

A: For best results, it's best to avoid alcohol and minimize your caffeine intake.

**Q: What are the shelf lives of the Ketopia products?**

A: KetonX and FIXX have a 2-year shelf life. Dough Bites have a 6-month shelf-life.

**Q: Can I use Ketopia 10-Day Reset packs back-to-back?**

A: Yes.

**Q: Will I stay in nutritional ketosis after completing a 10-Day Ketopia Reset pack?**

A: You will stay in nutritional ketosis if you continue drinking KetonX and following a low-carb ketogenic diet.

**Q: Does the hemp oil in KetoPM affect the results of a drug screen?**

A: No.

**Q: Are the Ketopia products vegan? Vegetarian?**

A: No. They feature whey protein.

**Q: Are the Ketopia products gluten-free?**

A: Yes.

**Q: Is there a Ketopia protocol for athletes and fitness enthusiasts?**

A: Yes. Please reference the athletic protocol available in your web office library.

**Q: Can the Ketopia system interfere with my existing medical condition?**

A: Like with any medical condition, you should always consult your doctor or healthcare professional prior to using any dietary supplement or health program.

**Q: What are the minimum suggested ages for using the Ketopia products?**

A: We recommend Dough Bites be used by those 12 years of age or older, and KetonX and FIXX be used by those 16 years of age or older.

**Q: Is it safe to be on the Ketopia system while pregnant or nursing?**

A: It is not recommended.