

Nutritional Information - FAQ's about KetonX Drink

Puts your body in Ketosis in a matter of hours, not days!

KetonX is a refreshing drink mix that comes with the Ketopia 10 day reset kit. You simply add KetonX to 12-16oz of water and KetonX goes to work to put your body in a state of nutritional ketosis and satiety within an hour! KetonX is essentially a raw blend of all of the right ingredients mixed together to achieve ketosis. Once you are in a state of nutritional ketosis, the body then begins to burn fat for energy instead of burning carbs and the result is more fat loss without the loss of lean muscle mass.

How do I take KetonX?

Dissolve 1 KetonX drink pack in 16-20oz/500-600ml of cold water and shake/stir vigorously. For people with sensitive stomach do 1/2 serving to allow your body to adapt to the active ingredients. This is also recommended when you experience a strong detox.

When do you take KetonX?

As Breakfast. KetonX is the first product you take in the morning when you are on the Ketopia 10 day reset program. You drink it first thing to put your body into fat burning ketosis mode. The KetonX drink tastes good and is surprisingly satisfying! When you are in a state of ketosis and burning fat for energy instead of carbohydrates, you will experience more energy and satisfaction! This is because burning fat for energy produces more than 220% more energy than burning carbohydrates!*

Why do I need to drink KetonX?

Recent research developments at the University of South Florida have provided Axxess Global Sciences the technical backbone for a line of ketone supplements that significantly raise blood and cellular ketone levels without triggering a starvation response to decrease metabolic rates. This ability to supply the body exogenous ketones in a "non-starvation" state allows for the utilization of ketones in nutrition.

What are the benefits of drinking KetonX every day?

Supporting a dual fuel system can provide everyone the energy of ketones and the benefits ketones provide on a constant basis. By drinking one KetonX Drink a day your body stays in ketosis – fat burning mode – even if you have 100g of carbs per day.

Key benefits ketones can deliver in human nutrition

– for further info on each of those see further down!

1. Cognitive Improvement – STAYING SMART
2. Neuroprotection for the brain – SAVE YOUR BRAIN / CONCUSSIONS
3. Dual energy system modulation – RUNNING A HYBRID ENGINE
4. Improving insulin insensitivity – NO MORE TYPE 2 DIABETES
5. Improving cellular health and longevity – KEEPING YOU YOUNG
6. Supporting low-carb diet protocols, Atkins, Paleo, Ketogenic diets – SUPERIOR WEIGHT LOSS
7. Supporting cancer treatments and recover – CANCER HATES KETONES

How does KetonX work?

The body will begin to convert over to a state of nutritional ketosis when the precise combination of natural ingredients are ingested. This technology has been a several year endeavor of Dominic D'Agostino PhD. This precise combination of ingredients is presented EXCLUSIVELY in the KetonX Drink.

Ketopia™ contains medium-chain triglycerides (MCT) and exogenous ketones in the form of Beta-hydroxybutyrate (BHB).

MCTs are made from coconut and palm kernel oils and are digested and absorbed more easily than long-chain triglycerides because there is less work for the body to break them apart, thus allowing them to permeate our cell membranes more easily. MCTs have antioxidant properties. They can assist in improved digestion. They can help with mood, clarity, energy, and weight management. They can accelerate the body's ability to burn fat and can assist the body's ability to rid itself of unwanted and potentially harmful impurities.

The BHB in Ketopia™ is present in the form of quad salts; a balanced blend of sodium, potassium, magnesium, and calcium. Increased levels of BHB can trigger your body into believing it is in a fasting (ketogenic) state. This can accelerate your body's metabolism and fat burning capabilities.

Is KetonX it Safe?

Yes! KetonX features a patented blend of ingredients that has been highly tested and is regarded as safe and is a very simple way to maximize your weight loss program by putting your body into a natural state of nutritional ketosis. (Fat Burning Mode!)

Not for use by type 1 diabetics and not recommended for children. As with all dietary supplements, users of this product should consult a healthcare professional if they are pregnant, breast feeding, or using prescription drugs. As doctors are not trained in nutrition ensure your doctor realizes you are talking about achieving nutritional ketosis (without starving) and not ketoacidosis!!

What is the shelf life of KetonX? KetonX have a 2-year shelf life.

What are the health benefits one may notice with consumption of the KetonX drink?

Ketones have been demonstrated through scientific studies to help "dejunk" mitochondrial cells, produce fewer free radicals, and provide valuable energy that is needed on a cellular level where someone might be insensitive to processing glucose effectively. Those benefits can manifest in many different aspects in people's health depending on the person's circumstance.

What are other "noticeable" benefits aside from weight management I can expect to feel or see from consuming KetonX?

There are many benefits of ketones/ketosis, and in the light of the current success, more research is being done to study more benefits. The following benefits are the most notable and are supported by experience and official studies:

1. Helps to balance blood sugar, and enhanced insulin sensitivity
2. Feel Satiated for longer, and Decreased food cravings
3. Higher energy levels, oxygen capacity, motor & athletic performance
4. Migraine cause treatment

5. Neuro-protective benefits in seizure disorders; ADHD; Alzheimer 's disease, memory and cognitive function; Parkinson's Disease and Multiple Sclerosis
6. Mood stabilization in bipolar disorder (type II)
7. Stroke prevention; cardiovascular disease; metabolic syndrome management; improved cholesterol levels
8. Inflammation management
9. Endurance enhancement

Are there any contradictions of using the KetonX drink daily?

None that we have discovered.

If I were to consume KetonX and then immediately consume carbohydrates, would I be negating any benefits?

Yes, if your body was already producing endogenous ketones, depending on how many carbohydrates you consume, those carbohydrates could interrupt that internal ketone making cycle which is currently burning fat. The exogenous ketones from KetonX will be utilized under either scenario.

Why is it highly recommended the KetonX drink be consumed on an empty stomach or one hour before exercise?

You want to get the maximum benefit from your ingestion of exogenous ketones, which means getting into your cells in the highest concentration possible as quickly as possible.

How can the KetonX drink aid athletic performance?

Through helping someone optimize his or her energy. Using both glucose and ketones together providing a performance that has an optimal source for supporting a two-energy system to boost performance.

Is KetonX vegan / vegetarian friendly?

Both flavors are vegetarian friendly. However, the Raspberry Flavor contains milk and is therefore not Vegan friendly.

Also, please keep in mind that both products are manufactured in a facility that processes milk & eggs.

Please see the ingredients labels for more details.

Is KetonX gluten free?

Yes, all Ketopia products are

KetonX - Orange

Supplement Facts		
Serving Size: 1 Packet (33g)		
Amount Per Serving		
Calories	90	
Calories from Fat	60	
% Daily Values*		
Total Fat	7g	11%
Saturated Fat	7g	35%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	1g	2%
Proprietary Blend	20.15g	
Beta Hydroxybutyric Acid		†
(as calcium, potassium, sodium, and magnesium salts)		
Medium Chain Trygliceride		†
(MCT oil, digesion resistantmaltodextrin)		
Green Tea Extracts		†
(75% catechin extract, 60% caffeine extract)		
*% Daily Values (%DV) are based on a 2,000 calorie diet		
† Daily Value not established		

Other Ingredients: erythritol, natural orange flavor, fructose, lysine, leucine, inulin, citric acid, natural flavors, silicon dioxide, coconut creamer, orange cream flavor, stevia, malic acid, soy lecithin, riboflavin. Contains: soy and coconut

Manufactured in a facility that processes milk, egg, tree nuts, wheat, and peanuts.

Store in a dry place at room temperature.

Not for use by type 1 diabetics. Not recommended for children. As with all dietary supplements, users of this product should consult a healthcare professional if they are pregnant, breast feeding, or using prescription drugs.

Nutritional Facts - KetonX Orange Flavor

KetonX - Raspberry

Supplement Facts		
Serving Size: 1 Packet (38g)		
Amount Per Serving		
Calories	90	
Calories from Fat	60	
% Daily Values*		
Total Fat	7g	11%
Saturated Fat	7g	35%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	1g	2%
Proprietary Blend	20.15g	
Beta Hydroxybutyric Acid		†
(as calcium, potassium, sodium, and magnesium salts)		
Medium Chain Trygliceride		†
(MCT oil, digesion resistantmaltodextrin)		
Green Tea Extracts		†
(75% catechin extract, 60% caffeine extract)		
*% Daily Values (%DV) are based on a 2,000 calorie diet		
† Daily Value not established		

Other Ingredients: raspberry flavor system (raspberry fruit flavor, artificial vanilla flavor, tri-calcium citrate, stevia leaf extract, erythritol, fructooligosaccharides, beet root powder, malic acid, citric acid, sunflower powder, non-fat dry milk), lysine, leucine, inulin, silicon dioxide, soy lecithin.

Contains: milk and soy

Manufactured in a facility that processes milk, egg, tree nuts, wheat, and peanuts.

Store in a dry place at room temperature.

Not for use by type 1 diabetics. Not recommended for children. As with all dietary supplements, users of this product should consult a healthcare professional if they are pregnant, breast feeding, or using prescription drugs.

For further information on the Ketopia Body Transformation Program visit any of the following pages:

www.nurtureNESS.com.au www.nurtureness.fgxp.com/#/getketopia

www.nurtureness.fgxp.com or contact me on happy@nurtureness.com.au or +61 (0) 406 971387

What follows is a detailed analysis of each of the key benefits ketones can deliver in human nutrition:

1. Cognitive Improvement – STAYING SMART
2. Neuro-protection for the brain – SAVE YOUR BRAIN / CONCUSSIONS
3. Dual energy system modulation – RUNNING A HYBRID ENGINE
4. Improving insulin insensitivity – NO MORE TYPE 2 DIABETES
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Staying Smart

In 2013, 840 million people, or 11.5% of the world's population, were over the age of 60. By 2050, this percentage is expected to reach 19%. One of three seniors die of Alzheimer's or some form of dementia. It is estimated that the incidence of these diseases will triple by 2050.

Ketones help preserve cognitive abilities.

Many neurological diseases share one major problem—deficient energy production. During metabolic stress, ketones serve as an alternative energy source to maintain normal brain cell metabolism. In fact, Beta-hydroxybutyrate ("BHB") (a major ketone) is a more efficient fuel than glucose, providing more energy per unit of oxygen used.

Helping Protect Your Brain

Protecting the most vital organ in your body is the single most important thing you can do to improve your health and longevity. Time, trauma, diet, genetics, and a host of negative environmental factors all play a role in making reducing the brain's ability to function at peak capacity while making the brain more susceptible to disease. True brain protection can only occur through neuroprotection mechanisms and strategies that, once implemented, lead to salvage, recovery and regeneration of brain cells. It has been demonstrated by Hasselbalch et al that ketone supplementation provides a 39% increase in cerebral blood flow.

Ketones are most unique in their neuroprotective effect on our brains. Ketones represent a preferred and effectively used alternative fuel for both the normal and the injured brain.

Running a Hybrid Engine

It is estimated that 60% of all humans have some form of energy dis-regulation. In other words, their ability to use glucose effectively is impaired, causing them to eat more to produce less. They are under performing on a cellular level. When ketones are added as an alternative energy source, those cells with poor glucose energy utilization use the ketones to up-regulate their performance.

Studies suggest that glucose utilization substantially decreases as people age; thus, ketone utilization can be particularly advantageous in an aging population. Cells prefer whatever energy

source the mitochondria can use to create full energy utilization. Those having more dis-regulation will enjoy greater benefits from ketone supplementation.

Aiding in Type 2 Diabetes

It is estimated that 347 million people worldwide have diabetes. In 2004 there were an estimated 3.4 million people who died from the consequences of high fasting blood sugar. The WHO projects that diabetes will be the 7th leading cause of death in 2030. Because high blood sugars are toxic, the body responds to that condition by creating insulin.

Insulin enables the cells to burn or store glucose, thereby lowering blood sugar levels.

For people who are healthy, the quick insulin response tends to minimize the blood sugar "spike" in order to prevent it from causing harm. However, many people have major problems with this system. After years of relying on their pancreas to produce insulin to address diets heavy on carbs and sugar, they develop "insulin resistance." The pancreas still produces insulin, but the cells don't "see" the insulin; they become resistant to insulin.

Thus, it is harder for the body to bring the blood sugar into the cells. This leads to a dangerous condition called hyperglycemia, which often remains undetected and can contribute to Type 2 diabetes.

Keeping Young

Aging is not a disease any more than puberty or menopause are, but in the past few decades, the market for anti-aging products and services has grown into a global industry valued at an estimated \$261.9 billion in 2013, and that doesn't include the physical health investments people make. [what is a physical health investment?]

Transforming our bodies back to their youthful, active, enduring state is a desire for most people. The money spent on anti-aging cosmetics, plastic surgery, dermatology, traditional medicine, and anti-aging disease management is just the tip of the iceberg of what people are willing to spend to be young again.

Growing old can only be effectively dealt with on a cellular level. The overall health of a human being is driven by its metabolic and cellular health. Processing of glucose creates 10 times the free radicals as processing ketones. Taking all the anti-oxidants in the world to dispose of those free-radicals is simply not as effective as never producing them in the first place. Ketones help preserve cells from premature destruction.

Scientists from Gladstone Institutes identified that β -hydroxybutyrate works by blocking a chemical process that increases oxidative stress on the body's cells. Oxidative stress essentially refers to the wear-and-tear on our cells as they use oxygen to create energy. This exertion contributes to cell aging, which, in turn, makes us more susceptible to certain diseases and general genetic decline. As cells age, they become less effective in clearing free radicals—leading to cell damage and premature cell death. This significantly affects aging.

Ketone supplementation provides the ketones to assist in this anti-oxidative process on a cellular level!

Low-carb Diet Support

In 2004, one in 11 adult Americans was on the Atkins Diet (low carb, moderate fat and moderate protein). Low-carb diets are now being cited as a primary means for helping the body get into a

ketogenic state, thereby enabling fat consumption while preserving muscle mass and assisting in cellular recomposition.

In 2007, Researchers at the Stanford University School of Medicine completed the largest and longest-ever comparison of four popular diets. The diet with the lowest-carbohydrate ratio—the Atkins diet—came out on top.

Low-carb Dieters Lost Three Times More Weight Low-carbohydrate, high-fat diets such as the Paleo, Ketogenic and Atkins plans are significantly more effective for weight loss and preventing heart disease than low-fat diets, according to a new study published Sept. 2 in the Annals of Internal Medicine. The research bolsters recent reports indicating that carbohydrate restriction is the key to weight loss. [If people are serious about weight loss, they need to adopt a low-carb diet plan. If there's not calorie restriction, there is no weight loss].

Many celebrities have hopped on the low-carb bandwagon. LeBron James is on a ketogenic diet; Kim Kardashian famously lost 56 pounds on a low-carb, ketogenic, Atkins diet that limited her daily carb intake to less than 60 grams. Megan Fox credited a low-carb Paleo diet for her stunning weight loss, and Tim McGraw lost 40 pounds and got rippling 8-pack abs (at age 47) after adopting a low-carb Paleo diet. Victoria's Secret model Adriana Lima credits her "very low-carb diet" for getting her back on the runway after the birth of her daughter.

The one common complaint people have in getting into a state of ketosis through a low-carb diet is that for the first week or two they feel sick, have mild headaches and generally lack energy. These symptoms describe the "keto-flu," a well-documented side effect during the transition away from sugar and carbs.

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