

**TRÚKETO™** is a clinically proven, patent pending formula which includes a new ketogenic technology to help you reduce your appetite and convert stored

body fat into energy. Feel great again and experience this new kind of fat burning energy as you transform yourself into a leaner, stronger, more vibrant you!



## BURN FAT IN THE TRÚKETO ZONE

### THERAPEUTIC USE:

- 1 FIRST** // take your first **TRÚKETO** serving between 6:00-9:00am on an empty stomach
- 2 DRINK WATER** // drink ½ of your body weight in ounces
- 3 REDUCE PROCESSED FOODS** // reduce your daily intake of processed foods and refined sugars
- 4 REDUCE CARBS** // reduce your daily intake of flour, wheat, and grains as much as possible and replace with leafy greens as your carb source
- 5 INCREASE HEALTHY FOODS** // increase healthy foods especially healthy fats such as avocado, almonds, etc.
- 6 ADD HEALTHY SNACKS** // enjoy 1-2 Probita chews in between meals
- 7 LAST CALL** // eat your last meal before 8:00pm

### OPTIMAL PERFORMANCE:

- 8 DOUBLE UP** // add a second serving of **TRÚKETO** between 2:00-4:00PM on an empty stomach or 30 minutes prior to athletic training to help stay in hyper-ketosis and optimize fuel source to muscles



After taking TrúKeto I noticed a new kind of additional energy. I felt alert and focused, even on those gray cloudy days. I didn't crave sugar or carbs at all. The difference between my before and after measurements and pictures were so shocking! TrúKeto has exceeded my expectations and I'm excited to continue taking it to reach my fat loss goal.

**KIM H. // IL, USA**

I've always been a skeptic towards weight loss products, that all changed when I started taking TrúKeto. My cravings were reduced considerably and I've had amazing energy between meals. My results so far have been mind-blowing! After 14 days during the two biggest food holidays of the year I have lost 14.2 lbs and 12 inches. That's more than 1lb per day!

**RANDY L. // MI, USA**



### FAT BURNING

TrúKeto actually targets and burns body fat with every serving! Feel great again and experience this new kind of fat burning energy as you transform yourself into a leaner, stronger, more vibrant you!

- TrúKeto provides activated ketones
- TrúKeto signals fat cells to release fat for use as energy
- TrúKeto signals the liver to oxidize (burn fat)



### ATHLETIC PERFORMANCE

TrúKeto is a great pre-workout booster. Due to the quick onset of ketone activity (15-20 minutes), TrúKeto serves as a great workout strategy for improved workout mood, energy and stamina.

- TrúKeto is easily absorbed and fat provides 9 calories per gram of fuel
- TrúKeto reduces lactic acid build up in muscle
- TrúKeto provides fat to fuel neurons for greater focus and clarity



### EFFICIENCY

TrúKeto is unlike other exogenous ketones.

- Patent pending blend of activated ketones for immediate absorption
- Low sodium and low dose required to signal fat burn
- Helps regulate blood sugar so body can stay in fat burning mode