

#DRINKKETONES

NAT
NATURAL FLAVORED

HEART TART

NAT
NATURAL FLAVORED

STRAWBERRY PEACH

The 10 Day Drink Ketones Challenge™

// TRANSFORM WITH PURE THERAPEUTIC KETONES®

Transformation Guide

**upon
awakening** Drink 1 KETO/OS® NAT*
(charged)

lunch Aim for a low-carb meal

**mid
afternoon** Drink 1 KETO/OS® NAT*
(caffeine free)

dinner Another low-carb meal,
if you're hungry.

after day 10 Drink ketones daily,
reboot monthly

START YOUR CHALLENGE //
challenge.com/go



Prüvit®

CHARGED

Supplement Facts

Serving Size 1 packet (19.9 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, MALIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR.

DIRECTIONS: Dissolve 1 packet in 12–16 oz of cold water & shake/stir vigorously and with purpose.

CAFFEINE FREE

Supplement Facts

Serving Size 1 packet (19.9 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, MALIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR.

CHARGED

Supplement Facts

Serving Size 1 packet (19.5 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 5 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, VEGETABLE GUM, PINK COLOR, RED CAPSULE (PINK COLOR).

CAFFEINE FREE

Supplement Facts

Serving Size 1 packet (19.3 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 5 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, VEGETABLE GUM, PINK COLOR, RED CAPSULE (PINK COLOR).

NAT
NATURAL FLAVORED

LIME TIME

CHARGED

Supplement Facts

Serving Size 1 packet (18.1 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 4 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, NATURAL FLAVOR.

CAFFEINE FREE

Supplement Facts

Serving Size 1 packet (18 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 4 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, NATURAL FLAVOR.

NAT
NATURAL FLAVORED

RASPBERRY LEMONADE

CHARGED

Supplement Facts

Serving Size 1 packet (19.2 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, NATURAL FLAVOR.

CAFFEINE FREE

Supplement Facts

Serving Size 1 packet (19.1 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, NATURAL FLAVOR.

NAT
NATURAL FLAVORED

MAUI PUNCH

CHARGED

Supplement Facts

Serving Size 1 packet (18.5 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 4 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, NATURAL FLAVOR.

CAFFEINE FREE

Supplement Facts

Serving Size 1 packet (18.3 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 4 g	21%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	416%
Calcium 230 mg	18%
Magnesium 235 mg	56%
Sodium 910 mg	39%

N8 Max NAT Blend* 12.6 g	†
KetoNAT (R-Beta Hydroxybutyrate) †	
L-Taurine †	
† Fermented L-Leucine	
† C-Med 100® (Inner Bark of Ucinaria Tomentosa) †	

*Percent Daily Values are based on a diet of 2,000 calories diet.
†Daily value not established.

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REDUCED SODIUM CITRATES, CAPSULE, SWEETENED SUGAR, NATURAL FLAVOR.

DIRECTIONS: Dissolve 1 packet in 12–16 oz of cold water & shake/stir vigorously and with purpose.