#DRINKKETONES

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®

KETO//OS NAT — HEART TART

CHARGED

Supplement Facts
Serving Size 1 packet (19.9 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, MALIC ACID, NATURAL FLAVOR, REBAUDIOSIDE A (STEVIA EXTRACT), CAFFEINE‡, XANTHAN GUM

CAFFEINE FREE

Supplement Facts
Serving Size 1 packet (19.7 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, MALIC ACID, NATURAL FLAVOR, REBAUDIOSIDE A (STEVIA EXTRACT), XANTHAN GUM

KETO//OS NAT — STRAWBERRY PEACH

CHARGED

Supplement Facts
Serving Size 1 packet (18.5 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 5 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as Pyridoxine HCl) 5 mg	294%
Vitamin B12 (as Methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVORS, REBAUDIOSIDE A (STEVIA EXTRACT), CAFFEINE‡, XANTHAN GUM, VEGETABLE JUICE (FOR COLOR), BETA CAROTENE (FOR COLOR)

CAFFEINE FREE

Supplement Facts
Serving Size 1 packet (18.3 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 5 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as Pyridoxine HCl) 5 mg	294%
Vitamin B12 (as Methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVORS, REBAUDIOSIDE A (STEVIA EXTRACT), XANTHAN GUM, VEGETABLE JUICE (FOR COLOR), BETA CAROTENE (FOR COLOR)

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

KETO//OS NAT — LIME TIME

CHARGED

Supplement Facts
Serving Size 1 packet (18.1 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 6 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, REBAUDIOSIDE A (STEVIA EXTRACT), CAFFEINE‡, XANTHAN GUM, NATURAL FLAVOR

CAFFEINE FREE

Supplement Facts
Serving Size 1 packet (18 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 6 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, REBAUDIOSIDE A (STEVIA EXTRACT), XANTHAN GUM, NATURAL FLAVOR

KETO//OS NAT — RASPBERRY LEMONADE

CHARGED

Supplement Facts
Serving Size 1 packet (19.2 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REBAUDIOSIDE A (STEVIA EXTRACT), CAFFEINE‡, VEGETABLE JUICE (FOR COLOR), XANTHAN GUM, BETA CAROTENE (FOR COLOR)

CAFFEINE FREE

Supplement Facts
Serving Size 1 packet (19.1 g)

Amount Per Serving	% Daily Value
Calories 50	
Total Carbohydrate 6 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
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 Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, CITRIC ACID, NATURAL FLAVOR, REBAUDIOSIDE A (STEVIA EXTRACT), VEGETABLE JUICE (FOR COLOR), XANTHAN GUM, BETA CAROTENE (FOR COLOR)

KETO//OS NAT — MAUI PUNCH

CHARGED

Supplement Facts
Serving Size 1 packet (18.5 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 5 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
Calcium 210 mg	16%
Magnesium 200 mg	48%
Sodium 910 mg	39%
N8 Max NAT Blend™ 13 g	
KetoNAT (R-Beta Hydroxybutyrate)	†
L-Taurine	†
Fermented L-Leucine	†
C-Med 100® (Inner Bark of Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, NATURAL FLAVOR, REBAUDIOSIDE A (STEVIA EXTRACT), MALIC ACID, CITRIC ACID, CAFFEINE‡, XANTHAN GUM

CAFFEINE FREE

Supplement Facts
Serving Size 1 packet (18.3 g)

Amount Per Serving	% Daily Value
Calories 45	
Total Carbohydrate 5 g	2%*
Sugar Alcohol 4 g	†
Vitamin B6 (as pyridoxine) 5 mg	294%
Vitamin B12 (as methylcobalamin) 100 mcg	4167%
Calcium 210 mg	16%
Magnesium 200 mg	48%
Sodium 910 mg	39%
N8 Max NAT Blend™ 13 g	
KetoNAT (R-Beta Hydroxybutyrate)	†
L-Taurine	†
Fermented L-Leucine	†
C-Med 100® (Inner Bark of Uncaria Tomentosa)	†

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

OTHER INGREDIENTS: ERYTHRITOL, NATURAL FLAVOR, REBAUDIOSIDE A (STEVIA EXTRACT), MALIC ACID, CITRIC ACID, XANTHAN GUM

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

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