#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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