

Keto Salts



Clinical Applications

- Delivers 11.7g of Exogenous Ketones in Form of beta-hydroxy butyrate (β HB) Salts*
- Rapidly Induces Acute Ketosis within 15 Minutes*
- Temporarily Increases Circulating Ketone Levels*
- May Help Temporarily Promote a State of Ketosis*

Keto Salts offer a convenient option to facilitate a ketogenic lifestyle and to support ketogenic program goals for those following a ketogenic diet. The beta-hydroxybutyrate salts may help promote a temporary state of ketosis, rapidly inducing within 15 minutes and increase circulating ketone levels for at least one hour, making them available for use as an additional energy source.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

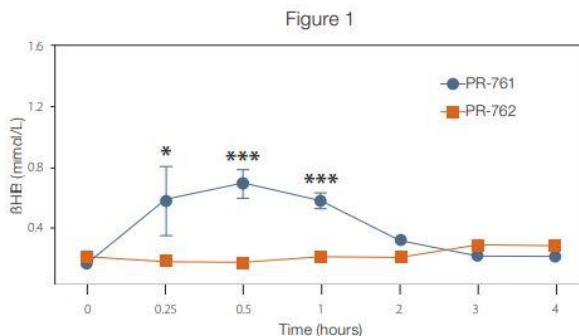
Discussion

Low in carbs with moderate protein and high in fat, a ketogenic diet prompts the body to burn fat for energy rather than glucose, which leads to the production of ketone bodies—molecules that can be used as a source of fuel. A typical ketogenic diet consists of ~70% fat, 20% protein, and 10% carbohydrates. Though this can vary slightly depending on the individual, this diet is specifically designed to induce nutritional ketosis. Ketosis is a metabolic state in which the body shifts toward the use of fat (both from fat stores and from the diet) as the primary fuel source and moves away from the use of glucose as the source of fuel. Increased ketones and the ketogenic diet can provide numerous health benefits.*

What Are Keto Salts? There are three different ketone bodies: acetone, acetoacetate, and beta-hydroxybutyrate (β HB). Exogenous ketones are ketone bodies in either mineral or ester forms that can be ingested in supplemental form—producing elevations in circulating ketone levels. Nutritional ketosis resulting from adherence to a ketogenic diet is often referred to as endogenous ketosis in contrast to peripheral ketosis induced by supplementation, referred to as exogenous ketosis.¹

Tips for Keto Success Want to add additional fats to your shake? Absolute Keto Shakes in chocolate and vanilla may be blended with additional ingredients such as avocado, almond butter, peanut butter, chia seeds, or shredded coconut for extra flavor and fat intake.

Clinical Research In a clinical study, subjects given ketone salts at 11.7 g (PR-761) were found to have a significant increase in circulating β HB levels within one hour compared to control (PR-762). The magnitude of the rise in β HB was comparable to that seen in ketogenic diet or periods of fasting. Additionally, circulating β HB concentrations were shown to be increased in as little as 15 minutes, reaching peak levels 30 minutes following consumption (Figure 1).²



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Absolute Health
7350 SW 60th Ave., Suite 2
Ocala, FL 34476
www.AbsoluteHealthOcala.com

Keto Salts



Supplement Facts

Serving Size 1 Scoop (18.8 g)
Servings Per Container About 14

Amount Per Serving	% Daily Value	
Calories	60	
Total Carbohydrate	1 g	<1%*
Calcium (from calcium beta-hydroxybutyrate)	1,260 mg	126%
Sodium (from sodium beta-hydroxybutyrate)	1,160 mg	48%
beta-Hydroxybutyrate (bHB) (from a blend of calcium beta-hydroxybutyrate and sodium beta-hydroxybutyrate)	11.7 g	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Directions

Dissolve one scoop (18.8 g) in 12 ounces of water. Take one serving per day or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Does Not Contain

Gluten, corn, yeast, artificial colors, and flavors.

Caution

Not to be taken if pregnant or nursing. Keep out of the reach of children. Each serving provides 1,160 mg of sodium and 1,260 mg of calcium. Take only as directed by your healthcare practitioner to avoid excess sodium and calcium intake.

Warning

Take only as directed under the direction of a licensed healthcare practitioner. Do not exceed two servings per day. Not for use in patients with severe or chronic kidney disease, hypothyroidism, hyperparathyroidism, hyper or hypophosphatemia. Do not take if currently taking certain antibiotics, cardiovascular or thyroid medications.

Acute ketosis occurs when blood ketone level temporarily rises above 0.5 millimoles per liter.



References

1. Brownlow, et al. Nutritional Ketosis Affects Metabolism and Behavior in Sprague-Dawley Rats in Both Control and Chronic Stress Environments. Front Mol Neurosci. 2017;10:129.
2. Functional Medicine Research Center, Gig Harbor, WA. Proprietary research. Manuscript in preparation

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