



deltagketones.com • Education Guide

# deltaG<sup>®</sup>

## The Oxford Ketone Ester

### The World's Most Powerful Ketone Technology





# Rapid, Deep Ketosis On Demand.

Developed and manufactured to Good Manufacturing Practice (GMP) standards, deltaG® joins the three main dietary macronutrients – proteins, carbohydrates and fats – as a totally new nutritional category: Exogenous Ketones. Unique in its potency, deltaG® maximizes ketone levels in the blood, providing a powerful energy source to augment other dietary fuels.

## Our Mission

Our Mission TΔS Global’s mission is to enhance human performance, cognitive function, and general health. Global’s revolutionary ketone ester, deltaG®, was developed over many years in a collaboration between the University of Oxford and the National Institutes of Health. The Oxford Ketone Ester, deltaG®, has been used by high-performing individuals to achieve new milestones in human performance.

### ▲ \$65 Million in R&D

Funded by DARPA under the “Metabolic Dominance” program for the US military to create the most efficient fuel for soldiers on the battlefield.

### ▲ 50+ Clinical Studies

Created at the NIH and the University of Oxford and studied for safety and efficacy by the world’s most renowned academic institutions and research centers.

### ▲ Trusted by Elite Athletes

Over 10 years of record-setting by Olympic Athletes, Tour de France riders, Formula 1 drivers, NBA, NFL, FIFA, Ironmen, and many of the world’s highest performers.

### ▲ WADA & BSCG Approved

Fully compliant and registered with the World Anti-Doping Agency (WADA), BSCG, and FDA GRAS Approved. USA-made using plant-based sources.

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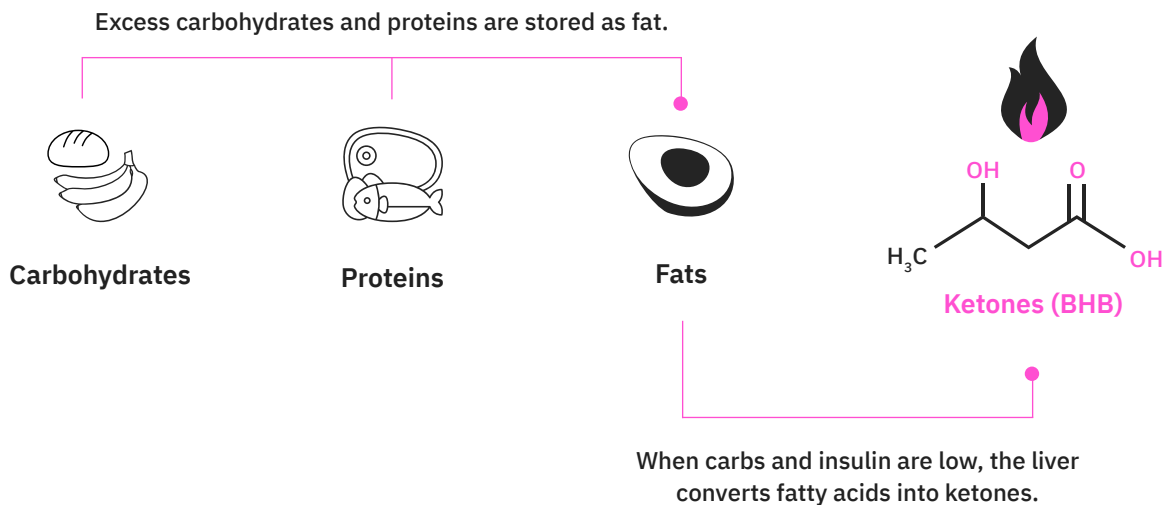
*“The Oxford Ketone Ester is an instant form of energy, providing beta-hydroxybutyrate (BHB), a fuel for the mitochondria (the furnaces) in all cells in the body. The body prefers BHB to carbs and fats as it is more rapidly metabolized (burnt) to provide energy. But the Ketone Ester was not invented overnight - it took years of difficult research by many scientists around the world. Those scientists were (at first) ridiculed by those who do not understand metabolism or the power of ketones.”*

– Professor Kieran Clarke, Founder & CEO, TdeltaS Ltd. And TdeltaS Global Inc.



## The 4<sup>th</sup> Fuel for Elite Human Performance

Macronutrients are vital because they fuel the body's structure and systems. The primary macronutrients are fats, carbohydrates, and proteins, all of which we take in from foods. When the supply of glucose (carbohydrates) is low (e.g. when fasting), fatty acids are released from fat stores to fuel the body. However, the brain cannot burn fatty acids and needs glucose. Low glucose and insulin levels cause the liver to turn fatty acids into ketones, a powerful fuel for the brain. Ketones have played a key role in the survival of Homo sapiens during times of famine throughout history.  $\Delta G$  delivers the exact ketone isomer produced naturally by the body, D-BHB (Beta-hydroxybutyrate).





Features	$\Delta G^{\circ}$ Ketone Performance	$\Delta G^{\circ}$ Ketone Tactical	$\Delta G^{\circ}$ Ketone Health	$\Delta G^{\circ}$ Coffee Booster
Cognition & Mental Acuity	▲	▲	▲	▲
Longevity & Immunity			▲	▲
Glucose Stability	▲	▲	▲	▲
Weight Loss			▲	▲
Sleep			▲	
Athletic Performance	▲	▲		
Sports Recovery	▲	▲		



## The Founder: Professor Kieran Clarke

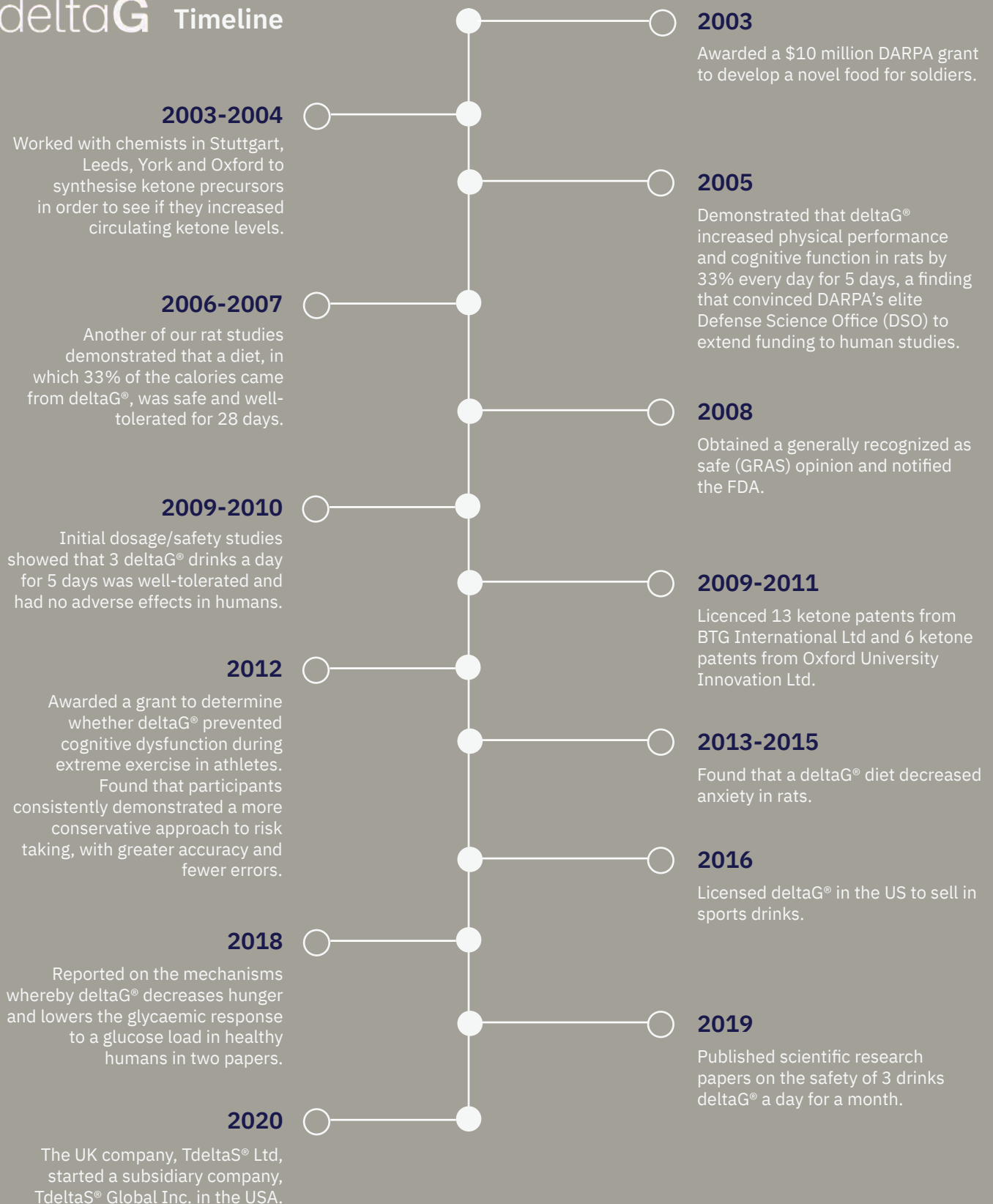
**A mix of biochemist, physiologist and entrepreneur.**

The Oxford ketone ester is the result of the pioneering work of Professor Kieran Clarke at the University of Oxford and the late Dr. Richard Veech at the National Institutes of Health that started in 1993.

Born in Adelaide, South Australia, Kieran Clarke studied for her undergraduate BSc (Hons) in Biological Sciences at Flinders University. She obtained her PhD in Biochemistry at the University of Queensland before taking a post-doctoral fellowship at Harvard University Medical School Nuclear Magnetic Resonance Laboratory between 1985 and 1989. After Harvard, Prof. Clarke was appointed Group Leader for the National Research Council of Canada and an Adjunct Professor in the Department of Physiology at Ottawa University in Canada. In 1991, she joined the University of Oxford as Professor of Physiological Biochemistry and Head of the Cardiac Metabolism Research Groups in the Department of Physiology, Anatomy and Genetics. She has over 30 years research experience in magnetic resonance (MR) imaging and spectroscopy to non-invasively measure human cardiac, brain and skeletal muscle function and energy metabolism.



# deltaG<sup>®</sup> Timeline



# deltaG<sup>®</sup> for Cognition and Mental Acuity



Ketone metabolism by the brain has been shown to increase memory, spatial awareness, and cognitive resilience.

- △ Intense focus without jitters
- △ Maintain focus when exhausted
- △ deltaG<sup>®</sup> delivers the > 1.0 mM blood BHB level required for cognitive benefit

## How to Use deltaG<sup>®</sup> for Cognition and Mental Acuity

The brain can't use fat for fuel —it only uses glucose and ketones. It loves BHB because BHB provides rapid energy and is more efficient to metabolize than glucose. The exogenous ketone, deltaG<sup>®</sup>, provides a surge in BHB to power the brain. Drink either ΔH<sup>®</sup> Ketone Health (10 ml deltaG<sup>®</sup>) or ΔGold<sup>®</sup> (4-5 ml deltaG<sup>®</sup>) whenever you need a cognitive boost. ΔH<sup>®</sup> Ketone Health was formulated to drink at any time of day for a boost or to help with sleep. ΔGold<sup>®</sup> is pure deltaG<sup>®</sup> to add to coffee or any caffeine-containing drink because deltaG<sup>®</sup> and caffeine provide synergistic benefits.



### ΔG<sup>®</sup> Health

Improves cognitive function.  
Supports glucose stability.  
Assists intermittent fasting.

\$42.00 per pack of 3 bottles



### ΔG<sup>®</sup> Coffee Booster

5 hours of intense focus for \$5 per day  
20X more effective than MCT oil.  
No salt, No sugar. Just clean energy.

\$95.00 per pack of 3 bottles (18





## The Science

The production of ketones is a clever primal mechanism to increase the chance of survival by preventing an energy deficit in the brain during fasting. This means that ketones fuel our brain in times when humans need to stay cognitively sharp until they consume food. Using state-of-art research methods, we now know that a deltaG<sup>®</sup>-fueled brain functions better than a brain fueled solely by glucose.

In a human clinical study, researchers established that network stability decreased with age and determined whether consumption of a glucose or deltaG<sup>®</sup> drink affected network stability. Participants drank isocaloric drinks containing either ~26 grams of deltaG<sup>®</sup> or ~31 grams of glucose. The deltaG<sup>®</sup> drink increased network stability whereas the glucose drink decreased it. The researchers concluded that ketones were responsible for the improved cognition seen in calorie-restricted animals or humans and explains why ketogenic diets are effective in ameliorating symptoms of age-related neurodegenerative diseases. Ketones improve the communication between brain regions.

**Brain Health**  
Improves Brain  
Network Stability by

**87%**<sup>1</sup>

**Maintain Focus**  
Improves Cognitive  
Performance by

**7%**<sup>6</sup>

# deltaG<sup>®</sup> for Longevity, Immunity, Glucose Stability, Sleep



deltaG<sup>®</sup> aids in controlling the inflammation caused by disease, injury and the environment. Metabolic pathologies and infectious disease pathogens both generate a “cytokine storm,” leading to a chronic and destructive state of inflammation throughout the human body. Use deltaG<sup>®</sup> to support a healthy immune system so you can live a long, active life.

- △ Supports longevity & NAD+ sparing
- △ Assists intermittent fasting for weight loss
- △ Reinforces brain health
- △ Helps to maintain glucose stability

## How to Use deltaG<sup>®</sup> for Longevity, Immunity, Glucose Stability, Sleep

Ketones not only provide the body and brain with an efficient, clean form of energy, but they also serve as a signaling mechanism within the body. Elevated BHB levels activate longevity genes and help immunity cells to work more efficiently to increase the body’s defense against foreign aggressors. For best results, add either ΔH<sup>®</sup> Ketone Health or ΔGold<sup>®</sup> Ketone Coffee Booster to your daily regime. ΔGold<sup>®</sup> is best in the morning with a strong cup of coffee and ΔH<sup>®</sup> is great for any time of the day.



### ΔG<sup>®</sup> Health

Improves cognitive function  
Supports glucose stability  
Assists intermittent fasting

\$42.00 per pack of 3 bottles



### ΔG<sup>®</sup> Coffee Booster

Intense focus for < \$5 dollars per day  
20X more effective than Bulletproof  
No salt. No sugar. Just clean energy

\$95.00 per pack of 3 bottles



## The Science

Ketones are intrinsically associated with calorie restriction. Ketones not only ensure that our brain has enough fuel to keep thinking during calorie restriction, but they also stimulate other adaptations necessary for surviving starvation (like muscle preservation). Calorie restriction is by far the most proven method for prolonging the lifespans of organisms ranging from worms to primates.

The tight connection between calorie restriction and longevity led researchers to hypothesize that exogenous ketones might mimic the longevity effect of calorie restriction. There are several mechanisms that may explain how ketones could prolong the lifespan of humans. One of the molecules critical for longevity is called FOXO3. This molecule can stimulate expression of anti-oxidative genes, enhance the ability of the cell to recycle damaged proteins (a process called autophagy) and boost DNA repair. Ketones have also been shown to be an effective antioxidant within the body. ROS production (otherwise known as free radical production) serves as a signaling mechanism, but the overproduction of ROS is directly related to faster aging. Ketones help mitigate the overproduction of ROS within the body, leading to less DNA damage.

Ketones also allow the cells to conserve NAD+, a vital biochemical used by hundreds of critical processes within the body. When there is less damage to your DNA, there is less of an energy need for sirtuins. Sirtuins rely on NAD+-dependent enzymes for energy. NAD+ a recognized longevity marker in the human body. Put simply, using ketones as an energy source spares NAD+.

### Heart Health

Improves cardiac efficiency by

**36%**<sup>7</sup>

### Weight Loss

Decreases appetite by lowering ghrelin by

**17%**<sup>3</sup>

# deltaG<sup>®</sup> for Athletic Performance



Since 2012, deltaG<sup>®</sup> has been used by Olympic Athletes, Tour de France riders, Formula 1 drivers, NBA, NFL, FIFA, Ironmen, CEOs and many other of the world's highest performers to achieve new milestones in human performance.

- △ World record-setting endurance
- △ Boost muscle recovery by 15%
- △ Improve glucose stability
- △ Rapid, deep ketosis on demand

## How to Use deltaG<sup>®</sup> for Athletic Performance

With the help of deltaG<sup>®</sup>, you can now achieve a metabolic state that was previously impossible – one in which there are ample amounts of all fuels; glucose, fatty acids and ketones, for energy. For best results, start with half a bottle of either ΔG<sup>®</sup> Ketone Performance or ΔG<sup>®</sup> Tactical around 20 minutes before exercise. Take another half bottle with carbohydrates every hour or so for extended work.



### ΔG<sup>®</sup> Performance

Rapid, deep ketosis on demand  
Dramatically improved recovery  
Increased endurance and cognition

\$85.00 per pack of 3 bottles



### ΔG<sup>®</sup> Tactical

Highest potency  
No flavoring - add to your own mix  
Salt Free, Sugar Free, Vegan

\$95.00 per pack of 3 bottles



## The Science

Every field has its seminal paper. In the world of ketones, the tour de force is a paper from 1995 published in the FASEB Journal. Using the perfused rat heart, the study showed that the heart muscle became 27% more efficient when it used ketones as an energy source. This meant that the ketone-fueled heart was able to do more work while consuming less oxygen.

The stunning results sparked the interest of researchers all over the world and 27 years later there are hundreds of scientific studies looking at the therapeutic potential of exogenous ketones in many different conditions. An obvious area where the increased production of energy could be beneficial is exercise performance. Importantly, the combustion of ketones lowers the production of reactive oxidative species, which means that ketones are a 'clean' source of energy.

Moving from perfused rat hearts to top athletes, another seminal paper published in Cell Metabolism showed that ketones can increase human performance. Highly trained athletes drank deltaG® with carbohydrates and cycled for an hour at 75% of their maximal work capacity. This was followed by a 30-minute time trial. Athletes who drank deltaG® cycled on average traveled 400 meters further during the 30-minute time trial which translates into a potential medal-winning performance compared to the isocaloric carbohydrate drink.

Increase  
Endurance

**27%**<sup>7</sup>

More efficient fuel  
than glucose

Increase  
Performance

**15%**<sup>1</sup>

Boost in power  
output.

# deltaG<sup>®</sup> for Sports Recovery



Ketones have a special ability to help the athlete recover from strenuous activity. Although deltaG<sup>®</sup> is known by the endurance community as a performance enhancer, recovery is a quickly growing field of study as the benefits are pronounced.

- △ Boost muscle recovery by 15%
- △ Decrease muscle damage
- △ Improve glycogen resynthesis

## Who should use it

deltaG<sup>®</sup> has numerous properties that can help recovery. Firstly, by reducing free radicals within the body, ketones are highly anti-inflammatory. Secondly, by aiding glucose uptake for glycogen resynthesis. Lastly, especially when taken with amino acids and carbohydrate, ketones assist tissue regeneration and protein synthesis. For best results, start with half a bottle of either ΔG<sup>®</sup> Ketone Performance or ΔG<sup>®</sup> Tactical immediately after your workout or event.



### ΔG<sup>®</sup> Performance

Rapid, deep ketosis on demand  
Dramatically improved recovery  
Increased endurance and cognition

\$85.00 per pack of 3 bottles



### ΔG<sup>®</sup> Tactical

Highest Potency  
No Flavoring - Add To Your Mix  
Salt Free, Sugar Free, Vegan

\$95.00 per pack of 3 bottles



## The Science

Cognition is not the only area where deltaG® can be useful. Ketones preserve skeletal muscle, which is important for athletic recovery. The ability of ketones to preserve muscle also makes sense from an evolutionary standpoint because muscle protein is broken down during starvation to provide glucose for the brain. The body has to regulate this process by producing ketones because it can't afford to lose muscle mass during starvation.

The most comprehensive evidence for deltaG®'s benefits in sports recovery comes from a study published in *The Journal of Physiology*. Participants underwent a tough exercise regime including 2 daily training sessions 6 times per week for 3 weeks. The training sessions consisted of a combination of high-intensity interval training, intermittent endurance training and constant-load endurance training. All participants received 500 ml of a standard high-carbohydrate-high-protein recovery drink. On top of that, the intervention group also received 25 grams of deltaG® ketone ester after each training session and again 30 minutes before sleep. Participants did a 2-hour endurance session at the end of the 3-week exercise program. Those who drank deltaG® showed 15% higher power output in the final 30 minutes of the 2-hour endurance session. Moreover, deltaG® lowered the training-induced increase in nocturnal adrenaline and noradrenalin excretion, which can contribute to better sleep quality and is necessary for recovery.

**Recover Faster**

Boosts Muscle<sup>8</sup>  
Regeneration

**Train Longer**

Improves Muscle<sup>9</sup>  
Glycogen  
Resynthesis



## Not all ketones are created equal.

Drinking deltaG® is better than prolonged fasting and the ketogenic diet in raising your blood ketones safely and effectively to beneficial levels. All other “ketone” supplements carry with them some hefty costs and few realizable benefits. For example, half the molecular weight of ketone salts is sodium, calcium, magnesium, and or potassium. Some brands use 4,000 mg of sodium per serving, many times the safe recommended dietary amount. Most of the ketone salts use a cheaper racemic mix, meaning that half the salt cannot be metabolized by the body. Similarly, ketone products that contain straight 1,3-butanediol, the alcoholic ketogenic precursor, should never be consumed in an attempt to raise blood ketones for performance, as they will carry the same deleterious effects one would see from ethanol consumption. Lastly, MCT oil’s ineffectiveness at raising blood ketones accompanies MCT’s infamous ability to cause GI distress.

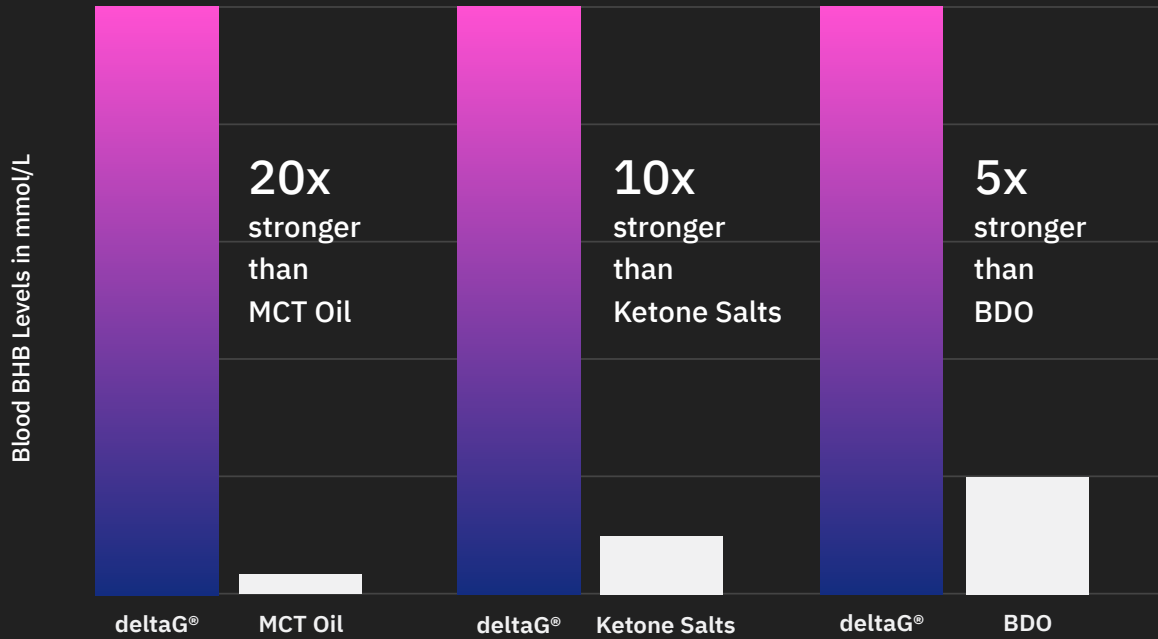
The Oxford Ketone Ester, deltaG®, remains the most effective, well-studied, safest, and most-trusted ketone technology in the world.

### Why choose deltaG®?

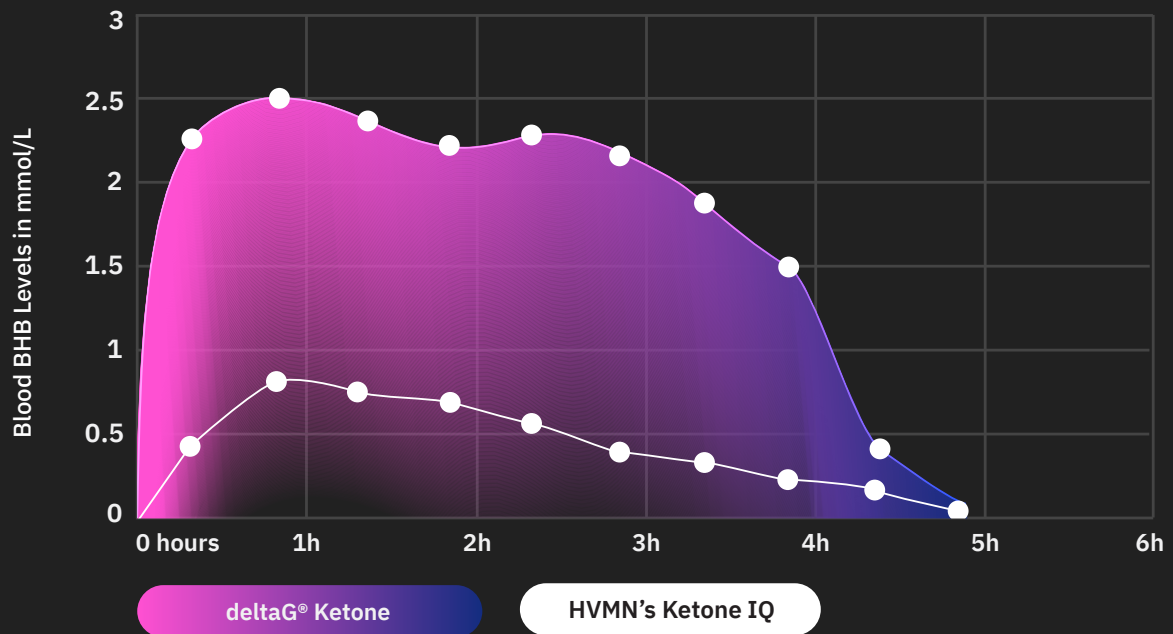
- △ **50+ Published Clinical Studies**
- △ **Over 20+ Ongoing Clinical Studies**
- △ **BSCG Certified**
- △ **FDA GRAS Approved**
- △ **WADA Compliant**
- △ **Safest & Most Effective Way to Achieve Immediate Ketosis**



# Where deltaG<sup>®</sup> stands against other ketones



## 26g BDO in Ketone IQ vs 26g deltaG<sup>®</sup>





# The future of ketones

Ketones are nature's original super fuel – biologically designed to be the most efficient and effective form of energy used by the body. In today's world, metabolic health is at an all-time low, leading to horrible diseases and conditions, all which could have been prevented by proper nutrition.

As many are now learning, using glucose as a primary energy source for the entirety of your life will almost guarantee negative metabolic ramifications. What if we could provide the world with an energy source that did not lead to issues down the road, but actually helped prevent them? This is the type of impact we believe deltaG® can have on the world.

Soon enough, pursuing on-demand ketosis for a proportion of your day will become a nutritional staple. As it stands today, deltaG® is the only way to do that.



## Timothy O'Donnell

*World Champion Long-course Triathlete*

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### Protocols

#### Long Ride:

Half a bottle of  $\Delta G^{\circ}$  Ketone Performance pre-ride or a bottle of  $\Delta H^{\circ}$  Ketone Health. Repeat every two hours of the ride.

#### Key Session (Swim, Bike or Run):

One bottle of  $\Delta G^{\circ}$  Ketone Performance pre-workout.

#### Stacked Swim/Run Sessions:

Half a bottle of  $\Delta G^{\circ}$  Ketone Performance or a bottle of  $\Delta H^{\circ}$  Ketone Health pre-swim. Repeat after swimming before the run.

“ ”

*The deltaG<sup>®</sup> ketone ester was a crucial part of my American record setting performance at the 2019 Ironman World Championship. I felt so strong about the benefits of ketone esters that I actually didn't want to talk about them publicly, they were a secret weapon.*

– Timothy O'Donnell



deltaG<sup>®</sup> Champions



## Nick Foles

NFL Quarterback - Super Bowl MVP

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### Off Season Protocol

**Pre-workout:**

Half a bottle of  $\Delta G^{\circ}$  Tactical

**Recovery:**

Half a bottle of  $\Delta G^{\circ}$  Tactical before sleep

### In Season Protocol

Full bottle of  $\Delta G^{\circ}$  Performance 30 minutes before kick-off

Full bottle of  $\Delta G^{\circ}$  Performance at halftime

“ ”

*I have noticed an improvement in my training and recovery sessions when I use deltaG<sup>®</sup>. I recommend it for someone who is trying to get the most out of each day!*

– Nick Foles



## Sara Hall

*Runner, World Record Holding Marathoner*

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### Protocols

**Daily:** Add 5g of  $\Delta$ Gold<sup>®</sup> coffee booster to my morning coffee before my morning run.

**Easy Day Training:** One bottle of  $\Delta$ G<sup>®</sup> Performance half an hour beforehand.

**Hard Day Training:** Warm up jog and one bottle of  $\Delta$ G<sup>®</sup> Tactical,  $\frac{1}{2}$  bottle of  $\Delta$ G<sup>®</sup> Tactical at hour mark mixed with a carbohydrate drink. Repeat every 30 minutes following.

**Recovery:**  $\frac{1}{2}$  bottle of  $\Delta$ G<sup>®</sup> Performance when cooling down or before bedtime.

“ ”

*This training cycle I'm using  $\Delta$ G<sup>®</sup> ketones to help me fuel and recover.  $\Delta$ G<sup>®</sup> is the original ketone ester developed at Oxford.*

– Sara Hall

# deltaG<sup>®</sup> Ketone Ester Published Studies



## 1. Ketone ester supplementation blunts overreaching symptoms during endurance training overload

Overload training is required for sustained performance gain in athletes (functional overreaching). However, excess overload may result in a catabolic state which causes performance decrements for weeks (non-functional overreaching) up to months (overtraining). Blood ketone bodies can attenuate training- or fasting-induced catabolic events. Therefore, we investigated whether increasing blood ketone levels by oral ketone ester (KE) intake can protect against endurance training-induced overreaching. We show for the first time that KE intake following exercise markedly blunts the development of physiological symptoms indicating overreaching, and at the same time significantly enhances endurance exercise performance. We provide preliminary data to indicate that growth differentiation factor 15 (GDF15) may be a relevant hormonal marker to diagnose the development of overtraining. Collectively, our data indicate that ketone ester intake is a potent nutritional strategy to prevent the development of non-functional overreaching and to stimulate endurance exercise performance.

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## 2. Nutritional Ketosis Alters Fuel Preference and Thereby Endurance Performance in Athletes mice.

Ketosis, the metabolic response to energy crisis, is a mechanism to sustain life by altering oxidative fuel selection. Often overlooked for its metabolic potential, ketosis is poorly understood outside of starvation or diabetic crisis. Thus, we studied the biochemical advantages of ketosis in humans using a ketone ester-based form of nutrition without the unwanted milieu of endogenous ketone body production by caloric or carbohydrate restriction. In five separate studies of 39 high-performance athletes, we show how this unique metabolic state improves physical endurance by altering fuel competition for oxidative respiration. Ketosis decreased muscle glycolysis and plasma lactate concentrations, while providing an alternative substrate for oxidative phosphorylation. Ketosis increased intramuscular triacylglycerol oxidation during exercise, even in the presence of normal muscle glycogen, co-ingested carbohydrate and elevated insulin. These findings may hold clues to greater human potential and a better understanding of fuel metabolism in health and disease.

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## 3. A Ketone Ester Drink Lowers Human Ghrelin and Appetite.

KE consumption increased blood BHB levels from 0.2 to 3.3 mM after 60 minutes. DEXT consumption increased plasma glucose levels between 30 and 60 minutes. Postprandial plasma insulin, ghrelin, GLP-1, and PYY levels were significantly lower 2 to 4 hours after KE consumption, compared with DEXT consumption. Temporally related to the observed suppression of ghrelin, reported hunger and desire to eat were also significantly suppressed 1.5 hours after consumption of KE, compared with consumption of DEXT. Increased blood ketone levels may directly suppress appetite, as KE drinks lowered plasma ghrelin levels, perceived hunger, and desire to eat.

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#### 4. Diet modulates brain network stability, a biomarker for brain aging, in young adults.

Epidemiological studies suggest that insulin resistance accelerates progression of age-based cognitive impairment, which neuroimaging has linked to brain glucose hypometabolism. As cellular inputs, ketones increase Gibbs free energy change for ATP by 27% compared to glucose. Here we test whether dietary changes are capable of modulating sustained functional communication between brain regions (network stability) by changing their predominant dietary fuel from glucose to ketones. We first established network stability as a biomarker for brain aging using two large-scale (n = 292, ages 20 to 85 y; n = 636, ages 18 to 88 y) 3 T functional MRI (fMRI) datasets. To determine whether diet can influence brain network stability, we additionally scanned 42 adults, age < 50 y, using ultrahigh-field (7 T) ultrafast (802 ms) fMRI optimized for single-participant-level detection sensitivity. One cohort was scanned under standard diet, overnight fasting, and ketogenic diet conditions. To isolate the impact of fuel type, an independent overnight fasted cohort was scanned before and after administration of a calorie-matched glucose and exogenous ketone ester (d-β-hydroxybutyrate) bolus. Across the life span, brain network destabilization correlated with decreased brain activity and cognitive acuity. Effects emerged at 47 y, with the most rapid degeneration occurring at 60 y. Networks were destabilized by glucose and stabilized by ketones, irrespective of whether ketosis was achieved with a ketogenic diet or exogenous ketone ester. Together, our results suggest that brain network destabilization may reflect early signs of hypometabolism, associated with dementia. Dietary interventions resulting in ketone utilization increase available energy and thus may show potential in protecting the aging brain.

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#### 5. Prior ingestion of exogenous ketone monoester attenuates the glycaemic response to an oral glucose tolerance test in healthy young individuals.

The recent development of exogenous ketone supplements allows direct testing of the metabolic effects of elevated blood ketones without the confounding influence of widespread changes experienced with ketogenic diets or prolonged fasting. In the present study, we determined the effect of (R)-3-hydroxybutyl (R)-3-hydroxybutyrate ketone monoester on the glycaemic response and insulin sensitivity index during a 2 h oral glucose tolerance test (OGTT) in humans. The results obtained show that consuming a ketone monoester supplement 30 min prior to an OGTT reduced the glycaemic response and markers of insulin sensitivity without affecting insulin secretion. The findings of the present study provides evidence that ketone supplements could have therapeutic potential for future application as a glucose-lowering nutritional supplement.



**Dive deeper & learn about ongoing trials...**

Visit our [Clinical Studies](#) page to read more about the science of deltaG Ketones.

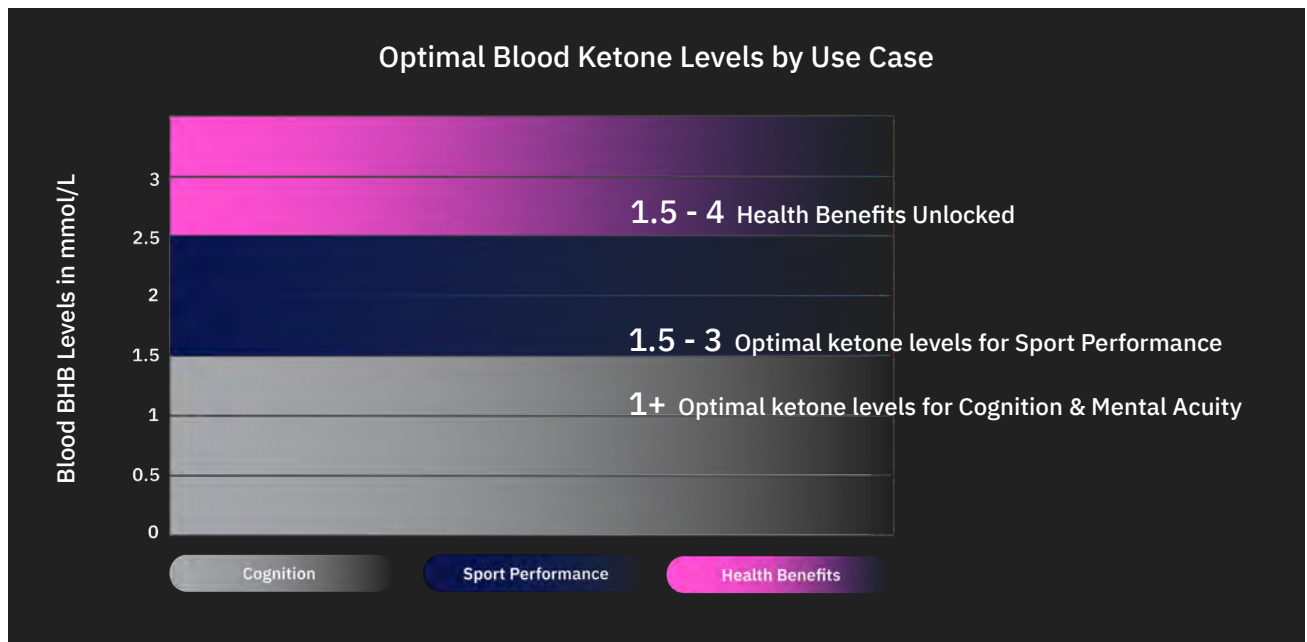


## How to Test Your Ketones Levels

As scientists, we feel very strongly about being able to prove efficacy through precise data collection. If you are unable to show that your product delivers on its stated promises, you could be doing a great disservice to consumers either physically or economically. Here at deltaG®, we always encourage customers to test their blood ketones when using the product because unlike other “ketone” products, deltaG® actually works. You will see an almost instantaneous rise in blood ketones to levels that are difficult to attain even through fasting or through the ketogenic diet. The best way to measure blood ketones is with a blood ketone meter (ex Keto Mojo).

### Steps

1. Test ketone levels before taking deltaG to measure baseline.
2. Drink deltaG® and wait 15 minutes.
3. Retest ketone levels to calculate change from baseline.





# Frequently Asked Questions

## How does deltaG® work?

deltaG® is the active ingredient in our deltaH® Ketone Health product. Developed exclusively by TΔS Ltd, deltaG® is a novel nutritional ketone supplement that directly supports human metabolism.

deltaG® is an efficient fuel that is used rapidly by both the brain and the body. When fasting, on a low carb diet, or during endurance exercise, the small store of glucose which is glycogen in the liver and muscle, quickly becomes depleted. As a result, the body switches from burning glucose for energy to burning fat. To replace the diminishing supply of glucose, the liver converts fat into ketones for the brain. Ketones thus become a valuable energy source that effectively increase metabolic efficiency.

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## How do you feel on deltaG® ketones?

Fueling with ketones takes you to a place where everything flows — a gentle, clean boost of energy without the jitters or racing heart.

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## Can deltaG® replace a ketogenic diet?

deltaH® can augment or replace a ketogenic diet, although they will not be effective in someone with poor eating habits.

deltaH® complements a ketogenic diet for healthy weight management and/or improving body composition. deltaH® drinks can alleviate feelings of hunger and blunt the impact of a carb-rich “cheat meal” by expediting the return to ketosis.

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## Is there anything that cannot be taken with deltaG®? Are they safe to drink?

ΔG® can be consumed with any other food and with supplements, such as creatine, whey protein, and branched-chain amino acids. Since 2008, deltaG® has been the subject of a wide range of scientific safety studies that led to a Generally Recognized as Safe (GRAS) designation and a U.S. FDA notification. deltaG is not on the World Anti-Doping Agency (WADA) banned list for athletes.



## Sill have questions?

View all of our frequently asked questions on our website, or chat with an expert.



## We are here to help you.

### Book a consultation

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Our consultants are experts who work with not only elite athletes, but also ordinary people to find the right deltaG® protocol to help them achieve their nutritional goals.

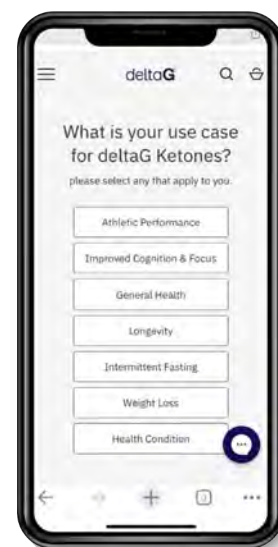
As former educators, we feel it is best to have open lines of communication with our customers – hopefully answering any and all questions. Also, we love talking to people interested in ketones!

Book a consultation using the code below.



## Take our two minute quiz.

Find the right deltaG® product for you.





# TdeltaS<sup>®</sup>

TdeltaS Global  
424 east central blvd #204,  
Orlando, FL 32801



## Contact Us.

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hello@deltagketones.com  
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+1 321-257-2194

Join the  $\Delta$ G Performance Lab  
and get 10% off your first order!



## Stay Connected.

Follow us on social media to learn more about deltaG products and the science behind them.



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@the\_vegan\_cyclist



@tointri



@matthansontri



@sarahall3