

# Ketosis and KetonX FAQ's

## What is nutritional ketosis?

Most people are dependant on carbohydrates for energy. Nutritional Ketosis is a metabolic state where the body relies on fat for energy, instead of carbs. There are many different benefits to being in ketosis, but the most significant one is fat loss.

## What is a ketogenic diet?

Keeping your body in ketosis requires a diet consisting of high fat, moderate protein, and low carbs. These three macronutrients (or macros) should be eaten in a ratio aiming for 70% fat, 20% protein, and 10% carbs.

## What is the easiest way to track my macros?

There are many apps and programs online which make it easy to track your fat, protein and carbs. Explore your resources and find the best one for you.

## Is counting calories important on a ketogenic diet?

Counting calories is not crucial for success on a ketogenic diet. It is more important to measure macros and stay within the correct ratios of fat, protein and carbs. Consuming too many carbs or protein, or not getting enough fat, could cause you to slip out of ketosis, especially in the beginning. You can still remain in ketosis with a normal or high caloric intake. However, to maximize weight loss, limit your caloric intake while staying within the correct ratio of macros. Chances are, if you're sticking to the right ratios, you'll be reducing calories anyway.

## What are carbs?

Carbohydrates are a macronutrient which converts into sugar in the body. Just because a food is "sugar-free" doesn't mean it is free of carbohydrates. Many people know that candy, sweets and baked goods are full of both sugar and carbohydrates, but some people may not realize that there are also carbs in many foods considered to be healthy. Fruit contains a lot of carbs. Grains and cereals like rice or wheat are carbs as well. Even most vegetables contain carbs, especially starchy vegetables like potatoes, carrots and corn.

## What is the difference between net carbs and total carbs?

When a food contains carbohydrates and a high amount of fiber, the body processes the sugars differently. Some people think of it as the high fiber "cancelling out" the carbohydrates. You may notice this on some packaging as "net carbs." It is still important to be aware of how many total carbs you consume because every person's body is different.

## Can I use artificial sweeteners in my Ketogenic diet?

Research suggests that some artificial sweeteners may negatively impact your body's ability to maintain ketosis. There are sugar substitutes that don't impact blood sugar. Stevia,

erythritol and monk fruit are great examples. Although these sugar-alternatives are keto-friendly, if you struggle to stay in ketosis, limit the amount of artificial sweeteners you consume.

### ● **What can I eat on a ketogenic diet?**

For suggestions on keto-friendly foods and recipes, check out our Ketopia Recipe guide. You can also find many resources and recipes online by searching “keto”.

### ● **What are ketones?**

When the body’s carbohydrate supply is limited, the liver breaks down fat molecules into compounds called ketones. There are three different types of ketones—Acetone, Acetoacetate, and Beta-hydroxybutyrate (bHB). The body mainly uses bHB for energy.

### ● **How do I know when I am in Ketosis?**

When your body is in ketosis, it produces and uses ketones. Measuring the presence of ketones in the body with a chemical test is the most effective way to know whether you are in ketosis. There are three types of ketone tests you can purchase and perform at home—urine tests, blood tests and breathalyzer tests. With some quick research, you can find out which test is best for you and where you can find them locally or online. Some other, less certain, ways of knowing if you are in ketosis include acetone breath, frequent urination, high energy, mental focus, minimal appetite and weight loss.

### ● **What temporary discomforts might I experience transitioning into ketosis?**

As your body shifts from carb-dependance to producing its own ketones, you may experience dizziness, fatigue, nasal congestion, brain fog, achiness, and carb cravings. It’s called the “keto flu”. Symptoms usually happen the first four days of transitioning into a ketogenic diet.

### ● **What long term benefits can I experience in ketosis?**

Although the transition into ketosis comes with temporary negative symptoms, once your body is fully functioning in ketosis, you can experience increased mental function and clarity, reduced hunger and cravings, improved mood, better sleep and of course, weight loss.

### ● **How should I use KetonX?**

There are three ways to use KetonX.

- 1) Use KetonX as a bridge to help you transition smoothly into nutritional ketosis. KetonX helps reduce the symptoms of the keto-flu by providing exogenous ketones before the body is able to produce them naturally. When you start a ketogenic diet, take KetonX at least once a day the first four days of your new lifestyle. You can continue taking KetonX even after you’re fully in nutritional ketosis.
- 2) Any time you need extra energy while in ketosis, drink KetonX for a ketone boost.
- 3) If you slip out of ketosis by eating too many carbs or too much protein, simply keep eating a ketogenic diet and drink KetonX to get back into ketosis.

### ● **How long can I use KetonX?**

The amount of KetonX you consume will depend on how you choose to use it. (See above). KetonX is safe for regular and long term consumption.

### ● **What negative side effects might I notice while using KetonX?**

Some people experience mild, temporary, gastrointestinal discomfort when first using KetonX. To avoid this, we recommend decreasing your KetonX intake to a 1/4 of the recommended amount, and slowly building up to the full recommended amount over time as your comfort level allows.

### ● **How is KetonX different from other keto-products?**

KetonX features a specific blend of natural ingredients that allow the body to begin converting to a state of nutritional ketosis within hours, not days! Its patented technology contains exogenous ketones Beta-hydroxybutyrate (or bHB salts), and MCT oils (medium-chain triglycerides). Both are natural ingredients that help the body become fat adapted and enter ketosis more quickly. Other exogenous ketone products may contain a blend of ketones and various ingredients, but only KetonX combines bHB salts with powdered MCT oil.

### ● **What other ForeverGreen products can I use while in ketosis?**

All of the ForeverGreen products are keto-friendly. To maintain optimum nutrition in ketosis, take FrequenSea PRO, Pulse-8, Prodigy-5 and Fixx regularly.