



# INTRODUCING **KETO** ON DEMAND™

**KETO On Demand™** is a revolutionary formula that dramatically accelerates the body's transition into ketosis, whether following a standard or intermittent keto diet. This nano-emulsified, phytonutrient blend allows you to reap the benefits of a ketogenic diet with greater dietary freedom.



## INTERMITTENT KETO DIET

**KETO On Demand™** works together with an intermittent keto diet. Simply follow a standard keto diet throughout the day while having the flexibility to enjoy carbohydrates with dinner. The targeted ingredients support continuous fat burning without the fear of falling out of ketosis.



## ON DEMAND KETO

This formula hacks into the mTOR pathway and upregulates lipolysis, enabling your body to shift from glucose to fat burning to produce measurable blood ketones within hours of use. As a result, you can bypass the long and restrictive process typically required to achieve ketosis. This formula is also effective when moving your body back into ketosis while following a cyclical keto diet.



## BENEFITS WITHOUT DEPRIVATION

Realize the benefits of a fasted ketogenic state while following a more flexible diet and lifestyle. The result is a more well-rounded, sustainable diet that supports healthy weight, energy production, cognitive performance, and cellular regeneration.



## ADVANCED ABSORPTION

Our delivery system uses lipid nanoparticle technology, which allows for rapid absorption and delivery of phytonutrients into the bloodstream. The enhanced absorption is critical to enable your body to move quickly into ketosis.

\* 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.





## Supplement Facts

Serv. Size: 5 mL (1 tsp.)	Amount	% Daily
Serv. Per Container: 60	Per Serving	Value

<b>Proprietary Blend</b>	<b>415mg</b>	<b>**</b>
Phospholipids (from purified sunflower seed lecithin), Diindolylmethane, Quercetin Dihydrate (from Saphora japonica flower), Milk Thistle Seed Extract (80% Silymarin), Resveratrol (from Polygonum cuspidatum root), Berberine HCL (from Phellodendron amurense bark), Cinnamon bark oil		

\*\* Daily Value not established

**Other Ingredients:** Glycerin, Water, Ethanol, Medium Chain Triglycerides, Vitamin E (as Tocopherol and Natural Mixed Tocopherols), Natural Citrus Oils, Natural Flavoring and Propolis Extract

## INGREDIENTS AND DOSING

**Suggested Use:** Take 1 teaspoon by mouth twice daily and hold for 30-90 seconds before swallowing. May be mixed into water. Best taken on an empty stomach at least 20 minutes before meals.

## DIETARY PROTOCOL:

This product can be used in conjunction with various types of high fat, low carbohydrate diets including a standard, intermittent, cyclical, or targeted keto diet.

**Standard Keto Diet:** Eat a high fat, low carb diet (20-50 grams of net carbs a day depending on your needs). Aim to consume 75% calories from fat, 20% calories from protein and 5% calories from carbohydrates.

**Intermittent Keto Diet:** Follow a standard keto diet throughout the day. If preferred, practice intermittent fasting in the morning. In the evening, you have the flexibility to enjoy additional carbohydrates with dinner. **KETO On Demand™** gets you back into ketosis the following day.

**Cyclical Keto Diet:** Follow a standard keto diet 5-6 days a week. On off days, adjust your macronutrients to 70% calories from carbohydrates, 20% calories from protein, and 10% calories from fat. This method of cycling carbohydrates helps to avoid the possible negative side effects of long term carb restriction.

**Targeted Keto Diet:** Follow a standard keto diet targeting carbohydrate consumption (25-50 g) to 30 minutes before workouts to help fuel muscles and performance. This will constitute your entire carbohydrate allotment for the day.

## PRODUCT PROTOCOL:

**Standard, Intermittent, and Targeted Keto Diet:** Take 1 dose (5 ml / 1 tsp) in the morning upon rising on an empty stomach and 1 dose (5 ml / 1 tsp) in the afternoon on an empty stomach. Wait at least 20 minutes before eating.

**Cyclical Keto Diet:** On the days you are following a standard keto diet, take 1 dose (5 ml / 1 tsp) in the morning upon rising on an empty stomach and 1 dose (5 ml / 1 tsp) in the afternoon on an empty stomach. Wait at least 20 minutes before eating. Do not take on days that you are cycling carbs into your diet.

