

# 30 Day Keto Jumpstart for Performance

Keto OS//NAT, is one of the best tools to help you get the most out of everyday life. Every healthy cell has a receptor site for ketones. If you don't follow a very low carb and low to moderate protein diet, or do long fasting, your cells are starving. Keto OS//NAT is the most amazing tool to help you get the energy in your cells even though you're not following the perfect diet. This plan can also be used for fat loss, just be sure to keep carb intake low.

## Life Performance General Guidelines

Add Keto OS//NAT between 7-9 am and 1-4 pm, so there's no need to take with food. Drink Keto OS//NAT over 30-40 minutes. \*start with 1/2 pack if GI track loosens

## Phase 1 (Introduction) 1 up to 10 days

- The introduction phase is to allow your body to absorb the ketones. As we all know our GI tracks are not as health as they should be. Keto OS// NAT can take a few days to improve the GI track and get optimal absorption. So we start with 1/2 pack for a few days the work up to 1 pack twice a day. The goal is to get to 2 packs a day as soon as you can.
- Begin by taking 1/2 serving of Keto OS//NAT between 7-9 AM Mix with 15-20 ounces of water and ice. (if to sweet just add more water) then just wait until you are hungry to have your first meal. Eat your first meal when needed and then have second 1/2 serving between 1-4 PM
- Upon waking, drink a large glass of water with approx. 1/16 tsp Sea Salt (or a good pinch) then Drink at least 1/2 your body weight in ounces of water and add Mitoplex upgraded electrolytes, 2 times a day. As hydration is key when keto.

## Phase 2

- Follow above protocol and add a second serving of Keto OS//NAT each day for optimum performance. Many find a reduction in cravings and hunger. When this happens, start reducing portion size and cutting back on sugars and carbohydrates.

**Note: Optimal is 2 servings of Keto OS//NAT a day also if you are not hungry in the morning skip it.**

- **Using Keto OS//NAT for Workouts or Athletic Performance**  
Use the following guidelines if you are active and/or want to improve performance. If you're active and fat loss is your goal, you will want to keep your carb intake low. You may also find that your performance will improve when fuelled with ketones and you may not need carbs. Consider getting the Keto OS//NAT Unleashed as a pre-work and yes it can be combined to other non-caffeine pre-work supplements.

- Take 45 minutes before workout if workout is less than 30 min
  - Take 30 minutes before workout if workout is more than 30 min
  - Endurance athletes may add an additional Keto OS//NAT after 2 hours of exercise
  - Can use Keto OS//NAT with or replacement for pre workout
  - Keto OS//NAT should be consumed between 20-40 minutes

**What to expect: More mental focus, increase performance better energy, faster recovery, improved Sleep.**