

## So simple, so effective

Millions of women—and diet experts!—are supplementing with exogenous ketones to switch into fat-burning mode and jump-start slimming without experiencing the headaches, nausea and fatigue characteristic of ‘keto flu,’ says Dominic D’Agostino, Ph.D., an associate professor at the University of South Florida and the world’s leading exogenous ketone researcher. And while these ketones work in the short-term to offset hunger as your body switches from burning glucose to burning fat and stave off symptoms (which can linger for up to a month!), you can keep taking these supplements indefinitely, says exogenous ketone researcher Eric Plaisance, Ph.D., who does so himself.

“The higher your ketone levels, the more impressive your results will be,” says Plaisance. “And there are so many ways to use these supplements,” he says. You might take them for the first three weeks of a keto diet to help your body adjust to the switch from burning glucose to burning fats. You can also use them if you’re following a modified keto diet, where you’re consuming around 50 to 75 grams of carbohydrates a day. “In that range, you probably won’t produce a lot of ketones on your own,” says Plaisance, “so taking these supplements will enable you to boost your ketones.” They can also be used for long-term weight-loss maintenance or as a short-term counter to high-carb “cheat” days, he adds.

Here’s how to incorporate them into your diet so you can find a strategy that works best for you.

✓ **Start here.** There are three categories of exogenous ketones: keto fats like coconut oil and medium-chain triglycerides (aka MCT oil), ketone salts (which typically come in powder form) and ketone esters (liquid). Because esters tend to be bitter-tasting, many experts suggest opting for

ketone salts and MCT oil or powder. “MCT oil combined with ketone salts work synergistically to raise ketone levels and keep them elevated for hours,” D’Agostino explains. “This combination will give you better results than if you take ketone salts alone.” D’Agostino advises reading labels closely. “The ideal ketone supplement shouldn’t contain more than 2 grams of carbohydrates per serving, with less than 1 gram of sugar.” Two brands experts like: Simply GOODFATS Creamy MCT (SimplyGoodFats.com) and KetoLogic BHB Exogenous Ketones (KetoLogic.com)



✓ **Take small steps.** To avoid GI distress, gradually build up to 10 to 15 grams of exogenous ketones daily. “MCT oil can cause diarrhea, and some people report acid reflux after taking ketone esters,” says keto diet author Mary Newport, M.D., who recommends starting with ½ tsp. of MCT oil per day and increasing by ½ tsp. every few days. Same goes for ketone salts: Start with a quarter of the serving size and increase from there as you build tolerance. “This is especially important for diabetics who are on medications that lower blood glucose,” adds Dr. Newport. “Ketone supplements lower blood sugar so dramatically that you can get into trouble, so err on the side of a low dose at first.”

✓ **Time it right.** “When you take exogenous ketones depends on your goals,” says Dr. Plaisance, who adds that finding your optimal time of day to supplement may require some experimentation. “You might notice these supplements prevent you from getting hungry if you take them when fasting in the morning. Or you might try taking them after a higher-carb

meal in an effort to blunt your blood-sugar response.” When you’re getting started, D’Agostino suggests spreading out the supplements so you get at least three doses a day, then clueing in to how you feel after taking them. “Personally, I find supplementing throughout the day very helpful when I’m sleep-deprived. Staying in ketosis gives me cognitive resilience under periods of sleep deprivation if I’m not eating like I should. It’s a way to compensate if I’m not following through with other aspects of my life.”

✓ **Fill your plate with these foods.** To maximize the efficacy of exogenous ketone supplements, you’ll want to stick to a keto or low-carb plan, which will keep your insulin levels low and allow ketones to rise, says

## A sample day to get you started



### breakfast

**Tomato omelet** Melt 2 Tbs. butter in pan over medium heat. Pour in 2 beaten eggs; cook until set. Sprinkle 2 Tbs. cheddar cheese; fold in half. Top with tomato slices.



### dinner

**Loaded burger** Layer a thick burger with cheese, sliced pickles, sliced tomato, onion and sautéed veggies, then ‘sandwich’ with lettuce leaves in place of a bun.



### lunch

**Tuna salad** Pile plate with greens and top with black olives, sliced onion, sliced tomato and 4 oz. canned tuna, drained. Dress with 1 Tbs. olive oil and ½ tsp. vinegar.



### dessert

**Coconut joy bites** Mix 6 Tbs. shredded coconut, ½ cup almond flour, ¼ cup melted coconut oil and 2 Tbs. zero-calorie sweetener. Chill, roll balls in shredded coconut.

Dr. Plaisance. Aim to fill at least one-third of your plate with non-starchy vegetables, like dark leafy greens, broccoli, cauliflower, zucchini and asparagus. Another third should come from clean protein, like full-fat dairy, cage-free eggs, grass-fed meat and pasture-raised poultry. You’ll also want to eat plenty of ketone-promoting fats, such as olive oil, coconut oil, avocados, nuts, seeds and grass-fed butter.

✓ **Supplement on ‘cheat days’** Even if you cycle off using exogenous ketones, keep them on hand for cheat days. “When I travel or eat foods that take me out of ketosis, I’ll take a mix of MCT powder and ketone salts first thing every morning along with a big glass of water,” says D’Agostino. “This keeps me in ketosis.”

## It worked for me

### “I got off 7 medications!”

Kristi Ross took a single step and felt a searing pain in her knee that made her collapse to the ground. A nurse practitioner, she knew she’d torn her meniscus. Filled with fear, she thought about her family members who suffered mobility issues and she knew: *The best thing I can do is get my weight under control!*

After knee surgery, Kristi started a keto diet on the advice of a doctor friend and shed 10 pounds the first week. “It felt like somebody turned a light switch inside my brain and I had energy for the first time in my life,” she says. To speed results, she started supplementing with exogenous ketones, mixing Pruvit brand flavored salts into water each morning. “Keto was working, but it got that much better.” In one week she dropped two pant sizes and two belly inches. “After six weeks I thought, I’m not going to eat any other way for the rest of my life!”

Jump ahead to the six-month mark and Kristi was able to get off all seven of her medications. She also reversed her health complaints including PCOS, leaky gut syndrome, fatty liver, prediabetes, insulin resistance, insomnia, reflux, anxiety and depression.

Kristi lost 100 pounds in 9 months. (Her husband lost 50.) She also lowered her body fat from 50% to 22%, which has been a blessing for her oncesore joints. “When it comes to taking extra ketones, I *do* think there’s magic to it!”



**THEN: 285+ lbs**

**Kristi lost 126 lbs!**

**NOW: 159 lbs**

Kristi Ross, 40, Kimberling City, MO  
Height: 5'9"