Prüvit®

Product Guide

#DRINKKETONES



WELCOME, PRÜVER.

Prüvit's missiøn is to inspire people to become a BETTER version of themselves.

Our vision is to build a lifestyle brand that disrupts the status quo through technology, education, and community.

SHARE



Share your product pictures, better selfies, recipes and inspirational images using the hashtag **#drinkketones** on your FB and Instagram with a shoutout to **@justpruvit**.

LEARN

Download on the App Store | ANDROID APP ON Google Play

Download the Prüvit Pulse app to get real-time updates about products, events, and hacks to pursue BETTER.

WATCH

fire tv | tv | Roku | android tv

Experience Prüvit on the small and big screens.

#DRINKKETONES

Prüvit



KETO//OS NAT®

KETO//OS NAT® is the ONLY exogenous ketone in the WORLD created through a process of natural fermentation. These Pure Therapeutic Ketones® are MØRE bio-identical to the natural ketones our bodies produce.

WHEN TO USE

Drink when you first wake in the morning to jump start your day with energy and focus, 20-30 min before a meal for added satiation and glucose control, or pre-workout for an EPIK energy boost!

CHARGED OR CAFFEINE FREE

VARIETY OF FLAVORS

GET CREATIVE



Sparkling Ketones: Mix your KETO//OS NAT® with your favorite flavor of sparkling water and ice for a tall glass of crisp, refreshing, and delicious ketones.



Sweet Treat: Shake up any dessert inspired flavors of KETO//OS NAT® with a base of almond or cashew milk to satisfy your craving for something sweet.

WHY USE IT

- **Elevates mental clarity & focus†**
- **Increases & sustains energy†**
- **Balances digestion, hormones, & metabolism†**
- **Boosts body's natural ketone production†**
- **Supports fat loss†**

MULTI-PATENTED TECHNOLOGY

DOCTOR FORMULATED

For use and distribution in the US only.

These products are not a medical treatment, medicine, or weight loss supplement. *Must be consumed with SIGNAL//OS™ for DNA repair and other therapeutic benefits associated with C-Med 100®. C-Med 100® is a Registered Trademark of Prüvit. Protected by U.S. Patent Nos: 6,964,784; 7,579,023; 7,595,064; 7,955,626; 7,947,312; 8,372,449; And 8,372,448

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Prüvit®



KETO//OS® NAT LITE

KETO//OS® Nat Lite is the small but mighty sibling of KETO//OS NAT®. Naturally fermented, sweetened, and colored, Nat Lite is a bio-identical fuel offering a variety of fun flavors, all free of caffeine!

WHEN TO USE

KETO//OS® Nat Lite is a great "entry-level" technology for those just starting with Pure Therapeutic Ketones®. Add a sachet of KETO//OS® Nat Lite throughout your day to "boost" exogenous ketones, like before a workout. These Parent approved sachets are a great way to take any keto treat to the next level.

CAFFEINE FREE

VARIETY OF FLAVORS

GET CREATIVE



Freeze Pops: Mix together 1 packet of KETO//OS® Nat Lite with 8oz of water and freeze in molds for a refreshing treat!



Mix it up: Mix + match the different flavors of Nat Lite to make a NEW combination. Make sure to add enough water for both!

WHY USE IT

- **Elevates mental clarity†**
- **Imprüved focus†**
- **Increases & sustains energy†**
- **Balances digestion, hormones, & metabolism†**
- **Boosts body's natural ketone production†**
- **Supports fat loss†**

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Prüvit®



KETO//OS NAT® AMPOULES

KETO//OS NAT® Ampoules are crafted with our patented Free Cell technology, meaning these exogenous ketones are not bound by a mineral salt and facilitate even faster ketosis. Sweetened with allulose, known for reducing gut microbiome and lowering blood glucose levels, the Pure Therapeutic Ketones® are MØRE bio-identical to the natural ketones our bodies produce.

WHEN TO USE

Drink when you first wake in the morning to jump start your day with energy and focus, 20-30 min before a meal for added satiation and glucose control, or pre-workout for an EPIK energy boost!

CHARGED OR CAFFEINE FREE

VARIETY OF FLAVORS

GET CREATIVE



Sparkling Ketones: Mix your KETO//OS NAT® with your favorite flavor of sparkling water and ice for a tall glass of crisp, refreshing, and delicious ketones.

WHY USE IT

- **Elevates mental clarity & focus†**
- **Increases & sustains energy†**
- **Balances digestion, hormones, & metabolism†**
- **Boosts body's natural ketone production†**
- **Supports fat loss†**

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Prüvit®



KETO//OS NAT®
FUELED BY FEMALE

Introducing **KETO//OS NAT® Fueled by Female,** a new blend of exogenous ketones and vitamins, minerals, and extracts. With a refreshing blend of citrus, this formula was inspired by females but **everyone** can enjoy it!

WHEN TO USE

Drink when you first wake in the morning to jump-start your day with energy and focus, 20-30 min before a meal for added satiation and glucose control, or pre-workout for an EPIK energy boost!

CHARGED OR CAFFEINE FREE

VARIETY OF FLAVORS

GET CREATIVE



Sparkling Ketones: Mix your Fueled by Female with your favorite flavor of sparkling water and ice for a tall glass of crisp, refreshing, and delicious ketones.



Sweet Treat: Shake up Fueled by Female with a base of almond or cashew milk to satisfy your craving for something sweet.

WHY USE IT

- **Unique formula for overall health, wellness, and performance**
- **Vitamin C strengthens bones†**
- **Vitamin D has positive effects on mitochondria and bone health†**
- **Vitamin E promotes skin health†**
- **Folate aids in red blood cell production†**
- **Organic licorice root powder balances hormones†**
- **Bilberry extract is a powerful antioxidant†**
- **Theobromine promotes feel-good-energy, positive feeling, and balances hormones†**

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Prüvit®



KETO//OS® BLACK LABEL

KETO//OS® BLACK LABEL is Prüvit's premium product, packed with MØRE Pure Therapeutic Ketones® and caffeine than KETO//OS NAT®, as well as C-MED 100® for added nutrient absorption, immune support, and DNA repair.

WHEN TO USE

When you wake in the morning or throughout the day for a powerful boost of energy, or pre-workout to boost performance, endurance, and muscle recovery.

CHARGED

VARIETY OF FLAVORS

GET CREATIVE



Shake up your **KETO//OS® BLACK LABEL** with a serving of **MITO//PLEX®** for the ultimate morning mash up of ketones, caffeine, and upgraded electrolytes!

WHY USE IT

- **Stimulates ketosis & breakdown of fat†**
- **Imprüves nutrient absorption†**
- **Boosts performance & endurance†**
- **Supports healthy cell function†**
- **Rapidly repairs DNA†**

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Prüvit®



KETO//UP™

KETO//UP™ is a conveniently packaged and ready-to-drink super fuel, made to fit your fast-paced lifestyle, and take your ketone game all the way UP.

WHEN TO USE

Drink 1-2 cans of KETO//UP™ daily, in addition to your daily servings of KETO//OS NAT®, as an Øptimized alternative to soda, in the morning or to fight the dreaded afternoon crash. For an instant boost of energy, try Prüvit's KETO//UP™ flavors made with Free Cell Technology™.

CHARGED

VARIETY OF FLAVORS

HOW TO USE

Best enjoyed cold

Consume with or without food

Novel Use
1 daily serving

Optimal Use
2 daily servings

WHY USE IT

- **Ready-to-drink convenient packaging**
- **Faster delivery of ketones to the brain & body†**
- **Supports fat loss†**
- **Increases metabolism†**
- **Enhances energy & focus†**

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Prüvit®



kēto//kick

kēto//kick is the solution to when you want that extra KICK, fast. These 3oz on-the-go shots pack enough ketones to put you into ketosis, ample caffeine to energize you on the spot, and better-for-you ingredients to give your brain a BOOST of cognitive function, focus, and clarity. No mixing needed, simply twist the cap and shoot it back!

WHEN TO USE

Whether you're about to crush a workout, begin a road trip, and dive deep into studying, 1-2 kēto//kick can be consumed, in addition to daily KETO//OS NAT®, to provide BETTER benefits.

CHARGED

VARIETY OF FLAVORS

HOW TO USE

Enjoy it anywhere!

Consume with or without food

Novel Use
1 daily serving

Optimal Use
2 daily servings

WHY USE IT

- **Quick, Balanced Energy†**
- **Enhanced Mental Clarity†**
- **Imprüved Focus†**
- **Supports Neuro Function†**
- **Promotes natural ketone productions†**

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Prüvit®



kēto//chill

kēto//chill is the solution to wind down and reduce stress levels. These 3oz on-the-go shots pack enough ketones to put you into ketosis, cellular adaptogen to maximize relaxation, and imprüv sleep. No mixing needed, simply twist the cap and shoot it back!

WHEN TO USE

When you're ready to wind down and reduce stress level, 1-2 kēto//kick can be consumed, in addition to daily KETO//OS NAT®, to provide BETTER benefits.

CHARGED

VARIETY OF FLAVORS

HOW TO USE

Enjoy it anywhere!

Consume with or without food

Novel Use
1 daily serving

Optimal Use
2 daily servings

WHY USE IT

- **Quick, Balanced Relaxation†**
- **Enhanced Mental Clarity†**
- **Imprüved Sleep†**
- **Supports Neuro Function†**
- **Promotes natural ketone productions†**

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Prüvit®



Radline

Unleash your full potential with RADLINE, the ultimate ketone drink. This high-performance beverage supercharges your energy levels and expedites recovery with a rich combination of creatine and BCAAs. Alongside its physical benefits, RADLINE also promotes mental clarity and focus, making it the perfect companion for any demanding activity. Choose RADLINE to elevate your performance and push your limits.

WHEN TO USE

Shake up some RADLINE when you're about to crush a workout. Use it in addition to daily KETO//OS NAT®, to provide BETTER benefits.

CHARGED

VARIETY OF FLAVORS

HOW TO USE

Enjoy it anywhere!

Consume with or without food

Novel Use
1 daily serving

Optimal Use
2 daily servings

WHY USE IT

- **Quick hit pre-workout†**
- **MØRE Energy†**
- **Better Recovery†**
- **Packed with creatine, L-Carnitine, and BCAAS for Better performance†**

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Prüvit®



KETO//OS PRØ® +MCT

KETO//OS PRØ® + MCT is packed with MCT's, which help to combat the aging process, boost energy, and imprüv digestion. This ketogenic protein powder helps initiate muscle growth and prevents muscle breakdown—providing high-quality fuel—perfect for advanced post-workout repair and recovery.

WHEN TO USE

The perfect drink in the morning or throughout the day to help control cravings and appetite, as a healthy snack, or immediately after a workout to promote muscle repair and recovery.

DAIRY OR DAIRY FREE

VARIETY OF FLAVORS

GET CREATIVE



Mix your **KETØ//OS PRO® + MCT** with almond, cashew, or coconut milk for a sweet treat.



Blend your **KETØ//OS PRO® + MCT** with milk and ice for a delicious Frappeketo™!

WHY USE IT

- **Øptimizes muscle repair & recovery†**
- **Triggers muscle growth†**
- **Supports appetite control†**
- **Increases strength & endurance†**
- **Promotes healthy cell function†**

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Prüvit®



KETØ// KREME®

KETO//KREME® (FFT or Functional Fat Technology) is specifically formulated to jump-start the body's natural ability to convert fat into energy, quickly giving you a mental and physical boost. KETO//KREME® also provides a healthy, daily intake of BETTER fats for those looking for Total Body Øptimization.

WHEN TO USE

Mix it with your coffee for a dose of healthy fats to energize your morning and support cognitive function, or later in the day to feel fuller longer while intermittent fasting.

VARIETY OF FLAVORS

GET CREATIVE



Blend your favorite flavor of **KETØ//KREME®** with cold brew coffee and ice for the most delicious morning Frappeketo™!

WHY USE IT

- **Boosts body's natural ketone production†**
- **Enhances focus & brain function†**
- **Strengthens hair & nails†**
- **Promotes appetite control†**
- **Helps maintain healthy joint mobility†**

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Prüvit®



MITO//PLEX®

MITO//PLEX® is BETTER than any other electrolyte on the market. Specially crafted to combat the electrolyte imbalance a low-carb HIGH FAT diet can inflict, our electrolytes are UPGRADED with the exclusive MitoP2Q™ technology to flip the switch and turn on mitochondria.

WHEN TO USE

Use 1-2 MITO//PLEX® daily, either mixed with or in addition to your daily servings of KETO//OS NAT®, for full body Øptimization through the power of MitoP2Q™.

VARIETY OF FLAVORS

GET CREATIVE



Mix **MITO//PLEX®** with all your favorite Prüvit products for UPGRADED electrolytes, hydration, and ketone absorption.

WHY USE IT

- **Enhances hydration & ketone absorption†**
- **Supercharges mitochondria, the powerhouse of the cell†**
- **Supports healthy immune function†**
- **Protects the body from free radicals†**
- **Combats oxidative stress†**

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Prüvit®



MCT//143®

MCT//143®'s innovative technology was formulated by Dr. Mary Newport as a powerful alternative fuel for the brain. MCT//143® allows ketones to cross the blood/brain barrier efficiently, providing instant energy to the brain, supporting cognitive function. In addition to brain boosting power, MCT//143® is naturally thermogenic, increasing the rate at which fat is burned.

WHEN TO USE

Use 1-2 packs of MCT//143® each day for a dose of healthy fats that can be easily added to any food or drink, or cooked with as an alternative to traditional cooking oil.

GET CREATIVE

- MCT//143® is light, creamy and tasteless. Use in cooking at low heat (do not boil)
- Bake in the oven up to 350° F
- Drizzle over salads & vegetables
- Add to your smoothie or coffee, or stir into any beverage
- Use as a fat replacement in recipes

WHY USE IT

- **Øptimized alternative to traditional cooking oils**
- **Supports memory & brain function†**
- **Increases brain cell communication†**
- **Stimulates natural ketone production†**
- **Antiviral & antimicrobial to suppress growth of unhealthy bacteria in body†**

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Prüvit®



SIGNAL//OS®

Bio-technology designed to Øptimize at a cellular level. Together, **SIGNAL//OS®** AM and PM work to increase bioavailability, the delivery of nutrients, and enhance the benefits associated with Pure Therapeutic Ketones®.

WHEN TO USE

Take 2 SIGNAL//OS® AM capsules each morning for sustained energy and enhanced cellular function, as well as 3 SIGNAL//OS® PM capsules before bed to promote restful sleep, repair DNA, and extend telomere length, crucial for cell communication and slowing the aging process.

HOW TO USE

Morning before 9am

Take 1 SIGNAL//OS® AM packet (2 capsules)

Evening after 8pm

Take 1 SIGNAL//OS® PM packet (3 capsules)

SIGNAL//OS® PM is designed to be taken at night to promote a sense of calm while still repairing DNA and cellular function as you KETO//DREAM™.

WHY USE IT

- **Repairs DNA & imprüvs cellular health†**
- **Removes damaged cells & toxins from the body†**
- **Øptimizes metabolic function†**
- **Enhances focus & mental clarity†**
- **Supports healthy immune function†**

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Prüvit®



BETTER// BROTH®

Chicken Soup is good for more than the soul. **BETTER// BROTH®** is fully-loaded with ketones, amino acids, protein, N8 Bioavailability Blend™, C-Med 100® and vitamins B6 and B12, that work together to pack a punch like none other.

WHEN TO USE

Drink 1-2 BETTER//BROTH® per day, in addition to your daily servings of KETO//OS NAT®, for Øptimized total body health. Use as a meal replacement while intermittent fasting or as a healthy snack before bed to promote appetite control.

VARIETY OF FLAVORS

GET CREATIVE





Stir a serving of **BETTER//BROTH®** with water on its own, in with your favorite soup, or use as seasoning while cooking for added benefits.

Do not boil as this affects efficacy.

WHY USE IT

- **Nourishes & balances gut bacteria†**
- **Balances hormone function†**
- **Supports healthy immune function†**
- **Supports healthy joints†**
- **Imprüvs appearance of skin, hair, & nails†**

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Prüvit®



I-FAST
Transformation System

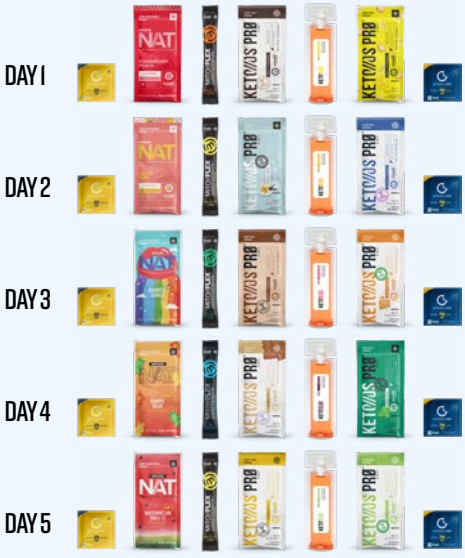
Doubledown on BETTER with the **I-Fast Transformation System**. Designed to be your weekly reset in between Daily Ketones and Monthly Reboots, **I-Fast** is your secret weapon to consistent upkeep. The technology in this kit is specially crafted to work synergistically, supporting your whole system, while achieving optimum results.

WHEN TO USE

Use it weekly to support BETTER overall wellness and system maintenance, and/or when you feel your body needs a quick reset!

WHAT'S INSIDE THE BAG

All the products you need to complete one 24 hour I-Fast



Flavors may vary

VARIETY OF PRODUCT FLAVORS ARE INCLUDED

WHY USE IT

- **Boost body's natural ketone production†**
- **Promotes appetite & cravings control†**
- **Encourages cellular detoxification†**
- **Balances digestion and metabolism†**
- **Supports healthy immune function†**

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Prüvit

NAT20



The **NAT20** is not a diet. No counting macros, no obscure shopping lists, and no complicated meal plans. Try our doctor-formulated KETO//OS NAT® for 10 days and experience what it feels like to operate on a premium fuel source. Bio-technology is here, and now you have access to it.

WHEN TO USE

The Nat20 is the ideal starting point for anyone brand new to the Prüvit community to experience the power of Pure Therapeutic Ketones® for 10 days.

VARIETY OF KETO//OS NAT® FLAVORS INCLUDED

WHAT'S INSIDE THE BOX



20 packets of KETO//OS NAT®
in a variety of flavors
10 x Charged + 10 x Caffeine Free

WHY USE IT

- **Elevates mental clarity & focus†**
- **Increases & sustains energy†**
- **Balances digestion, hormones, & metabolism†**
- **Boosts body's natural ketone production†**
- **Supports fat loss†**

Flavors may vary

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Prüvit®



KETO REBOOT® SYSTEM

The **60 HOUR KETO REBOOT®** is designed to reset your metabolism by reprogramming your genes to run on fat for fuel. By conquering a 60 hour Keto Reboot® fast, you engage your body to use fat as an energy source while gradually shifting into Keto Adaptation.

WHEN TO USE

The Keto Reboot® is completed collectively as a community once per month, in order to provide each Rebooter with support, encouragement, resources, and coaching as they participate in the 60 hour fast. Each Keto Reboot® System comes complete with instructions and a daily schedule to follow in order to complete the fast, and maximize your benefits from the products.

VARIETY OF PRODUCT FLAVORS ARE INCLUDED

WHAT'S INSIDE THE BOX



All the products you need to complete a Keto Reboot® 60 hour fast comes provided with the Reboot system.

- 5 servings KETO//OS PRO®
- 4 servings KETO//OS NAT®, 2 Charged, 2 Caffeine Free
- 6 servings SIGNAL//OS®, 3 AM packets, 3 PM packets
- 3 servings MITO//PLEX®

Flavors may vary

MULTI-PATENTED TECHNOLOGY

DOCTOR FORMULATED

WHY USE IT

- **Resets your metabolism to burn fat for fuel†**
- **Provides you with support and resources to stay accountable†**
- **Promotes appetite & cravings control†**
- **Protects & maintains lean muscle mass†**
- **Supports cellular detoxification†**

For use and distribution in the US only.

These products are not a medical treatment, medicine, or weight loss supplement. *Must be consumed with SIGNAL//OS™ for DNA repair and other therapeutic benefits associated with C-Med 100®.
C-Med 100® is a Registered Trademark of Prüvit. Protected by U.S. Patent Nos: 6,964,784; 7,579,023; 7,595,064; 7,955,626; 7,947,312; 8,372,449; And 8,372,448

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Prüvit®



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