

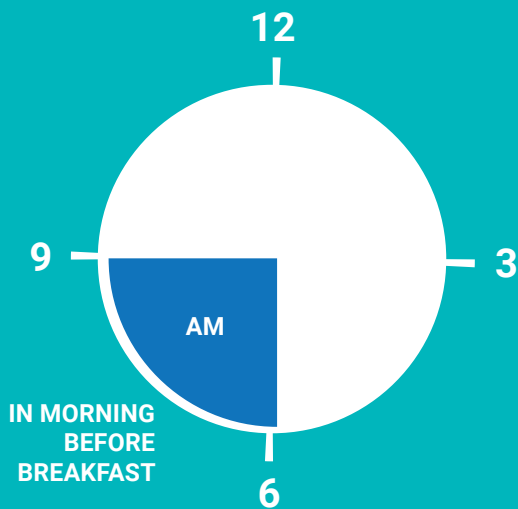
# When To Test?



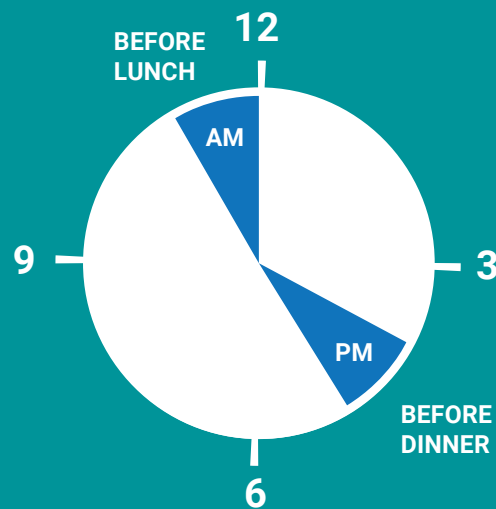
The only way to know if you are in ketosis, or what level of ketosis you are in, is to test.

But what is the best time of day to test?

Check before and after meals to test food sensitivities



In the morning while fasted



Before lunch or dinner, 2-3 hours after eating anything

## Test Ketones & Glucose



before eating

60 min 3 hrs