

TOP 10 SIGNS YOU'RE TRANSITIONING TO KETOSIS



Increased Ketones in the Blood

The easiest way to confirm you're in ketosis is to test your ketones using a blood-testing meter.

You're in ketosis once your ketone levels are at or above 0.5 mmol/L.

NOTE: Most of the adverse side-effects are temporary and can be avoided.

Improved Cognitive
Performance

Appetite
Suppression

Fatigue

Muscle Cramps

Digestive Issues

Insomnia

Keto Breath

Decreased Energy
for Exercise

Weight Loss