

Divine Health's Keto Zone Instant Ketones FAQ's

Q: What are Instant Ketones?

A: Instant Ketones are an exogenous ketones supplement intended to help support the level of ketones in your body

Q: When should I take Instant Ketones?

A: You can take Instant Ketones at any time of the day. They can be taken in the morning, before a workout, or in the afternoon before as a pick-me-up. You can use up to 1 serving per day.

Q: Why should I take Instant Ketones?

A: Instant Ketones will help support your body's own BHB levels.

Q: How should I use Instant Ketones?

A: As a dietary supplement, take 1 scoop daily with 6-8 oz. of your beverage of choice or as directed by your healthcare practitioner. Best taken with a flavored beverage to increase palatability.

Q: What are the Instant Ketones flavors?

A: Instant Ketones are offered in two flavors: Iced Limeade and Coconut Cream.

Q: How long does a tub of Instant Ketones last, how many servings? Do I take it daily?

A: Instant Ketones contains 21 servings and you can have up to 1 serving per day.

Q: What are the ingredients in Instant Ketones?

A: Ketone salts provide the body with beta-hydroxybutyrate, and pair it with mineral salts, like magnesium, calcium, sodium, or potassium.

Q: What are ketones?

A: Ketones are chemicals produced in your liver in response to a state of low carbohydrate intake.

Q: What is ketosis?

A: Ketosis is a metabolic state in which some of the body's energy supply comes from ketone bodies in the blood, instead of the state of glycolysis in which blood glucose supplies most of the energy.

Q: What are exogenous ketones?

A: Exogenous ketones are a source of ketones that your body doesn't naturally produce. Exogenous ketones are created outside the body and taken in a supplement form; whereas, endogenous ketones are ketones your body can produce on its own.

Q: Why are exogenous ketones beneficial?

A: Exogenous ketones, like Instant Ketones, assist your body's own levels of ketones

Q: How do exogenous ketones work?

A: When you supplement with exogenous ketones, they help support your ketone levels.

Q: How do I know if I'm in ketosis?

A: You can test your ketone levels with our Keto Zone Test Strips, which measure the excess ketones that your body is not using for energy.

Q: I've have been following the Keto Zone lifestyle and have been using the Keto Test Strips. Why am I not producing ketones?

A: The ketone test strips only measure ketones that your body is not utilizing for energy. This is why the strips are only useful for the first few weeks. Once you become keto adapted there is often no longer excess ketones excreted in the urine.

Q: The ketones powder seems to taste not so good and is gritty. I put it in hot coffee and mix it with an electric whip. What could I do differently?

A: Ketones need to be attached to a mineral salt in order to be effective. Instant Ketones is essentially a form of salt with ketones attached to it. For this reason, we don't usually recommend you mix it with a

drink you'd like to enjoy. The best way to take them is to mix it in a small amount of water and drink it quickly followed by another glass of pure water.

Q: Can I take both Instant Ketones Powder and MCT Oil Powder, or is it one or the other?

A: You can certainly take both. Instant Ketones gives you a boost of immediate ketones that do not need to be produced by your body.