



Prüvit®

Product Guide

#DRINKKETONES





WELCOME, PRÜVER.

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

WATCH



androidtv

Experience Prüvit on the small and big screens.

#DRINKKETONES





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 MORE 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[†]
- Regulates digestion, hormones, & metabolism[†]
- Boosts body's natural ketone production[†]
- Supports fat loss[†]



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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[†]
- Improved focus[†]
- Increases & sustains energy[†]
- Regulates digestion, hormones, & metabolism[†]
- Boosts body's natural ketone production[†]
- Supports fat loss[†]



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KETO//OS PRO[®] +MCT

KETO//OS PRO[®] + MCT is packed with MCT's, which help to combat the aging process, boost energy, and improve 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 **KETO//OS PRO[®] + MCT** with almond, cashew, or coconut milk for a sweet treat.



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

WHY USE IT

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



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KETO//OS[®] BLACK LABEL

KETO//OS[®] BLACK LABEL is Prūvit'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[†]**
- **Imprūves nutrient absorption[†]**
- **Boosts performance & endurance[†]**
- **Supports healthy cell function[†]**
- **Rapidly repairs DNA[†]**



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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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KETO// 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 **KETO//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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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 Optimization 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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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

- **Optimized 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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SIGNAL//OS®

Bio-technology designed to Optimize 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 2 **SIGNAL//OS®** AM



Evening after 8pm

Take 3 **SIGNAL//OS®** PM

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 & improves cellular health†**
- **Removes damaged cells & toxins from the body†**
- **Optimizes metabolic function†**
- **Enhances focus & mental clarity†**
- **Supports healthy immune function†**



**MULTI-PATENTED
TECHNOLOGY**



**DOCTOR
FORMULATED**

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



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SIGNAL// DEFENSE



Our newest technology was scientifically crafted with MØRE vitamins and minerals to give your system the support it needs today, and every day. Our combination delivers an effective cocktail of vitamins, gut microbiome improving nutrients, and is high in anti-oxidants. This on-the-go sachet contains our PØWERFUL C-Med 100®, which helps maintain and support a healthy immune system and frontline defense.

WHEN TO USE

1 per day is great! If you're feeling "off your game", you can drink multiple throughout the day; ensuring 3-4 hours in between doses for most effective delivery of nutrients.

VARIETY OF FLAVORS (COMING SOON)

GET CREATIVE



Add a packet of **SIGNAL//DEFENSE COCKTAIL** to your morning breakfast smoothie.



Shake up with your favorite **KETO//OS NAT®** for a twist on a classic fuel.

SIGNAL//DEFENSE COCKTAIL is not intended to cure or alleviate any medical ailments, sickness, or disease. **SIGNAL//DEFENSE COCKTAIL** IS intended to support **BETTER** health, in conjunction with a healthy diet + exercise.

WHY TAKE IT

- **Supports immune function[†]**
- **Promotes healthy joints[†]**
- **Enhances KETO//OS NAT® natural T-cell production[†]**
- **Supports BETTER well-being[†]**
- **Efficacy builds with consistent use[†]**



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24 FAST



Doubledown on BETTER with the **24FAST**. Designed to be your weekly reset in between Daily Ketones and Monthly Reboots, the **24FAST** 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!

VARIETY OF PRODUCT FLAVORS ARE INCLUDED

WHAT'S INSIDE THE BAG



All the products you need to complete a 24 hour fast comes provided with the 24 Fast system.

WHY USE IT

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



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10 DAY CHALLENGE

The **10 DAY DRINK KETONES CHALLENGE** is not a diet. No counting macros, no obscure shopping lists, and no complicated meal plans. We are simply challenging you to drink doctor-formulated KETO//OS NAT® for 10 days and experience what it feels like to operate on a premium fuel source. This Challenge PRÜVS bio-technology is here, and now you have access to it.

WHEN TO USE

The 10 Day Drink Ketones Challenge 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®
- 10 x Charged
- 10 x Caffeine Free

WHY USE IT

- **FREE** access to our Prüvit Coaches
- **FREE** access to our Private Facebook Group
- **FREE** Community accountability
- **FREE** lifestyle hacks
- **Exclusive discounts** on Prüvit products



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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.

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†**



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