

Top 10

SIGNS YOU'RE IN

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.

Improved Cognitive Performance

Appetite Suppression

Fatigue

Muscle Cramps

Digestive Issues

Insomnia

Keto Breath

Decreased Energy for Exercise

Weight Loss