

GKI

Glucose
Ketone
Index



What is it?

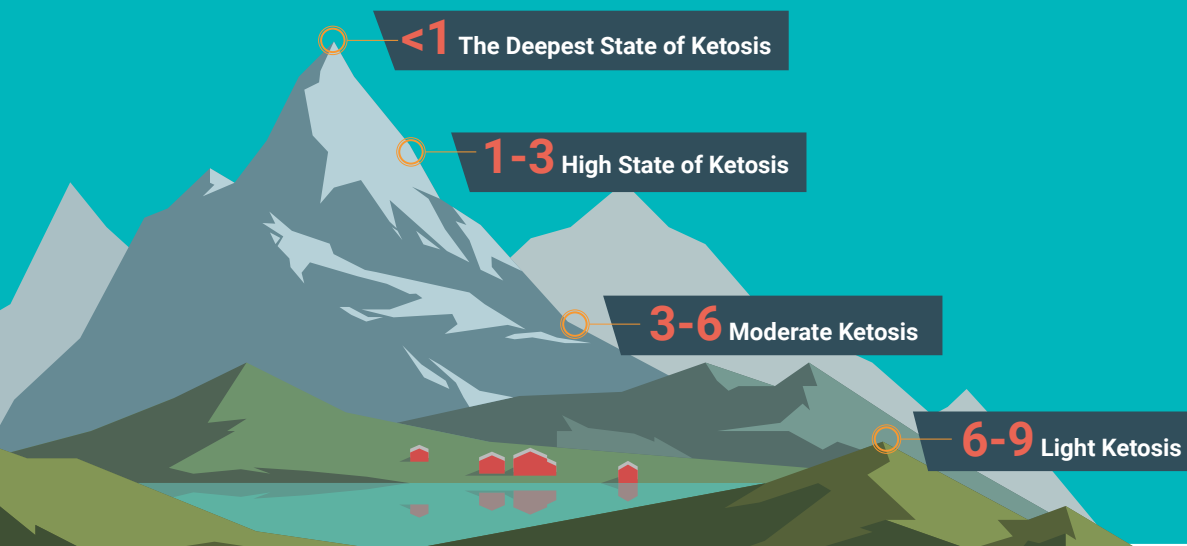
The ratio of
blood glucose
to ketones

The GKI Formula

$$\frac{\text{Glucose} \div 18}{\text{Ketone}} = \text{GKI}$$

(Glucose Reading (mg/dL) \div 18) \div Ketone Reading (mmol/L) = Glucose Ketone Index (GKI)

What Your Readings Mean



Why is it important?

Gives you a
view of your
metabolic status
and state of ketosis

