



# THE GKI FORMULA & HOW TO INTERPRET THE RESULTS

$$[\text{Glucose Reading (mg/dL)} \div 18] \div \text{Ketone Reading (mmol/L)} = \text{GKI}$$

● Insert Your Glucose Reading  
From Your Keto-Mojo Meter

● Insert Your Ketone Reading  
From Your Keto-Mojo Meter

\*Dividing your glucose test results by 18 converts your blood glucose reading from mg/dL to mmol; skip this step if you live outside of the US, where glucose is already measured in mmol.

GKI	WHAT IT MEANS	APPLICATION
$\leq 1$	You're in the highest therapeutic level of ketosis.	Very difficult to achieve without doctor's supervision.
1-3	You're in a high therapeutic level of ketosis.	For those using keto therapeutically for the treatment of diseases such as cancer, epilepsy, Alzheimer's disease, Parkinson's disease, traumatic brain injury, and chronic inflammatory disease.
3-6	You're in a moderate level of ketosis.	For those with Type 2 diabetes and obesity, insulin resistance, metabolic or endocrine disorders.
6-9	You're in a low level of ketosis.	Ideal for weight loss and health maintenance.
$\geq 9$	You are not in ketosis.	N/A