



Keto Lifestyle

Kickstart Your Keto Lifestyle

What is a Keto Diet?

A Ketogenic diet is a high fat, adequate in protein and low carbohydrate diet. The macronutrient ratio varies within the following ranges:

- 60-75% of calories from fat (or even more)
- 15-30% of calories from protein
- 5-10% of calories from carbs

The exact amount of fat and protein is dependant on individual body responses and activity levels. Most people on a Keto diet generally do not consume over 5% of calories from carbs.

On the Keto diet, in most cases you won't need to count calories. For those who have difficulty losing weight or are relatively fit and trying to lose a small amount of fat, you may also have to count calories.

Keto Lifestyle Products

Keto Creamer is great for anyone who is already enjoying a Keto Lifestyle. It could be added to your own brand of coffee or any beverage as it dissolves instantly.

Our **SlimROAST Coffee** combined with **Keto Creamer** is the perfect blend of specially formulated naturally based ingredients that are designed to suppress appetite, improve your moods and promote "Natural" Ketogenesis to launch you into the Keto lifestyle that will get you to your goals faster and keep you healthy longer!

A perfect complement to the SlimROAST Coffee and Keto Creamer is our amazing nutritional breakthrough, **PrevailMAX!** PrevailMAX™ is a nutritional breakthrough provides cellular support and nutrition, enabling the body to take maximum advantage of the nutrients in foods and supplements. It's designed to help you feel more energized and have the ability to focus like never before. Take a few sprays today and see just how good you can feel!



The Choice is Yours

We have 2 choices on how we fuel our body everyday! **The Choice is Yours!** you can either fuel your body with sugar or healthy fats. If you are serious about losing weight and living a healthy lifestyle you have to make the right choice!

Simply put, Sugar makes you fat, while healthy fats provide you all the nutrients and energy you need. When you are burning fat for energy your cells produce Ketons and among other things, a Ketone is the perfect brain fuel, the brain consists of 70% fat and 30% matter. The brain needs fat for fuel.

Turn Your Body Into a Fat-Burning Machine!

*Results may vary and are not typical. If you are pregnant or nursing, under the care of a physician, or have a medical condition, consult your physician before taking.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.