

KETONE SALTS EXPLAINED – UPDATED March 2019
by Mary T. Newport MD

Ketone salts were developed and tested at the University of South Florida in the labs of Dr. Dominic D'Agostino and became widely available in 2016 through network marketing by Pruvit. Ketone salts were the first supplements on the market that contain the actual ketone betahydroxybutyrate and can increase ketone levels considerably higher than coconut or MCT oil for several hours. Using ketone salts could be part of an overall strategy to boost ketone levels, while keeping coconut oil and MCT oil as a foundation in the diet to help sustain ketosis (see Pruvit MCT//143 below).

Ketone salts are now widely used by healthy people and those with a variety of conditions many of whom reporting positive responses, including less brain fog and fewer memory lapses, improved focus and mental clarity, improved sleep, more energy, and fewer aches and pains related to inflammation (ketones are anti-inflammatory in addition to providing alternative fuel to the brain and other organs). Many people have reported substantial fat loss, especially when combined with a low-carb higher-healthy-fat diet, and without hunger (ketones can suppress appetite and encourage fat loss by reducing glucose and insulin levels and stimulating fat breakdown). World class athletes and body builders are using ketone salts to enhance physical performance and improve body composition (less fat, more muscle).

The Pruvit company was the first to launch ketone salts to the public in 2016 and is the frontrunner in creating high-quality innovative products using the latest technological advances. Pruvit is the leader in education on ketones and what they do. Thousands of their promoters and customers attend their twice yearly KetoKademy events featuring top speakers at the forefront of ketone research.

As of early 2019, all Pruvit products contain bio-identical, non-racemic betahydroxybutyrate, the ketone that is naturally produced in the body when in ketosis from fasting or low-carb high fat diet. This means that this form of betahydroxybutyrate is more available as fuel to cells and to enter other metabolic pathways, such as those that reduce inflammation and control hunger. There are many other companies now selling ketone salts, but they continue to sell a racemic 50/50 mixture of the natural form of betahydroxybutyrate and the mirror image which is not as active; also, other companies' products tend to be very high in sodium and potassium in contrast to Pruvit ketone salts which are a carefully-studied blend of sodium, potassium, calcium and magnesium salts, all of which the body needs. All of Pruvit's ketone salts products have now transitioned to Keto//OS Nat which contains betahydroxybutyrate produced through a natural fermentation process rather than a synthetic chemical process. There are a variety of flavors to choose from and new flavors are added frequently, with special fun seasonal flavors available as well. The Keto//OS Nat powder is mixed in cold still or sparkling water and there are also bone broths and teas available for those who want a warm drink.

A healthy person might take a full serving of **Pruvit Keto//OS Nat** right away and consider increasing to two servings per day. For elderly people or those with chronic medical conditions, I strongly recommend getting doctor's approval, so that blood pressure, blood sugar and electrolytes can be monitored; I suggest starting slowly—1 or 2 teaspoons once or twice a day—and increasing gradually over a week or two as tolerated to 1/2 to 1 serving daily, or more as tolerated. Also very important—the person taking ketone salts must be able to drink plenty of fluids to avoid a dehydrating effect of raising ketones. Please see the article on my website www.coconutketones.com under ARTICLES BY DR. NEWPORT entitled, “Using Ketone Salts in the Elderly and People with Medical Conditions”.

MCT//143 is a product formulated by me and produced by Pruvit. It is a 4:3 ratio of MCT oil to virgin coconut oil I developed in 2008 that helped my husband Steve with early onset Alzheimer's improve dramatically and experience several better-quality years. A special ingredient has been added—phosphatidylcholine, which is abundant in cell membranes, helps carry important omega-3 fatty acids into the brain and becomes part of the memory neurotransmitter acetylcholine. Many people, especially those with Alzheimer's, are deficient in phosphatidylcholine and MCT//143 could help correct that problem.

For more information you can link through my website www.coconutketones.com to Pruvit or here at www.marynewport.pruvitnow.com.

Also, to learn more about ketones—the history, the science, the how-to of keto dieting and use of ketone supplements—check out my new book *The Complete Book of Ketones: A Practical Guide to the Ketogenic Diet and Ketone Supplements*. The book is available through all major booksellers and can be ordered at Amazon - <https://amzn.to/2AxBcLp>