

# Ketone Salts Explained

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Updated October 2024

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 are now available from many companies online, in some groceries, and in health food stores. Ketone salts were the first supplements on the market that contain the actual natural ketone made in the body called betahydroxybutyrate (BHB) 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. Taking MCT/coconut oil and ketone salts at the same time, if tolerated, might help sustain higher ketone levels longer.

## What are the benefits of taking ketone salt supplements?

Ketone salts are widely used by healthy people and those with a variety of conditions many of whom have reported beneficial effects, 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).

## What are ketone salts?

Ketone salts are powdered compounds made from the ketone betahydroxybutyrate, which is naturally made in the body from fat, and the minerals sodium, potassium, calcium, and magnesium which we need to consume in our diet every day. Some products contain only sodium and/or potassium salts but tend to be high in these minerals as a result. In my opinion, products with a balanced blend of all four minerals are ideal, since the products are usually in line with daily recommendations for these minerals. In addition, excessive amounts of either sodium or potassium could be an issue for people with high blood pressure, and those who are taking certain diuretics or potassium supplements for a medical condition. Two products that contain a balanced blend of minerals are [Pruvit](#) and [Audacious Nutrition](#).

## How much ketone salts supplement should I take?

The ketone salts powder can be mixed in cold still or sparkling water. There are also bone broths, instant coffees, and teas containing ketone salts available for those who want a warm drink. A full serving should be diluted in at least 10-12 ounces of water or other liquid. It is also possible to make flavored gelatin with ketone salts are added to the usual recipe.

A healthy person might take a full serving of ketone salts (usually 10-12 grams BHB) 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 of the powder diluted in water once or twice a day—and increasing gradually over a week or two to 1/2 to 1 serving daily, or more as tolerated. It is very

important that someone taking ketone salts drink plenty of fluids to avoid a dehydrating effect of raising ketones that may occur when first starting a ketogenic diet or ketone supplements.

Find more information on specific products and videos on my website [www.coconutketones.com](http://www.coconutketones.com)

Read my article "[Using Ketone Salts in the Elderly and People with Medical Conditions](#)".

### **What problems could occur when taking ketone salts supplement?**

The blood sugar level tends to decrease when taking ketone salts supplement. Therefore, people who have diabetes should monitor their blood glucose levels more closely to avoid low blood sugar (hypoglycemia) and consult with their physician regarding any adjustments to their medications.

Some people who are sensitive to sodium may experience an increase in their blood pressure and, therefore, the ketone salts, especially products that are mainly from sodium, may not be appropriate to continue. Also, these products may not be appropriate for someone who is already taking a sodium or potassium supplement for a medical condition.

The ketogenic diet or ketone supplements tend to release water from muscles and other tissues during the first weeks. It is important to consume plenty of water and other clear liquids when taking ketones to prevent dehydration.

### **What is the difference between racemic and non-racemic ketone salts?**

Ketone salts products are available as "racemic" and "non-racemic" salts. The ketone betahydroxybutyrate (BHB) is produced from fat in two mirror image forms, called D-BHB and L-BHB. Much more D-BHB than L-BHB is produced naturally in the body and L-BHB appears to have some different effects than D-BHB that could also be beneficial. L-BHB can also be converted back to D-BHB, so it is not certain whether it makes much difference if a person uses racemic or non-racemic ketone salts. Non-racemic salts are almost entirely D-BHB, and racemic salts contain an equal amount of both. Blood ketone monitors do not detect L-BHB and, therefore, the actual BHB level would be higher than the reading when taking racemic salts.

[Pruvit](#) makes all non-racemic products, and [Audacious Nutrition](#) makes racemic products. Both products contain a balanced blend of the four minerals.

### **Where can I learn more about ketones, ketone supplements, and ketogenic diets?**

To learn more about ketones—the history, the science, the how-to of keto dieting and use of ketone supplements—check out my 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>

Read my article on [Combining Ketone Salts with a Low-Carbohydrate Diet](#).

Also, look at [my website](#) for more information, my other articles and videos on ketone supplements, ketogenic diet, coconut, and MCT oil.