

Ketone Salts Explained

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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. Taking the oils and ketones salts at the same time can potentially boost ketone levels higher for several more hours than taking either alone. 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.

Ketone salts are now widely available from many different companies in a variety of flavors. Ketone salts are used by healthy people and those with a variety of conditions, many of whom report 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. Studies have shown that ketones can potentially suppress appetite and support 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).

There are two mirror image forms of betahydroxybutyrate that appear to have slightly different pathways in the body's metabolism basic and therefore, potentially different effects that might complement each other. As a result, there are types of ketone salts on the market. Racemic ketone salts are about a 50/50 mixture of the two forms of BHB. Non-racemic ketone salts contain nearly 100% of the predominant circulating form called D-BHB (also called R-BHB) that is naturally produced in the body when in ketosis from fasting or low-carb high fat diet. The mirror image L-BHB (also called S-BHB) is also produced naturally and tends to remain longer in circulation but at lower levels than D-BHB. Studies are underway to learn more about how D-BHB and L-BHB might differ.

Some ketone salt products contain mainly BHB as sodium and potassium salts. Other products contain a blend of sodium, potassium, calcium, and magnesium BHB salts. These minerals are all important to our metabolism and we require intake of these every day. Therefore, taking ketone salts as a supplement could help meet daily requirements. However, it is also important to maintain a healthy balance of these minerals. Therefore, in my opinion, it is prudent to look for products that contain a carefully formulated blend of sodium, potassium, calcium, and magnesium BHB salts.

Most ketone salts products are available in powder form to dilute with water or other beverage, and several are available as ready-to-drink "energy shots". There are many flavors to choose from. Some products combine BHB salts with instant coffee, tea, broth, or cocoa powder.

A healthy person might take a full serving of ketone salts right away and might consider increasing to two servings per day. However, the amount of ketone salts that is safe is limited by the high mineral content.

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. People taking diuretics or mineral supplements, such as potassium, for example, could be at greater risk of electrolyte imbalance by taking ketone salts. [Ketone esters](#) generally contain much less sodium or potassium and might be a better option, again, with doctor's approval. 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.

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”.

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>

Medical disclaimer: This article provides general educational information and is not a substitute for individualized medical advice, diagnosis, or treatment. Consult your healthcare professional before changing your diet, taking ketone supplements, or changing medications. Do not stop or adjust prescribed medication on your own.

