

# MITOKETO™ BOOST

## PRODUCT OVERVIEW:

MitoKeto Boost is a trendsetting three-in-one breakthrough system designed to supplement a healthy lifestyle by combining two proven and popular strategies: a KETO Diet and Intermittent Fasting meal routine. MitoKeto Boost is scientifically formulated to encourage optimal levels of ketogenesis and support your fast all while providing a boost to your energy at the cellular level using the established science behind our revolutionary Bod•ē Pro TEN.\*

MitoKeto Boost is wholly unique and contains a blend of multi-sourced Ketone salts derived from Beta-Hydroxybutyrate (BHB) that work to produce optimal ketogenic results. In addition to the included multi-BHB Keto Boosters, MitoKeto Boost also features other powerful ingredients that help support metabolic ketosis, improve your fast, and boost your energy all in one convenient supplement.\*†

## MITOKETO BENEFITS:



**SUPPORTS** METABOLIC KETOSIS\*†



**INCREASES** YOUR ENERGY\*



**PROMOTES** ELECTROLYTE BALANCE\*



**SUPPORTS** HEALTHY MITOCHONDRIA FUNCTION\*



**PROVIDES** YOUR BODY WITH SUPERIOR ANTIOXIDANT PROTECTION\*



\*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.

†To be used in conjunction with a healthy ketogenic diet and daily exercise. Bod•ē Pro recommends consulting with your physician or healthcare provider prior to starting any new exercise or diet plan.

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## CLINICAL UNDERSTANDING:

The scientific minds behind our clinically studied TEN formula developed MitoKeto Boost to give you an EXTRA EDGE you'll only find here. Combining extensive research and an understanding of what makes an effective ketogenic supplement, along with the clinical research behind mitochondrial energy health, allowed our research and development team to create what is quite possibly the most powerful keto diet booster available anywhere.

Containing a number of special ingredients that target your cellular energy levels, MitoKeto Boost supports your mitochondria, protects your mitochondria, and helps your body create new and more efficient mitochondria.\* MitoKeto Boost not only helps improve your energy levels from the inside out, but also helps your cells, and your body, truly age smarter.\*

No other keto supplement on the market contains the extremely effective mitochondrial support blend developed and researched exclusively at Bod•ē Pro.

## MITOKETO PRODUCT VARIANTS:

MitoKeto Boost works to help your body achieve optimal levels of ketogenesis in a way that best supports your lifestyle. MitoKeto Boost comes in two different versions:

### CAFFEINE

#### Supplement Facts

Serving Size: 4 capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Calcium (from Calcium Betahydroxybutyrate)	197 mg	15%
Magnesium (from Magnesium Betahydroxybutyrate)	52 mg	12%
Proprietary Keto Blend	2,050 mg	†
Calcium Betahydroxybutyrate		
Magnesium Betahydroxybutyrate		
Coconut Oil Powder		
Caffeine (from Green Coffee (Coffea arabica))	150 mg	†
Proprietary Mitochondria Support Blend	60 mg	†
CoQ10		
PQQ (Pyrroloquinoline quinone)		

† Daily Value not established.

**Other ingredients:** Vegetarian Capsule, Magnesium Stearate, Silica and Rice (Oryza sativa cera) Flour.



### CAFFEINE-FREE

#### Supplement Facts

Serving Size: 4 capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Calcium (from Calcium Betahydroxybutyrate)	197 mg	15%
Magnesium (from Magnesium Betahydroxybutyrate)	52 mg	12%
Proprietary Keto Blend	2,050 mg	†
Calcium Betahydroxybutyrate		
Magnesium Betahydroxybutyrate		
Coconut Oil Powder		
Proprietary Mitochondria Support Blend	60 mg	†
CoQ10		
PQQ (Pyrroloquinoline quinone)		

† Daily Value not established.

**Other ingredients:** Vegetarian Capsule, Magnesium Stearate, Silica and Rice (Oryza sativa cera) Flour.



MitoKeto Boost with caffeine gives you a much-needed boost of energy while you are fasting throughout the day. Our caffeine-free version allows MitoKeto Boost to be usable and accessible to as many people as possible in addition to allowing individuals to use this supplement in the evenings to help achieve maximum ketosis.

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## PRODUCT USAGE:

As a dietary supplement, take two capsules first thing in the morning with 12 oz of pure water and two capsules with 12 oz of pure water 30 minutes before eating your first meal.

MitoKeto Boost is not recommended for children under the age of 18, those who are pregnant or nursing, or those who have a medical condition or could have an allergic reaction. Store in a cool, dry place out of direct sunlight. Do not use if safety seal is broken.

## FOR OPTIMAL RESULTS:

Follow a low carb keto diet and combine with an intermittent fasting schedule of 16 hours of fasting in combination with two healthy keto meals and a snack in the remaining 8-hour eating window. 8PM to noon is the most popular fasting window for most individuals. Be sure to exercise daily and do something positive for your health. Move, walk, do some push-ups, maybe some squats, jumping jacks, take the stairs, park further away, and anything else that gets your heart rate up and gets you moving and active. If you can only do 5 minutes, start there and work up to 30 minutes daily. Your body will thank you later.

**To support maximum ketosis:** Take an additional two caffeine-free Boost 30 minutes before dinner with an 8 oz glass of water.

**For keto recipes and other healthy tips, visit [bodepro.blog](https://bodepro.blog)**

## MITOKETO TARGET MARKET:

MitoKeto Boost is ideal for those who are looking for a powerful active lifestyle support system or those who are following a healthy keto diet, an intermittent fasting routine, or those looking to take their personal health goals to a new level.† Individuals interested in cellular energy, healthy living, and building a strong foundation for overall well-being will love the potential benefits provided by the MitoKeto system.\*

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## KEY INGREDIENTS:

**Beta Hydroxybutyrate Salts (BHB)** – The most common source of ketones in the body, BHB salts help support metabolic ketosis, promote an electrolyte balance, and work to fuel your body.\*†

**Calcium BHB** – A naturally occurring, energy-dense, metabolite that functions as a carbohydrate-free energy source. This powerful ingredient supports ketosis while working to help fuel your muscles and vital organs during times of low carbohydrate intake.\* This natural energy booster is believed to help support your body and mind, especially during exercise and while first adopting a keto diet.\*†

**Magnesium BHB** – A critical electrolyte that works to help re-hydrate and has the potential to boost your energy levels, support your muscles, and reduce fatigue.\* This compound provides a boost of ketones that promotes optimal ketosis. Magnesium is an essential mineral that assists in many vital internal functions including muscle and nerve regulation, blood pressure management, and supporting the immune system.\*†

## WHAT MAKES THIS KETO DIET BOOSTER SO EFFECTIVE AND UNIQUE?

- 100% VEGAN, GLUTEN FREE, NON-GMO
- MITOCHONDRIAL ENERGY SUPPORT\*
- PURE COCONUT OIL (MCT)
- GMP CERTIFIED & HIGH POTENCY
- CLINICALLY STUDIED INGREDIENTS
- OPTIMAL MULTI-BHB KETO BOOSTER

**Coconut oil** – An excellent source of medium chain triglycerides (MCTs), saturated fats which are easier to digest and help suppress your appetite.\*†

**150 mg natural caffeine (caffeine version)** – Fires up your energy level.\*

**CoEnzyme Q10** – Acts as a vital antioxidant and supports energy production at the cellular level.\*

**PQQ** – Acting as a potent antioxidant, PQQ supports the production of mitochondria within your body and promotes healthy mitochondria function.\*

**25 mcg of Vitamin D** – Supports bone, teeth, muscle, and immune health.\* A full serving of MitoKeto Boost gives you 125% of the recommended daily value of essential Vitamin D.



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## FREQUENTLY ASKED QUESTIONS:

### Why should I supplement with MitoKeto Boost?

MitoKeto Boost was designed to help accelerate the effort you put into a keto diet and intermittent fasting while giving your body the support it truly needs. Unlike other supplements, Bode Pro's cutting-edge proprietary formula transcends all others by combining a keto diet, intermittent fasting, and a combination of increased cellular energy by targeting the source of it all: your mitochondria.

Since unhealthy mitochondria are not as efficient at turning food into energy, this can lead to that food getting perpetually stored as fat rather than used up to power your metabolic process. Plus, unhealthy mitochondria have a higher probability of being under oxidative stress and releasing unwanted free radicals, thus working to inhibit the function of your mitochondria even further. MitoKeto Boost is a unique system that supplements a healthy lifestyle and simultaneously supports you at the cellular level.\*

### What is a Ketogenic diet?

A ketogenic diet involves eating a very low-carb, high-fat diet; it involves drastically reducing your carbohydrate intake and replacing it with fat, which puts your body into a metabolic state called ketosis. When in ketosis, your body is efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy for the brain. Many people have been turning to this diet because it often does not require counting and tracking calories but participants in this style find it to be more filling than other diets.

### What is Intermittent Fasting?

Intermittent fasting (also known as "IF") is exactly what it sounds like: alternating phases of eating and fasting. However, there's a little more to it than that oversimplified explanation. Rather than focusing on the type of foods to eat as with other diets, IF focuses on when you eat food instead. Think of it this way: when you go to sleep at night, you are already fasting. Intermittent fasting simply extends that a bit further.

### What are mitochondria?

Mitochondria are the 'power generators' of your cells. They are responsible for the energy production in your body. Mitochondria convert oxygen and nutrients into adenosine triphosphate ("ATP"), which is the energy that powers our metabolic actions.

### What is oxidative stress?

Oxidative stress is damage caused to cells by free radicals. Free radicals are molecules with unpaired electrons, making them unstable and highly reactive with other cellular structures. Free radicals can cause damage to parts of cells by stealing electrons through a process called oxidation. Antioxidants can reduce oxidative stress by inhibiting the oxidation of other molecules, helping to protect cells from the damage caused by free radicals.

### Do I Need to Exercise?

Yes! Healthy physical activity is a key to unlocking the full potential of MitoKeto Boost. One of the best aspects of MitoKeto is adding an extra boost of energy to your daily routine.\* Use that energy to get up and get moving. Make it a priority to exercise daily and do something positive for your health. Hitting 10,000 steps a day has the potential to burn up to 600 calories, which could make a huge impact on your health.

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