

# CHOOSING A KETONE SUPPLEMENT

## 3 Types of Ketone Supplements

1. Ketone Esters
2. Ketone Salts
3. Ketone Oils

### 1. Ketone Esters

A ketone ester is a molecule made up of a ketone body (either beta-hydroxybutyrate or acetoacetate) bound to a ketone precursor

#### Advantages

- Utilized by the body quickly
- Better at raising blood ketone levels than salts or oils
- Generally the purest form of synthetic ketones

#### Downfalls

- Expensive
- Potential digestive side effects
- Raw synthetic ketones taste awful

#### Recommended Brands

- HVMN
- Keto Force



## 2. Ketone Salts

Ketone salts are ketones (generally beta-hydroxybutyrate) bound to a salt such as sodium, calcium, magnesium or potassium.

### Advantages

- Generally less expensive than esters
- Often cause less digestive upset
- More palatable than esters

### Downfalls

- Less effective at raising blood ketone levels
- Slower to take effect

### Recommended Brands

- Ketogenix
- Perfect Keto Base

## 3. Ketone Oils

MCT (medium chain triglyceride) oil, and other medium to smaller chain fats can be used to help boost ketones.

### Advantage

- Cheapest

### Downfall

- Least effective

### Choice Brand

- Brain Octane Oil

