

KETO DAY KETO NIGHT

FREQUENTLY ASKED QUESTIONS:

Q. What is MCT oil?

A. Medium Chain Triglyceride (MCT) oil is a dietary supplement made up of MCT fats. MCT oil is mainly used by people looking to lose weight or boost their endurance during a workout. As compared to long-chain triglycerides, MCT's don't need to be broken down into smaller molecules. MCT's have been heavily studied and have been shown to reach your liver more quickly. This allows your body to metabolize these MCT's more easily resulting in quicker energy production. There are 4 different MCT's. We utilize two specific types, C-08 and C-10, in our blends due to their stability and positive effects on the body. These are listed as C-08 and C-10 on the supplement fact label and translate to caprylic acid and capric acid respectively. These have unique benefits, especially when implemented with a keto focused diet.

Q. What is KetoDay and KetoNight?

A. KetoDay and KetoNight leverage advanced, proprietary MCT blends formulated to help jumpstart your day as well as finish your day strong. Taken in the morning, KetoDay's specific formula enhances your body's ability to achieve ketosis earlier in the day and reach your body-shaping goals. KetoNight promotes your body's ability to maintain ketosis throughout the night and may also promote a more restful sleep. These innovative formulas were created to benefit your diurnal rhythms and to ensure you feel great and function at your peak both day and night. KetoDay and KetoNight feature a patented Micelle Liposomal nutrient delivery system that massively increases nutrient bioavailability. Ultimately, KetoDay and KetoNight provide total body benefits and promote your body's natural ability to burn FAT for FUEL.

Q. What is The Difference Between KetoDay and KetoNight?

A. KetoDay and KetoNight are designed specifically to be used in the morning and evening. Each blend has distinct ingredients that are delivered at optimal times. KetoDay's formula is unique to your morning needs while KetoNight has ingredients focused on supporting your needs in the evening. For additional information about specific benefits see the Primary Benefits section on the product information page.

Q. What is the Micelle Liposomal Delivery System?

A. The active compounds in KetoDay and KetoNight are wrapped in a patented Micelle Liposomal Delivery System. This patented technology encases the active compounds in a series of protective bi-layers allowing them to pass through the digestive system safely and be properly absorbed – resulting in up to 20x higher bioavailability.

Q. What is Ketosis?

A. Ketosis is a metabolic state in which your body uses fat rather than glucose (sugar) as its main source of fuel.

Q. What is a Keto Diet?

A. The keto diet is a high-fat, moderate-protein, low-carb regimen, typically limiting carb intake to 5% of total daily calories. This diet ensures the body turns to fatty deposits for energy instead of its usual carbohydrate stash. Without a regular supply of carbs, the body begins to break down fat for energy. This metabolic state is called ketosis.

Q. Do I Have to Follow a Keto Diet to See Results?

A. No, however for best results we recommend you follow a sound nutrition program that coincides with a healthy lifestyle.

Q. How Do I Use KetoDay and KetoNight?

A. It's recommended to consume 1 Tbsp of KetoDay 15-30 minutes before breakfast. It's recommended to consume 1 Tbsp of KetoNight one hour before dinner.

Q. Does KetoDay or KetoNight Contain Caffeine?

A. No, KetoDay and KetoNight do not contain caffeine.

Q. Do I Still Take KG4 or KetoGen4 if I'm Taking KetoDay and KetoNight?

A. Yes! For enhanced results it's best to pair KetoDay and KetoNight with KG4 or KetoGen4 to support your body's ability to stay in ketosis during your entire day.

Q. Can Anyone Take KetoDay and KetoNight?

A. KetoDay and KetoNight can be used by both men and women 18 and over.

Q. How Long are KetoDay and KetoNight Good Once Opened?

A. KetoDay and KetoNight are best when consumed within 12 months of opening.

Q. How Long Will One Bottle of KetoDay and KetoNight Last?

A. If taken as directed KetoDay and KetoNight will last one month.

Q. What Flavors are KetoDay and KetoNight?

A. KetoDay has a rich mocha flavor and KetoNight has a delicious maple flavor.

Q. Can I Mix KetoDay or KetoNight With Other Beverages?

A. KetoDay and KetoNight are flavored with delicious Mocha and Maple flavorings respectively and taste great straight from the bottle. If you desire to mix with a beverage, we recommend mixing with water, coffee, or a smoothie blend.

Q. Do KetoDay and KetoNight Need to be Refrigerated?

A. It is recommended that KetoDay and KetoNight be kept in a cool, dry place and stored in the refrigerator after opening.

Q. What if There is Product Left in the Bottom of the Bottle?

A. It is recommended that you store the bottle upside down after most of the product has been used to allow it to settle toward the top for ease of use.