



# KETOPIA™

YOU'LL KNOW WHEN YOU'RE THERE

Welcome to the Ketopia village! You hold in your hands an exclusive 10-day program designed to safely and easily help you achieve and maintain nutritional ketosis. The Ketopia Reset program leverages the latest breakthroughs in science and nutrition to make your health goals realistic and tangible... finally!

It's time to press the reset button, and stop borrowing life and energy from our future. Health is a habit, not an event. Ketopia is our opportunity to take fat and turn it into energy; to reenergize our bodies and self-worth. You are one KetonX drink away from being on the bridge to Ketopia, and you'll know when you're there!

FOREVERGREEN™

## IT'S TIME TO HIT THE RESET BUTTON

In today's world, foods are chemically altered, full of sugars, carbohydrates and empty calories, making them cheaper to produce and more addicting to consume. This craving-packed "carboholic" culture tempts us at every turn and entices our children. It's no wonder why we are sicker and heavier than ever.

We cannot create and sustain our dreams if we are stepping over our health to get there. The Ketopia Reset program has been designed to set you back on the path toward optimal health and wellness through ketosis.

## BURN FAT, DON'T ABUSE CARBS

Ketosis is a natural metabolic state where the body burns fat for its energy, rather than carbohydrates. Fat offers 225% more energy than carbohydrates. Until now, this energy has believed to be out of reach, or at best, difficult to achieve.

## PROOF WITHIN HOURS

Use the included "Peetopia Stix" to find your level of nutritional ketosis throughout the program. Test yourself an hour after your first KetonX drink, and each day thereafter.



Negative



Trace



Small



Moderate



Large



COMPARE YOUR COLOR AT 15 SECONDS

## 10-DAY RESET PROGRAM

This pack contains the tools you need to supplement a healthy lifestyle and reap the benefits of being in nutritional ketosis.

### **KetonX™** (10 Packets)

KetonX is a drink that allows the body to begin converting into a state of nutritional ketosis within a matter of hours, not days. Featuring a patented blend of ingredients, KetonX is a safe and simple way to achieve ketosis without the lengthy process and negative side effects of a typical ketogenic diet.

### **Dough Bites™** (10 Bites)

Dough Bites are a delicious cookie dough snack that feature 24-Karat® Chocolate, zero-impact carbohydrates, fiber and prebiotics. They are formulated to help balance insulin levels and increase fat utilization for energy. Dough Bites are filling, help to reduce cravings, and taste amazing.

### **FIXX®** (10 Packets)

FIXX is a delicious 24-Karat® Chocolate meal replacement energy shake that is made with the highest-quality clean ingredients to support your weight management goals along with the rest of the Ketopia system.

Before you begin, you are encouraged to take an inventory of your body measurements, energy level, mental clarity, and overall sense of wellbeing so you can track your results. It's also wise to get plenty of rest and consult your healthcare professional before starting any health program.

This is not intended as medical advice. This material is intended to be of general informational use and is not intended to constitute medical advice, probable diagnosis, or recommended treatments, nor should any information in this document be construed as such. ForeverGreen is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or methods described in this material. 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.

## IT'S SIMPLE

- Morning: 1 KetonX drink in 10-12 oz. water
- Two to three hours later: 1 Dough Bite + 16 oz. water
- Three hours later: 1 FIXX in 8-10 oz. water
- Three hours later: Sensible meal with healthy fats, protein and green vegetables
- All day: Drink water! You should drink half your body weight in ounces each day.

**Recommendations:** You can supplement your program with low-carb/ high-protein snacks, and ForeverGreen Farmers Market products like Pulse-8™, per your individual needs. Of course, a healthy diet, plenty of rest, and regular exercise is essential in any wellness program. You can also add KetoPM™ to your program to help get the sleep you need to maximize your results.

Every body is different. Just as the causes for being overweight, metabolic rates, physical exercise and food intake vary from person to person, so will results. Ketopia is designed to let you make it work in a way that works for you!

Be sure to visit the Ketopia website for more detailed information on the program, recipes, snack lists, and additional recommendations for optimizing your results.