

BREATH KETONE METER

PRODUCT MANUAL



The device is with high sensitivity, so the testing results will be interfered by the following:



Coffee



Fragrance



Food



Smoking



Drinking

In order to accurately analyze and track your testing readings, we strongly recommend testing your ketone levels under the same conditions right after waking up in the morning before consuming anything in fasting status!

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OPEN METHOD



OPEN METHOD



Break off the cap with your hand, the same as you break off a chocolate.

How to use the Keto Meter

Once the testing & analysis phase has been completed successfully, the results will show on the screen. They will give you information on the ketone levels in your breath and on whether you are in ketosis or not.

Ketosis is the state in which the body is using fat for its main energy source.

Readings:

- Breath Acetone Concentration (ppm): **0 ~ 1.9**

You are not in ketosis or just right before ketosis.

- Breath Acetone Concentration (ppm): **2.0 ~ 3.9**

You are at very early stage of ketosis.

- Breath Acetone Concentration (ppm): **4.0 ~ 9.9**

You are in a light status of ketosis.

The body fat is burning at a low pace.

- Breath Acetone Concentration (ppm): **10 ~ 39**

You are in the optimum level of ketosis.

This is the stable fat burning zone, the process of fat being used by the body as the main source of energy.

- Breath Acetone Concentration (ppm): **40 ~ 59**

Be Caution! You are approaching too much ketosis level.

Adjust your level to under 40ppm.

- Breath Acetone Concentration (ppm): **60 ~ 99**

Danger! You are in too high level of ketosis.

Ketoacidosis.



Precautions

Thank you for purchasing the Keto Breath Meter.

This manual provides important information to ensure proper and correct use of the Keto Breath Meter. Before using this device, please read the following User's Manual thoroughly.

1. Use this device **ONLY** for its intended purpose, as described in this manual.
2. Do **NOT** use any accessories which are not approved by the manufacturer.
3. Do **NOT** use the device if it is damaged or malfunctioning.
4. Do **NOT** use the equipment in places where aerosol sprays are used, or where oxygen is being administered.

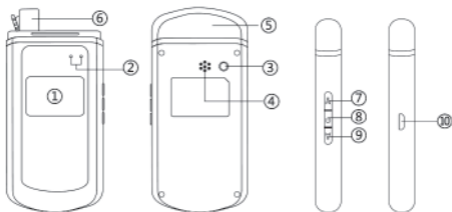
Preparations Before Use

Please check to make sure that all parts and components are included in the package. If any part is missing, please contact the retailer.

Contents of the package:

1. Keto Breath Meter
2. 10 air-blowing pipes
3. One User's Manual
4. One bag

Components Diagram



① LCD screen

③ Vent hole

⑤ Cap

⑦ ▲ button

⑨ ▼ button

② Charging indicator

④ Buzzer

⑥ Mouthpiece in

⑧ Power button

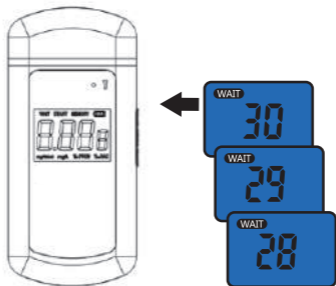
⑩ Charging port

Steps to Use Keto Breath Meter

To use the Keto Breath Meter to detect ketones in your breath, follow these steps:

Warm-up and Recalibration

Press the power button for about 2 seconds. The LCD display of the ketone breath meter will turn on, accompanied by a beep sound.



The “WAIT” symbol will be displayed and a countdown from 30 to 0 will begin. This indicates that the device is in warm-up mode.

NOTE: If the warm up wasn't successful, the device will reset automatically and will start warming up again, until it is ready for use (this might happen 1-2 times until it's ready).

IMPORTANT:

When taking the device out of the packaging for the first time, or if you haven't used it for a long period of time, impurities (such as fine particles and dust) might have accumulated on the surface of the ketone sensor. In that case, a longer warm up is necessary. To do this, turn on the device, wait for the 30-seconds countdown to be completed, and turn it off. Repeat the same procedure 1-2 times (without blowing) before you proceed to test.

1.The "START" symbol will be displayed on the screen once the warm-up has been completed successfully. A countdown will start – it indicates that the device is ready to be used.



2.Put the device close to your mouth and blow into the breath-in hole for about 5 seconds until the beeping stops. If there is no beeping sound, it means that the Keto Breath Meter has not detected any ketones in your breath.

3.The next screen indicates that the device is analyzing the results.



Auto Power Off

The results will be displayed on the screen for about 10 seconds. After that, "OFF" will appear on the screen for 2 seconds and the ketone breath meter turn itself off

Turning the Device On and Off

To turn the device on or off in any mode, press the POWER button for 2 seconds.

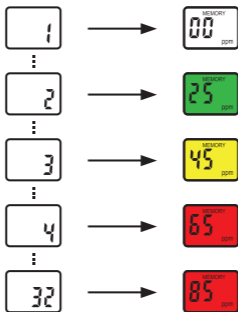
Restart Test Mode

After the test results are displayed, you can press the POWER button to directly enter Test mode again. You don't need to wait for the device to turn itself off to do that. Nevertheless, you should wait for 3-5 minutes before testing again for maximum accuracy.

Accessing Reading Records

To access the recent testing records (up to 64 readings are saved), follow these steps:

1. While in **Warming-up** mode, click the **UP** or **DOWN** button to access the **Records** mode. To navigate between the different readings, press the **UP** or **DOWN** button. You can see the 1-64 previous readings.
2. While in the **Records** mode, press the POWER button to return back to Test mode.
3. If there is no activity within the next 10 seconds, the device will turn itself off.



Maintenance

- To avoid damaging the device or its surface, do not use aggressive or abrasive cleansers such as benzene, thinner or petrol to clean it.
- Avoid dropping or hitting it, as it might get damaged and malfunction.
- Do not try to repair, rebuild or dismantle any parts of the device, except for replacing the batteries.
- If you will not be using the device for a long period of time, it is recommended to take out the batteries to prevent battery leakage and consequent damage.

Important Tips on Using the Ketone Breath Meter

- The monitor needs to be recalibrated before your first use. To do this, turn on the Keto Breath Meter, wait for the 30-seconds countdown to be completed, and turn it off. Repeat the same procedure 1-2 times (without blowing) before you proceed to your first test.
- Please blow immediately after the 30-seconds countdown has been completed, and blow until the beeping sound has stopped. The Keto Breath Meter will then start analyzing your test results. Please note: If there is no beeping sound, it means that the Keto Breath Meter has not detected any ketones in your breath.
- Please do not take a deep breath before blowing instead, just blow into the Keto monitor while breathing normally. Most of the acetone is at the bottom of your lungs.

- Please always wait for 5 minutes before performing a second or third test. Otherwise, the residuals from the last test may influence the next reading. Please note: After each test, the air in your lungs gets diluted from the air you have been inhaling.
- If another person wants to use the Keto Breath Meter, they should also wait for 3-5 minutes after the last test was performed, in order to obtain correct readings.
- Please note that everything you consume, including water, influences the ketone levels in your breath. For that reason, in order to accurately analyze and compare your test readings, we strongly recommend testing your ketone levels under the same conditions every day right after waking up and before consuming anything.
- Please note: There is a time delay before your ketones levels drop after having consumed anything that is high in carbs, which is why you might still be getting high readings after that. The time delay is different for each individual, and will also depend on how long you have been on the keto diet for.
- Each test reading will be slightly different: there are many variables that might affect the results, f.e. the amount of air that you have inhaled & that you breathe out, variations in the force with which air is blown out, how long it took you to breathe out, etc. Other factors that influence readings are the food and beverages that you have consumed, your activity levels (including exercise), whether you have been fasting, and so on. Nevertheless, the results from the same period of time of a given user should be similar.
- The Keto Breath Meter is highly sensitive and is designed to detect even very small traces of ketones. This is why the results might be affected by external conditions, such as temperature, humidity and air impurities. Additionally, the results might be unstable if the device has not been used for a long time.