

## **1. What's Ketone Breath Meter?**

Ketone breath meter is a great tool when following the keto diet.

It can monitor the amount of ketones in your body by breathe, and check if you are in a state of ketosis.

People who are on keto life have to monitor their ketones every single day, and tracking breath acetone is a better measure of what the body is actually using for fuel.

## **2. What's the difference between 3 different ketone testing method?**

Each method of ketone testing measures something different: blood tests measure  $\beta$ -hydroxybutyrate levels, breath tests measure acetone levels and urine tests measure acetoacetate levels.  $\beta$ -hydroxybutyrate, acetoacetate and acetone are all ketones produced during fat metabolism. If you are burning fat, you are making ketones, so all three can be a gauge of ketosis.

All three methods can provide useful feedback. And kindly remind that each method is different and no linear relationship exists between the different ketone measurements, direct comparisons between three methods is not possible.

### **3. How does Ketone Breath Meter works?**

While on a ketogenic diet, the restriction of carbs leads to the body utilizing fats for fuel.

Acetoacetate can then be converted to the other two ketone bodies, acetone and BHB (b-hydroxybutyrate).

Breath ketones (Acetone) is spontaneously released when fat is metabolised into ketone energy.

B-hydroxybutyrate is measured by using blood meters, while acetone diffuses in the lungs and can, therefore, be measured by testing exhaled breath.

ketone breath meter is a device which measures the amount of acetone in your breath. The more breath ketones, the more fat is metabolised into energy. Breath samples are non invasive and can be done many times throughout the day without extra costs.

This makes your ketogenic diet journey way more enjoyable.

### **4. Why each test result has a little difference?**

Since the acetone is changing hourly and daily, it would be affected by the diet, obesity, exercise, environmental factors, and acetone exchange in the lung. Other factors that influence readings are the amount of air you blow, the time of blowing, the change of blowing strength. Anyway, the results should be similar if tested in the same period.

## **5. How to use Ketone breath meter?**

1. Press the power button for 2 seconds whereby the device will turn on and beep.
2. Wait 20-60s seconds countdown for device warming-up, once the warm up is complete, the device will beep and signify the "Blow" instruction.
3. Hold the mouthpiece in your mouth and blow with reasonably strong intensity over a period of 10 seconds. Breathe from the end of your breath(DO NOT take a deep breath beforehand). It's recommended that the user blows for the full 10 seconds so that there is sufficient time for the sensor to detect the ketones within the breath.

### **Why my device has a so high reading?**

Our sensor is highly sensitive, designed to detect the ketones which are few in the mouth. So the reading would be easily affected by other factors, such as alcohol, juice, food, coffee, nail polish, perfume, etc. Please restart the device several times without blowing, until the reading is 0.0. And please ensure the mouth is clean and with no smell.

### **If I'm in ketosis, what number will be the best?**

The range of 10-39 signify the person is in full state of ketosis, which is the optimal ketone zone.