



KETO REBOOT

+ OPTIMIZATION

User Manual 1.0

Printing of this guide is permitted for personal use only. Distribution and mass and/or commercial production is strictly prohibited and carries significant penalty.

#KETOREBOOT





#KETOREBOOT



Share your progress pictures, better selfies, and inspirational images using the hashtag #ketoreboot on your FB and Instagram with a shoutout to @justpruvit.



CONTENTS

The Goal.....	4
What is the Keto Reboot.....	5
Your Keto Reboot Kit.....	6
60 Hour Reboot Routine.....	7
Pathway to Optimization.....	8
What is Optimization.....	9
Müvement Challenge.....	10
Müvers Overachiever Challenge.....	13
8 Optimization Hacks.....	14
Füd Guide.....	16
Self Awareness Journal.....	18
Journal Template.....	19

BEFORE YOU BEGIN

The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always consult a qualified medical professional before beginning any nutritional or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read that is published by Prüvit Ventures, Inc. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. The information provided by Prüvit Ventures, Inc. relating to the 60 Hour Keto Reboot is for informational and educational purposes only and, any use thereof, is solely at your own risk. Under no circumstances should the 60 Hour Keto Reboot dietary and exercise programs, or Prüvit products, be applied instead of medication or medical advice without first consulting a prescribing health care professional for a recommendation. The 60 Hour Keto Reboot enhancement strategies should not be applied unless a complete examination by a qualified health-care professional has first confirmed that the health condition of the individual can tolerate the related programs and goals, and support the enhanced metabolic performance.

DISCLAIMER: The information contained herein has not been evaluated by the Food & Drug Administration. Pruvit products are not intended to diagnose, treat, cure or prevent any disease.

THE GOAL

Everyone can use an Upgrade, and that's exactly what you've signed up for with the Keto Reboot. Whether want more energy, to get in shape, eat a healthier diet, or simply want to feel better, the N8tive Reboot is here to guide you on your Keto Quest for better.

Our 60 Hour Keto Kleanse will Reboot your system back to its N8tive state. As the first step on your Keto Quest, it is the ideal way to set yourself up for success with Pruvit's Keto Optimization. The Keto Reboot and Optimization is designed to keep your fat burning potential at its peak. You will experience the ultimate N8tive experience as you use KETO//OS[®] MAX, BETTER//BROTH[™], KETO//KALM[™], and Signal//OS[™] throughout the 60 Hour Keto Kleanse.

The Keto Reboot guide and access to Keto Reboot Coaches give you the resources, inspiration, and accountability you need to succeed. Through this guide, you'll discover step-by-step instructions for just 8-minutes of daily Muvments that anyone can do anywhere and anytime. Our worry-free 60 Hour Keto Kleanse schedule will show you exactly when to drink what, and we'll even give you tips and hacks to amplify your experience. Our certified Keto Reboot Coaches, specialists, and doctors offer weekly Q&As as well as tips and recipes to support your journey to better. With just 8 minutes a day and a focus on small lifestyle hacks to make you more n8tive, the Keto Reboot will kickstart your quest for Optimum Human Performance.



WHAT IS THE KETO REBOOT?

The Keto Reboot is a 60 hour keto cleanse that taps into the KETO//OS[®] Max formula, BETTER// BROTH[™], SIGNAL// OS[™], and KETO//KALM[™] for signature breakthrough results. Through this quest, your body will operate on fuel intended by your N8tive state. This Reboot gives you the resources to start back at your N8tive state for a better YOU!

BY CONQUERING A 60 HOUR REBOOT, YOU ENGAGE YOUR BODY TO USE FAT AS AN ENERGY SOURCE WHILE GRADUALLY SHIFTING INTO KETO ADAPTATION.

You will create a technical deficit state by drinking Keto//OS[®] Max, which controls cravings, preserves and protects lean muscle mass, and maximizes your energy.

Remember that this reboot is simply to reset your metabolism by reprogramming your genes to run on fat for fuel, and it's important to take it day by day. Enjoy the process!



Participate in the Keto Reboot Facebook Group for support. Commit to the Reboot and you're committing to a better you!

YOUR KETO REBOOT KIT



3 KETO//KALM™ (2 Caramel Apple, 1 Chocolate)



4 Keto//Broth (2 Keto Thyme, 2 Salted Caramel)



4 KETO//OS® MAX Raspberry Lemonade (2 Charged and 2 Caffeine Free)



10 SIGNAL//OS™ Capsules

60 HOUR REBOOT ROUTINE

SUNDAY

Eat regularly during the day

(but don't binge eat – that only makes it harder on your body)

8pm SIGNAL//OS® Capsules (2)

KETO//KALM™

Drink plenty of water and get to sleep before 11 PM!

MONDAY

Upon waking KETO//OS® Max

Mid-morning SIGNAL//OS® Capsules (2)

Noon BETTER//BROTH™

3pm KETO//OS® Max

6pm BETTER//BROTH™

8pm KETO//KALM™

SIGNAL//OS® Capsules (2)

Drink plenty of water and get to sleep before 11 PM!

TUESDAY

Upon waking KETO//OS® Max

Mid-morning SIGNAL//OS® Capsules (2)

Noon BETTER//BROTH™

3pm KETO//OS® Max

6pm BETTER//BROTH™

8pm KETO//KALM™

SIGNAL//OS® Capsules (2)

Drink plenty of water and get to sleep before 11 PM!

PATHWAY TO OPTIMIZATION

WEDNESDAY

This is your first day to gradually add in protein and fat nutrition into your day. Scientific research tells us that adding in food items like eggs and bacon for breakfast and savoring small portions throughout the day will prevent any feelings of bloating or inflammation. Continue to utilize the power or Pure Therapeutic Ketones® throughout your day. Enjoy your small portions and remember that food is fuel! Prepare yourself for your best optimization quest!

Optimize your Wednesday: Make sure to get in (2) KETO//OS® Max, (1) BETTER//BROTH™, (2) SIGNAL//OS™, and (1) KETO//KALM™.

THURSDAY

Continue to add healthy foods avoiding grains and sugars while taking advantage of the new fuel sources your body has been introduced to through the N8tive Reboot.

Optimize your Thursday: Make sure to get in (2) KETO//OS® Max, (1) BETTER//BROTH™, (2) SIGNAL//OS™, and (1) KETO//KALM™.

FRIDAY

Near the end of the week and your meals are now becoming more suitable for your machinery body. Start preparing meals from your ketogenic meal plan. Continue to increase your H2O play and plan to prepare for a successful healthy weekend! You are now entering the optimization phase.

Optimize your Friday: Make sure to get in (2) KETO//OS® Max, (1) BETTER//BROTH™, (2) SIGNAL//OS™, and (1) KETO//KALM™.

WHAT IS OPTIMIZATION?

Optimization is taking your body to the farthest reach of its full potential. By reprogramming your body to burn fat and ketones instead of sugars as a fuel, we are able to ditch the yo-yo dieting and the negative consequences of consuming grains and sugars.

Becoming efficient with your optimization after your reboot, you'll increase your ketophagy, which is the natural cellular detoxification process that recycles and repairs cells through the power of KETO//OS® Max. Ketophagy is crucial part of long lasting health as it assists with obesity, mental clarity, performance, illness, and much more. Engaging in the ketogenic diet in conjunction with KETO//OS® Max will naturally promote ketophagy in the brain, which will allow for transformational results you can see and feel!



Ketophagy **Ke·toph·a·gy**

/kē 'täfəjē/

Natural cellular detoxification process that recycles and repairs cells through the power of KETO//OS® Max.

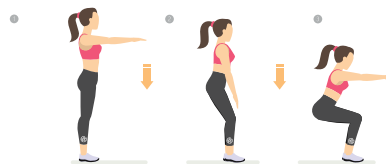
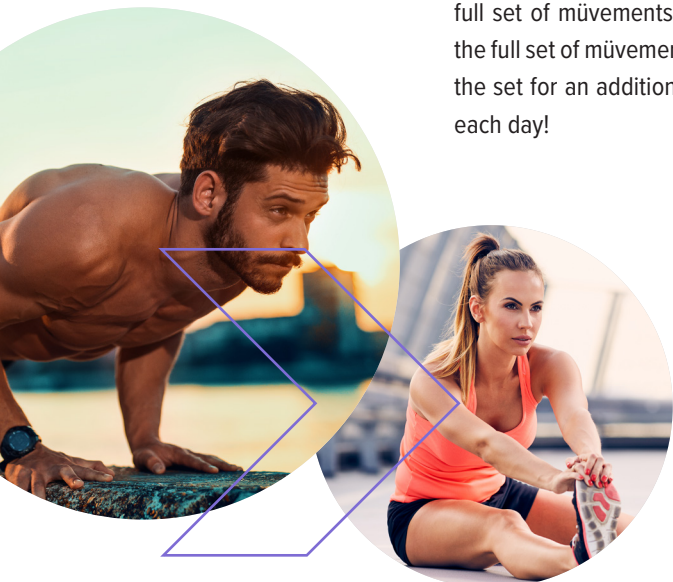
MÜVEMENT CHALLENGE

Müving doesn't mean enduring long, tiring workouts to see results. Your body will respond very positively if you exercise for a few minutes each day.

LISTEN TO YOUR BODY AND MÜV MORE!

We've added several various müvements for you to try. If you feel discomfort at anytime, use one of the modifications or stop.

These müvements are designed for you to do for 60 seconds per müvement until you have completed the full set of müvements. Once you are comfortable with the full set of müvements, challenge yourself and repeat the set for an additional 8 minutes to feel more N8tive each day!



BODY SQUATS

1. Stand with your legs shoulder width apart and toes facing forward flat on the ground.
2. Keep a tall posture by actively trying to reach your head up, keeping your shoulders back, and focusing on a tight core (imagine someone is about to punch you in the stomach).
3. Lower your hips back and down while your knees are pushing outward and you keep your weight in your heels.
4. Rise and thrust your hips out at the top of your movement contracting your abs and glutes.
5. Keep a neutral back and continue to lower and rise those hips for a squatting routine.

Modified: Complete above but lower slowly into a chair and back up.



INCH WORMS

1. Starting in your neutral standing position, hinge your upper body towards the ground as your hands walk you out into a plank position.
2. Keeping core engaged and neutral back, continue walking your hands in and out.

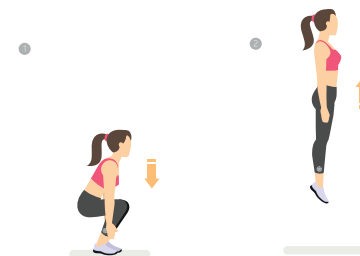
Modification: If your hamstring flexibility still needs some improvement, bend your knees and continue the motions or just practice hindging at your hips and reaching for your toes and standing back up.



DIPS

1. Place a bench or chair behind your body as you face away from the bench.
2. Grip the edge of the bench with your legs extended, heels on the ground.
3. Lower yourself down until your elbows are at 90 degrees and lift yourself up to your starting position.

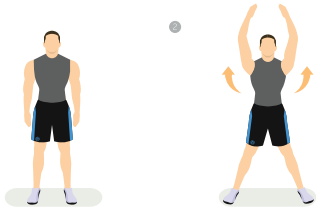
Modified: Bend your knees 90 degrees instead of extending straight. The closer your feet are to your bench, the easier it is.



JUMP SQUATS

1. Standing with your feet shoulder width apart, squat down with your hips as described in the squat section.
2. On the upward movement, jump up explosively as high as you can while landing back into your squat position with control.
3. Keep your core engaged and remember your technique during the squat müvement.

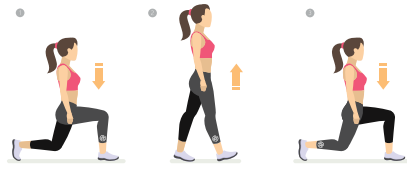
Modified: If you have any knee pain or feel uncomfortable at any time, just do regular squats or the modified squats.



JUMPING JACKS

1. Start standing with feet close together and arms touching your body.
2. Hop feet apart the same time as you bring your bent arms above your head.
3. Hop back in while bringing your arms down by your side.
4. Continue this motion to complete your jumping jacks for the full 60 seconds.

Modified: If any time you feel uncomfortable, continue with modified movement as you step one leg out at a time while bringing your arms up above your head and down by your side.



LUNGES

1. Start with and maintain a tall posture.
2. Stepping one foot forward at a time, lower yourself until your back knee softly touches the ground and both knees are at 90 degree angle.
3. Keep forward knee from jetting out over the toes of your front foot.
4. Continue keeping your core engaged and tight as you push back until you're back at the starting position.
5. Continue alternating legs for the full minute.

Modified: Utilize a more shallow range of motion. Keep your stance a little closer together and only go down as low as you feel comfortable.



PUSH UPS

1. Start in the plank position.
2. Place your hands on the ground shoulder width apart.
3. Keep your core tight, neutral neck, lower your arms until your entire body is near the ground but not completely touching the ground.
4. Keeping your body rigid repeat the motion for 60 seconds.

Modified: Place your knees on the ground while keeping your spine neutral and move your body in one motion towards the ground and back up.



SIT UPS

1. Lay flat on the ground, bending your knees.
2. While keeping your core engaged and neck relaxed, sit up by bringing your upper body toward your thighs.
3. Keep your feet on the ground as you sit up and lower yourself back down on the ground repeating for 60 seconds.

Modified: Crunches serve as a great modification for sit ups. Engage those abs and lift yourself up a few inches off the ground, squeeze and hold that position, then lower yourself back down on the ground. Keep it up and those abs will be on fire!

MÜVER'S OVERACHIEVER CHALLENGE

Raise the bar by adding another 8 minutes of Müvement per day. Add in some extra Max and Müvit! Pick 1 or more extra credit 8 minute challenges and post your results!
#MaxKetoReboot

/// Walk or run the stairs for 8 minutes

/// Walk or run for 8 minutes

/// Lunges and jumping jacks circuit for 8 minutes

/// Squats and situps for 8 minutes

/// Step ups and dips for 8 minutes



IT'S GO TIME!

8 OPTIMIZATION HACKS



1 // THE POSITIVITY PUSH

Challenge yourself to stop negative thoughts. Focus on ways you can turn negativity into positivity. Try adding meditation, self reflection, gratitude, deep breathe, and being present in the moment.



2 // WATER WASH

Pack on the agua! Over 50% of your body is made up of water. Let's keep it that way. Plus, you can up your water game by drinking high Ph water for an alkalizing effect.



3 // MÜV MORE!

Müv each day, take the stairs, park far away, stand instead of sit, increase heart heart rate at least once a day. Müv a few minutes a day and keep the doctors away!



4 // CARB BLOCK

Pursue better by limiting carbs, clean out that pantry, focusing on fueling your body for true optimization.



5 // DRIVE YOUR FATS UP THE FIELD

Increase fat infused keto drinks and experience the benefits firsthand.



6 // MEAL TIMING

Space out meals between 11am-8pm and supplement with KETO//OS® Max. Create an organized meal plan to help keep things on track.



7 // ZZZ PLAY

Recover & repair your mind and body by falling asleep before 11 pm each night.



8 // ACCOUNTABILITY KEY

Join our Facebook group for accountability and support! We have Keto Reboot Coaches, Specialists, and Doctors that will post daily tips, reminders, Müvement demonstrations, educational articles, and positive keto coaching to optimize your success!

FÜD GUIDE

WHAT TO EAT OUTSIDE OF THE 60 HOUR KETO KLEANSE

PROTEINS

Bonus Points for Grass-Fed, Organic, Hormone & Antibiotic Free, or Free Range.

Bacon	Goat	Pork Chops	Veal
Beef	Ham	Pork Loin	Whole Eggs
Bison	Lamb	Prosciutto	
Chicken	Pheasant	Quail	
Duck	Pork	Sausage	

Lean cuts of meat are ok, but remember high fat is the name of the game.

SEAFOOD

We like it wild. You should too. Go for wild caught. Farm raised is out.

Catfish	Halibut	Oysters	Snapper
Clams	Lobster	Salmon	Squid
Cod	Mackerel	Sardines (in olive oil is best)	Trout
Crab	Mahi Mahi	Seashells	Tuna
Flounder	Mussels		

Tuna is a great option too, but drizzle a little MCT oil on it.

VEGETABLES

Starchy Veggies aren't our friends. Stick to the leafy greens that treat you right.

Asparagus	Chard	Kimchi	Sauerkraut
Broccoli	Cucumbers	Olives	Spinach
Cauliflower	Garlic	Pickles	Squash
Celery	Kale	Romaine lettuce	Zucchini

FATS AND OILS

Organic and Grass Fed fats and oils are encouraged. Limit or avoid dairy when possible as many people have a negative effect from dairy.

Avocado Oil	Coconut Oil	Olive Oil
Butter	Flax seed	Paleo mayonnaise
Chia Seeds	Ghee	Sesame Seeds
Coconut Butter	Lard	

DRINKS

At a minimum, you should be drinking of 8-10 8 oz glasses of water per day.

Water Hack

Divide your body weight (in lbs) by 2. This number, in ounces, is the amount of water you should drink daily.

Great Alone or with KETO//OS® Max

- Naturally Flavored Sparkling Water
- Unsweetened Iced Tea

Great Alone or Mixed with KETO//KREME® or MCT//143™

- Unsweetened Coffee
- Unsweetened Hot Tea
- Unsweetened Kombucha

SNACKS

Snacking is fine in moderation. Keep in mind, extra calories taken in should be expelled with extra müvement.

1/4 Avocado	KETO//OS® Max Jello	Pork Rhinds
1/4 C. Nuts	Olives	Sardines
Kale Chips	Pepperoni	Seaweed Snacks

SELF AWARENESS JOURNAL

The purpose of journaling is more than just recording your daily thoughts. Journaling can help you become more self aware as a whole. By becoming self aware, you begin to start listening to your body's needs and know what feels good for you. You can reflect on journaling to find the best meal timing to prevent hunger, keep track of progress towards specific goals, and write down motivational quotes to keep yourself pushing to pursue BETTER.

***JOURNALING CAN HELP YOU BECOME
MORE SELF AWARE AS A WHOLE.***

NEVO JOURNAL

Today's Date _____

BREAKFAST

Time

Exercise

LUNCH

Time

Exercise

SNACKS

Time

Exercise

DINNER

Time

Exercise

MÜVEMENTS

Time

Müvement

HYDRATION

At a minimum, you should be drinking of 8-10 8 oz glasses of water per day.

Go on, check them off as you go!



INSPIRATION

What Inspired Me Today? _____

NOTES

Captain's Log _____
