



**INSIDE
FITNESS**

SPECIAL REPORT

KETO RESULTS - FASTER. BY THE EDITORS

Keto diets work very well indeed. Problem is, those first 2-3 weeks on a keto diet, your energy can really tank. It takes a few weeks for the body to get really good at switching from burning carbs to provide your body the fuel energy, to burning fat for energy. Sadly, when that energy tanks, people quit the keto habit and results stall or worse; results never come. But if you want keto results, there is help. And it is simple, thank goodness.

BHB is an ingredient that solves this problem - instantly. It is the big ingredient in KETO BOOM, and we made this supplement for 1 reason. To help you get the results you deserve, now.

On a Keto diet, you go low carb, and you up your dietary fat intake. Those good fats, get converted into fuel, known as ketones. (Stay with us). It takes a couple weeks for the body to get super efficient at converting that fat into ketones. BHB, bridges that gap. They provide an instant source of those ketones. Simple.

So instead of feeling low energy or even a little brain dead those first 2-3 weeks, bridge that gap with Keto Boom, the extra-convenient BHB drink mix. Simply take 1 serving once or twice a day to give your body that keto boost of physical energy, and a brain boost too. (BHB, delivers ketones, which the brain also uses as an energy source too).

**"IF YOU'RE GOING
KETO, DON'T PLAN
TO FAIL. PLAN
TO SUCCEED."**

We would not start any keto diet cycle ourselves, without using BHB and the other ingredients (L-carnitine energizing B-vitamins and more) in KETO BOOM for at least those first 2-3 weeks. **IFM**