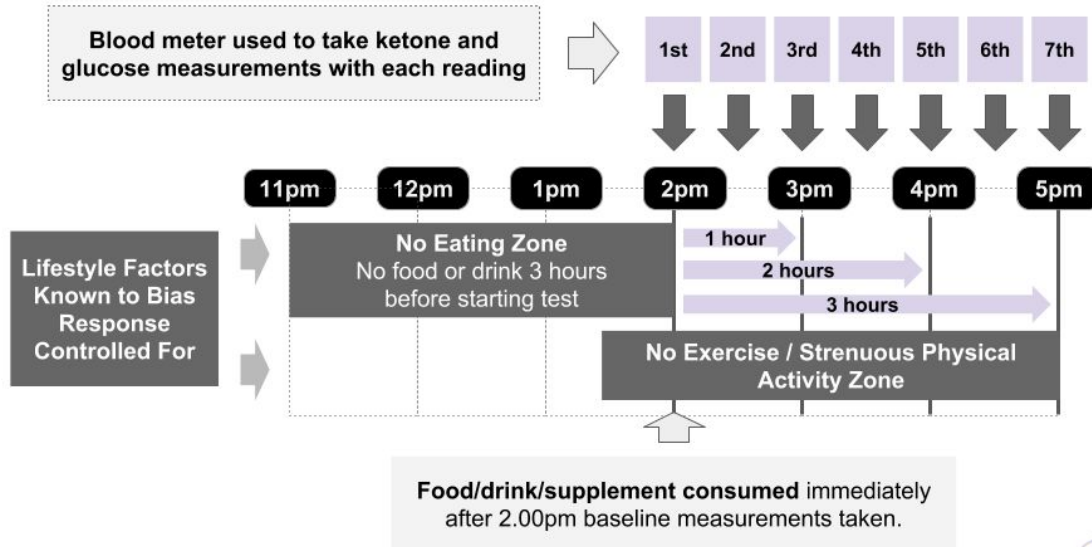


**Ketosource**<sup>®</sup>

Phone: +44 (0)24 7693 5285 | Email: [coaching@ketosource.co.uk](mailto:coaching@ketosource.co.uk) | Web: [Ketosource.co.uk](http://Ketosource.co.uk)

# Keto Experiment Protocol Checklist



Source: Ketosource Analysis



## Equipment

- Dual Glucose/ Ketone blood meter
- Glucose test strips
- Ketone test strips
- Lancing device and lancets
- Alcohol wipes or antibacterial sanitizer
- Timer or phone
- Sleep tracking equipment

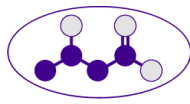
## Baselining:

A minimum of 3 days worth of baseline tests completed. Blood glucose and blood ketone levels using a blood meter without food/drink/supplement intervention.

## Protocol:

Step 1: Complete a pre-experiment survey to control for:

1. Sleep – how well and how long did you sleep last night?
2. Energy – how awake and alert do you feel today on a scale of 1-10?
3. Illness – do you have any illnesses you are aware of?
4. Weight – is your weight dropping by over 0.5kg (1lb) per week?
5. Last meal time – what time did you finish your last meal?
6. Female menstrual cycle – if you are female is it your time of the month?



**Ketosource**<sup>®</sup>

Phone: +44 (0)24 7693 5285 | Email: [coaching@ketosource.co.uk](mailto:coaching@ketosource.co.uk) | Web: [Ketosource.co.uk](http://Ketosource.co.uk)

Step 2: Measure baseline reading and take the test substance

1. **1st reading:** Baseline reading taken immediately before you start the test.
  - a. **Take food/drink/supplement intervention.**

Step 3: Take 2-3 glucose readings and 1 ketone reading every 30mins

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 2. <b>2nd reading:</b> at 30 minutes | 5. <b>5th reading:</b> at 120 minutes |
| 3. <b>3rd reading:</b> at 60 minutes | 6. <b>6th reading:</b> at 150 minutes |
| 4. <b>4th reading:</b> at 90 minutes | 7. <b>7th reading:</b> at 180 minutes |

Step 4: Calculate the average glucose results and review your results

- You may want to reorganise or make a graph of your results. To see a clearer picture.