

THE COMMUNITY FOR BETTERMENT



Join the 2020 Keto Reboot

Müvment

USER MANUAL 1.0



60 hr
**Keto
Reboot
System**



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Prüvit



#KETOREBOOT



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

Content:

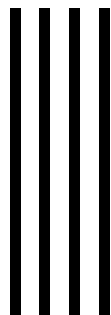
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BEFORE YOU BEGIN

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. Prüvit 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 you want MØRE 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 Prüvit'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® NAT™**, **BETTER//BROTH®**, **MITO//PLEX™**, **Signal//OS® AM + PM**, and **KETO//OS® PRO + MCT** throughout the 60-Hour Keto Kleanse.

The Keto Reboot guide, along with access to Keto Reboot Coaches, gives you the resources, inspiration, and accountability you need to succeed. Throughout 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 kick start 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® NAT™** formula, **BETTER//BROTH®**, **SIGNAL//OS® AM + PM**, **MITO//PLEX™**, and **KETO//OS® PRO + MCT** 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® NAT™**, 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 System



3 MITO//PLEX™



1 KETO//OS® PRO + MCT



4 KETO//BROTH® (2 KETO THYME, 2 SALTED CARAMEL)



4 KETO//OS® NAT™ (2 CHARGED AND 2 CAFFEINE FREE)



15 SIGNAL//OS® AM CAPSULES



15 SIGNAL//OS® PM CAPSULES

Please note, product flavors may vary month to month.

60 hr Reboot Routine



SUNDAY

Eat regularly during the day
(but don't binge eat – that only makes it harder on your body)

30 minutes before bed SIGNAL//OS® PM (3)

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

MONDAY + TUESDAY

Upon waking KETO//OS® NAT™
SIGNAL//OS® AM (2)

MITO//PLEX™

Noon BETTER//BROTH®

3pm KETO//OS® NAT™

6pm BETTER//BROTH®

30 minutes before bed SIGNAL//OS® PM (3)

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

WEDNESDAY

Morning SIGNAL//OS® AM (2)
MITO//PLEX™

KETO//OS® PRO + MCT



Müvment 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 müvments for you to try. If you feel discomfort at anytime, use one of the modifications or stop.

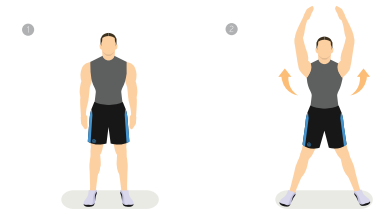
These müvments are designed for you to do for 60 seconds per müvment until you have completed the full set of müvments. Once you are comfortable with the full set of müvments, challenge yourself and repeat the set for an additional 8 minutes to feel more N8tive each day!



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.



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.

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



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.

Modification: 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

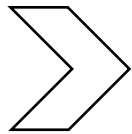
1. Lay flat on the ground, bending your knees.
2. While keeping your core engaged and neck relaxed, sit up by bringing your upper body toward your thighs.
3. Keep your feet on the ground as you sit up and lower yourself back down on the ground repeating for 60 seconds.

Modification: Crunches serve as a great modification for sit ups. Engaged 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!

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 of 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® NAT™, (1) BETTER//BROTH®, (2) SIGNAL//OS® AM, (1) MITO//PLEX™, and (1) KETO//OS PRO + MCT.

Thursday

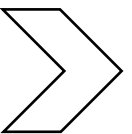
Continue to add healthy foods, avoiding grains and sugars, while taking advantage of the new fuel sources your body has been introduced to through the Keto Reboot System.



Optimize your Thursday: Make sure to get in (2) KETO//OS® NAT™, (1) BETTER//BROTH®, (2) SIGNAL//OS® AM, and (1) MITO//PLEX™

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® NAT™, (1) BETTER//BROTH®, (2) SIGNAL//OS® AM, and (1) MITO//PLEX™.



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