

ADVERTORIAL

Title: OneShotKetoRevsUpWeightLoss

Revolutionary Keto Supplement Revs Up Fat Loss

*Amazing Weight Loss Booster-in-a-Bottle Helps Burn
Fat Faster Than the Keto Diet Alone*



Scientists Discover Fats are the New Skinny!

What's the Skinny on Fat?

If you grew up in the '70s or '80s, your brain was washed to believe that *eating* fats equaled *being* fat. The myth was that the fat we consumed would become the body fat we'd carry on our tummies and hips. Thus, the “miracle reduced-fat” food fad was born.

Low-fat and nonfat were the buzz words of the day and foods like yogurt, milk, cheese, snack foods and salad dressing with these false

promises began to line the shelves. A promise of weight loss due to fat reduction became the industry norm and consumers bought it like hotcakes. (*Low-fat ones, of course.*)

But today, the myth behind the “miracle” has been dispelled.



Unless you’ve been stuck in a time warp, you’ve heard the news about a concept that runs in the face of those myths. The promise of reducing body fat by lowering fat intake has been scientifically disproven.

But if you haven’t heard the news, here it is. Fatty foods do not create fatty figures; carbs and sugar do!

That is how the famous Keto Diet came to be.



What is the Keto Diet?

Keto is a low carb, moderate protein, high fat diet which helps the body produce **ketones** in the liver to be used for energy. When you eat something high in carbs, your body produces glucose. **Glucose** is the easiest molecule for your body to convert and use as energy and the body will choose it over any other energy source. **Insulin** is produced to process the glucose in the blood by moving it around the body. Because glucose is being used as a primary energy source, dietary fat is not needed and is stored as body fat. When a high number of carbs are consumed, like in most American diets, the body will use glucose as the main form of energy. By lowering the intake of carbs, the body is forced to use fat as its energy source. This dietary change leads the body to enter in the state of **ketosis**.

What is Ketosis?

Ketosis is a metabolic process the body initiates to help it survive when food intake is low. This happens when a body is undergoing a period of starvation. The same thing happens when the body doesn't have enough glucose (sugar) for energy. This results in a buildup of acids known as ketones, which are produced from the breakdown of fats in the liver. The goal of the keto diet is to basically trick your body into "believing" it doesn't have enough glucose to use for energy, so it begins to use stored fat instead. This results in substantial weight loss. It takes about 2 weeks for the body to fully shift into a state of ketosis, so extreme discipline and patience, which many of us just do not have, is required.

The goal of a properly maintained ketogenic diet is to force the body into the state of ketosis. This is not achieved by depriving the body of calories like in most traditional diets, but by starving it of carbohydrates.



"I was sick of trying so hard on keto and never seeing results."

Why Can't I Get into Ketosis?

This is a very common question. There is a scientifically proven ratio of caloric intake that makes the keto diet so effective. On the keto diet, 75% of caloric intake comes from fat, 20% from protein and 5% from carbs. This means that if you eat 1,200 calories in a day, only about 60 calories should come from carbs. This substantial decrease in carb intake, coupled with an increase in fats, causes the body to shift into fat-burning mode. Dramatic weight loss will follow under these strict conditions. But maintaining a sustained keto diet is not a piece of cake.



Because it takes about two weeks of this strict regimen for the body to enter the state of ketosis, many people give up before it happens. This is because the keto diet can be a confusing, tedious and difficult process, requiring hours of planning, meal prepping and carb counting. That is why so many people quit before entering fat burning mode.



“Before I discovered One Shot Keto, I would start the keto diet every Monday and go back to my old ways by Friday.”

Get into Ketosis and Start Burning Fat Fast with One Shot Keto



Everyone is trying to lose weight the keto way, but very few succeed because it's just too difficult to get into ketosis. Even if you do manage to get into ketosis, it's extremely difficult to maintain because even just one cheat meal could set you back to day one. If anyone tells you keto is easy... that's just a big fat lie. That's why we developed One Shot Keto.



What is One Shot Keto?

Getting your body into the state of ketosis is a very effective and powerful way to burn fat and sustain weight loss. You can achieve this by sticking to an intensely strict keto diet alone, but even people with the greatest intention fail at keto because it requires too much time for planning, shopping, prepping and cooking. One Shot Keto provides supplemental ketones to the body, providing the same conditions as the keto diet without the hassle. By adding supplemental ketones, the body has what it needs to enter the state of ketosis faster than it can with diet alone. One Shot Keto gives the keto diet a shot in the arm and kicks it into overdrive.



How Does it Work?

One Shot Keto works by incorporating an ingredient called BHB (Beta-Hydroxybutyrate), into its formula. This key ingredient is a ketone

that allows the body to adjust faster to burning body fat stores for energy. It “teaches” the body to start using ketones for energy instead of carbs. Side effects of a low carb diet such as a feeling of lethargy, weakness and mental fog, are eliminated because BHB works to increase energy levels. Instead of feeling drained from a lack of carbs, you’ll actually feel more energetic and ready to take on the world!



What are the Benefits of One Shot Keto?

One Shot Keto increases the body's metabolic rate. This helps to kick-start the body into ketosis which accelerates fat-burning and weight loss. Additionally, it works to improve muscle and cognitive performance and support healthy psychological function. In other words, One Shot Keto makes the keto diet work more efficiently leading to rapid weight loss. You'll not only start to look better, but you'll feel better too.



Watch Fat Melt Away Fast with One Shot Keto

After taking two pills a day, one in the morning and one in the evening (30 minutes before a meal) for just one month, your body will begin burning fat stores and enter the state of ketosis. This will happen much easier and faster than practicing the keto diet alone.

In the second month, your body will start actively burning fat for energy. You will start to see steady weight loss results in month two and you will feel a boost in your energy and mood.

By the third month, your body will be completely fat adapted, meaning you will be consistently burning fat instead of carbs and the production of ketones will be maintained in the body. This when the

real magic happens. Simply continue taking One Shot Keto every day and watch the pounds melt away.

News of Powerful Weight Loss Solution Shoots Across Social Media

Diet seekers everywhere are taking a shot at this miracle weight loss solution and the news is spreading fast because everyone wants to lose weight, but it's just so hard. One Shot Keto uses the science behind the keto diet and harnesses its powerful benefits into an easy-to-take daily supplement. Finally, people are seeing body fat melt away without the work and the hassle of the keto diet.



What are People Saying about One Shot Keto?

"No diet has ever worked for me until I tried One Shot Keto... now I've lost 50 pounds and I've never felt better." -Julie T., Washington, DC

"I'm too busy to keep up with the keto diet, but after trying One Shot Keto, I lost 35 pounds in just 4 months. Bring on bathing suit weather!" -Devyn K., Glenside, PA

"Keto takes too much time. One Shot Keto helped me lose 28 pounds in only three months and I've never felt better!" -Katie K., Denver, CO

Burn More Fat & Lose More Weight for LESS!



Save \$5 on Your First Bottle!

Buy Two Bottles, Get 1 FREE - \$49.97/each (Retail Price
\$224.85)

Buy Three Bottles, Get 2 FREE - \$39.97 each (Retail Price
\$331.15)

Look your Beach-Body-Best by Summer!



Summer is just around the corner so there's no time to
waste!
Get your body looking its beach-body-best with One Shot
Keto.

