



Monitoring Ketones

Ketones are produced by the body when you are not eating many carbohydrates and protein intake is somewhat low. Your practitioner has recommended that you track ketone production to help determine the proper treatment for your condition. You'll need one of the following to monitor your ketone production:

- Blood ketone meter (such as the [Precision Xtra](#)) with ketone measuring strips (most accurate)
- Breath ketone analyzer (such as [Ketonix](#))
- Urine ketone strips (such as [Ketostix](#))

To test your ketone production, follow the instructions included with your test of choice. Your practitioner would like you to test once a day. You should test around the same time each day.

Mild/Moderate ketosis: 0.5 – 2.0 mmol/L Deep ketosis: 2 – 5 mmol/L

Most people do best in the mild/moderate ketosis range. Those with epilepsy and other neurological conditions may need to be in deep ketosis for maximum effect, but this should be done under medical supervision.

Date	Time	Ketone Result	Type of Ketone Measurement (blood, breath, or urine)