




# Keto™

Restores and enhances the body's  
natural beauty and vitality

*Keyano &  
Aromatics*

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keyano.com | 

## Keto™

Restores and Enhances the Body's Natural Beauty and Vitality

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**Visit [wellvillespa.com](http://wellvillespa.com) for Keto Nutrition Programs**

### Keto-Fit

A nutritional program designed to improve overall health and vitality.

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### Keto-Balance

This program utilizes Hair Tissue Mineral Analysis providing a 40 – 60 page report with mineral levels, toxic metal levels, stress level, adrenal and thyroid status, nutritional efficiency. The test results provide a metabolic picture of the way your body is functioning. Each individual is different and requires specific nutrients to bring their metabolism back in balance. Based on test results you receive a nutritional program along with recommendation of supplements to balance biochemistry.

This program takes the guess work out of vitamin and mineral requirements.

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### Keto-Weight Loss & Detoxification

Our weight loss and detoxification program uses either the Keto-Fit or Keto Balance Program combined with infrared sauna therapy.

# Keto™

Restores and enhances the body's natural beauty and vitality

Keto is a revolutionary nutraceutical designed to create a ketogenic (fat burning state) while preserving lean body mass and increasing collagen formation throughout the body.

Keto restores and enhances your body's natural beauty and vitality. Keto not only works topically but also from within to enhance your skin, hair, nails and body. Collagen helps restore the skin's moisture, improving elasticity, tone and collagen matrix. The Keto nutrition program provides a blueprint for optimal health.

## What Is Keto?

Keto is a powdered form of medium-chain triglycerides combined with hydrolyzed collagen. MCT's are more rapidly absorbed by the body and more quickly metabolized as fuel. Collagen is the most important component of the dermis and connective tissues in the body and you lose 1 – 1 ½ percent per year after the age of 25. Non GMO.

### Serving size and timing

Add 1 tablespoon to water, coffee, tea, smoothie or other beverage 3 times per day, or as directed by a health care practitioner. Keto is best taken on an empty stomach.

*Topically:* Keto can also be used as a facial mask. Add a small amount of warm distilled or spring water to 2 tablespoon of Keto. Add 1 drop of favorite Keyano Aromatherapy Facial Formula. Leave on for 10 – 15 minutes and remove.



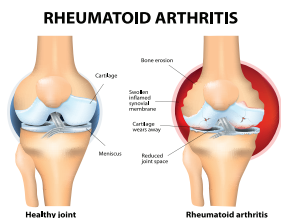
The statements enclosed herein have not been evaluated by the Food and Drug Administration. The products mentioned are not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of your family doctor.

# Who benefits from Keto...Everyone!

## Weight Loss

- Maintain a healthy weight by increasing fat burning through ketosis
- Increase in blood ketone levels and associated reduction in blood glucose levels
- Reduces stored body fat
- Appetite reduction
- Maintenance of lean body mass
- Raises metabolic rate
- Balance bacteria in the gut microbiota
- Improve digestion and wound healing
- Improved nutrient absorption

## Athletic Performance



- Increase energy
- Improved performance
- Restores muscle tone
- Increased muscle growth and repair
- Maintain nitrogen balance
- Protect joints and all connective tissue

## Beauty Enhancement

- Promotes collagen formation
- Enhances skin clarity
- Improves skin smoothness
- Increases skin hydration
- Revitalizes skin tone
- Reduce appearance of fine lines and wrinkles
- Strengthens hair and nails
- Hair diameter increased up to 40%
- Reduces skin redness

## Anti-Aging



- Improved mental clarity
- Balance hormone levels
- Improves mood
- Fight bacterial infection and viruses
- Maintains elasticity of blood vessels
- Increases bone density
- Improve sleep

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Keto-Fit \* Keto-Balance \* Keto Weight Loss & Detoxification