

Comparison of ketone supplements

	HVMN	Ketōnd	Ketōnd	Kiss My Keto	Perfect Keto	TruBrain
<b>Formula</b>	Ketone Ester	Advanced Blend	BioMAX	Exogenous Ketones	Base	Ketones
<b>Type</b>	Exogenous Ketones	Exogenous Ketones	Exogenous Ketones	Exogenous Ketones	Exogenous Ketones	Exogenous Ketones
<b>Calories</b>	120	31	27	30	20	50
<b>Fat</b>	0g	0g	0g	N/A	0g	2g
<b>Protein</b>	0g	0.5g	0g	N/A	0g	0g
<b>Carbohydrates</b>	0g	0g	0g	N/A	<1g	0g
<b>Fiber</b>	0g	0g	0g	N/A	0g	0g
<b>Net Carbs</b>	0g	0g	0g	N/A	<1g	0g
<b>Sugar</b>	None	0g	None	None	None	None
<b>Sweeteners</b>	Stevia	Stevia	Stevia	Stevia blend	Stevia, Monk Fruit Extract	None
<b>Potentially Irritating Ingredients</b>	Potassium sorbate, potassium benzoate	Artificial flavors	None	Gum blend	None	None
<b>Non-GMO</b>	N/A	N/A	N/A	N/A	N/A	N/A
<b>Protein Source</b>	N/A	Amino acids	N/A	N/A	N/A	N/A
<b>Fat Source</b>	Ketone ester	goBHB-D	goBHB	goBHB	BHB blend	Ketone ester and BHB
<b>Micronutrient Density</b>	Low	High	High	High	High	High
<b>Vitamin Density</b>	Low	High	High	N/A	Low	Low
<b>Probiotics</b>	✗	✗	✗	✗	✗	✗
<b>Vegan</b>	•	•	•	•	•	•
<b>Gluten-free</b>	•	•	•	•	•	•
<b>Lactose-free</b>	•	•	•	•	•	•