

The logo features the word "Keto" in a large, bold, grey sans-serif font. Below it, the word "STATION" is written in a smaller, all-caps, grey sans-serif font. A white banner with a slight shadow effect wraps around the text. The banner is flanked by four vertical stripes of color: white, yellow, orange, and green, which are wider at the top and bottom and narrower in the middle where the banner is.

Keto
STATION

KETOGENIC TREATMENT

TREATMENT PROTOCOL



TREATMENT PROTOCOL

Keto Station 4 steps is a nutritional programme lasting 50 days that must only be followed under strict medical control. It includes an initial phase based on the principles of ketogenesis and its goal is to promote a better lifestyle, thereby preventing relapses.

The treatment involves a structured food programme, an action targeted on behavioural modification, adequate physical exercise and proper use of dietary supplements.

KETO STATION 4 STEPS:

- **STEP 1** - ketogenic treatment
- **STEP 2** - ketogenic maintenance
- **STEP 3** - nutritional rebalancing
- **STEP 4** - nutritional balance

step 1

Ketogenic treatment lasts 10 days and achieves 7 to 10% weight loss while fully preserving the lean body mass, improving skin tone and elasticity with excellent aesthetic results, an overall sense of wellbeing and optimum compliance.

MODE OF ADMINISTRATION

- 1) Protein supplement: 1 measure every 2 hours, according to doctor's prescription.
- 2) Multivitamin supplement: 1 tab. per day.
- 3) Omega-3: 2 capsules per day.
- 4) Multimineral supplement: 2 tab. per day.
- 5) Hydration: drink at least 2 litres of liquids per day (water, tea, herbal teas, barley drinks, coffee).
- 6) Gastroprotection: pump inhibitor 1 tablet per day for as long as the treatment lasts.

DAILY CHECK-UPS

- 1) Measurement of ketonuria with value recorded in the note-book.
- 2) Fitness assessment with the pedometer in the kit and value recorded in the note-book.
- 3) Weight monitoring with value recorded in note-book.

FOODS ALLOWED

Green leafy vegetables (lettuce, rocket lettuce, radicchio, lamb's lettuce, Belgian endive, spinach, chicory, beet), fennel, celery. Quantity as desired. The vegetables can be eaten either cooked or raw, with up to 20 g of olive oil per day, and salt.

SUGARS ARE ABSOLUTELY FORBIDDEN

INTERACTION WITH MEDICINAL PRODUCTS:

No interactions with medicinal products have been notified. The situation should be assessed by the physician in the Keto Station centre if concomitant therapies are in progress.

step 2

Maintains the ketogenesis effect obtained in step 1. Lasts 20 days and achieves a further weight loss of 1.5 kg per week on average. Avoids “rebound” effects caused by re-introducing carbohydrates too early.

FOODS ALLOWED

Bariatric Meal

Protein supplement. Besides a high protein intake, the product also provides vitamins, trace elements, mineral salts and Omega-3. One 45 g dose provides 32 g of protein and only 140 calories.

Vegetables

Green leafy vegetables (lettuce, lamb’s lettuce, radicchio, rocket lettuce, Belgian endive, beet, Savoy cabbage, spinach), fennel, celery, mushrooms, cucumber, courgettes. Dressing: max 20 g extra-virgin olive oil, salt, apple cider vinegar.

Animal protein

Freshwater and salt water fish, mussels, clams, scallops. White meat (chicken, turkey, rabbit), hearts, lean veal, horse meat, lean burgers, veal carpaccio, Bresaola (air-dried salted beef), eggs (recommended dose: 2 eggs 1 single yolk).

Diet plan

- breakfast: 2 measures of Bariatric Meal dissolved in water or max.150 ml soy milk.
- snacks: at 10 a.m. and 4 p.m. - 1 measure of Bariatric Meal dissolved in water
- lunch: 2 measures of Bariatric Meal dissolved in water and allowed vegetables as desired.
- dinner: one portion (150 g) of allowed animal protein and allowed vegetables as desired.

SUGARS ARE ABSOLUTELY FORBIDDEN

step 3

This is dietary and metabolic rebalancing phase, and lasts 20 days. By gradually re-introducing carbohydrates, the patient is guided towards correct dietary habits. His metabolism is brought back to normal by providing him with all the means able to achieve optimal weight control. Vegetables with a higher glycemic index, fruit and balanced foods are also introduced.

FOODS ALLOWED

Vegetables

The same as step 2, plus a maximum 150 g of vegetables with a higher glycemic index: artichokes, tomatoes, peppers, asparagus, turnip tops, carrots, pumpkin.

Animal protein

Freshwater and salt water fish, dried salt cod, prawns, lobster, octopus, cuttlefish, razor-shells, mussels, clams, scallops, oysters.

White meat (chicken, turkey, rabbit), horse meat, hearts, liver, lean beef, lean veal, carpaccio, lean burgers, game.

Dairy produce

Low-fat ricotta, low-fat cheese, cottage cheese, low-fat yoghurt.

Fruit

green apples, bananas, grapefruit, strawberries.

Diet plan

- breakfast: 2 measures of Bariatric Meal dissolved in water or 150 ml skimmed milk, or soy milk or one low-fat yoghurt.
- snacks: at 10 a.m. and 4 p.m. - 1 measure of Bariatric Meal, or 1 fruit chosen from those allowed, or 1 yoghurt
- lunch and dinner: one portion (150 g) of allowed animal protein, cheese (preferably “light”) once a week, and allowed vegetables.

SUGARS ARE ABSOLUTELY FORBIDDEN

step 4

5 rules that must be observed until they become a lifestyle.

The return to “normality”. The ketogenic phase has ended and the patients return to a balanced Mediterranean diet, but with a controlled carbohydrate intake.

The behavioural rules imparted at the beginning of the treatment must be respected and the diet associated with a correct balance of supplements.

The purpose of the Keto Station programme is to promote a “better lifestyle” allowing the patients to maintain the results they have achieved over time.

Not only a dietary action, but a concomitant cognitive-behavioural programme to eliminate the bad habits that are at the root of all forms of obesity or overweightedness, and that are responsible for relapses.



1) Regular meals

5 meals must be taken each day at the most regular intervals possible, i.e.: breakfast-snack-lunch-snack-dinner. This maintains a constant insulin level in the blood which, in turn, maintains an optimal metabolism able to respond correctly to the stimuli to which it is subjected. It is wrong to eat too many meals, i.e. succumb to nibbling. This is one of the main causes of obesity. It is also wrong to skip meals or lengthen the time between them as this leads to seesawing peaks of insulin, reduces the metabolic rates, makes it difficult to lose weight and facilitates weight gain.

2) Eat slowly

People with voracious appetites stop eating when they are full and not because they are sated. The sense of satiety is experienced at least 10 minutes after the beginning of a meal. Eating too much thus leads to obesity. One must learn to eat slowly, chew the food properly and recognize the sense of satiety. Meals must last 10 to 20 minutes.

3) Do not drink while eating

Patients are not allowed to drink during meals. This is an extremely useful behavioural rule for weight control and for recognizing the sense of satiety.

4) Weight control

Statistically speaking, patients who weight themselves more carefully achieve the best results because by monitoring their weight, they can introduce corrective actions. Patients must weight themselves every day, in the morning as soon as they get up.

5) Physical exercise

Helps both when losing weight and for maintaining weight loss. It is an integral part of a correct lifestyle.

It is essential to follow the rules correctly if satisfactory and, most especially, long-lasting results are to be obtained.

Nutrients

PROTEIN

Numerous scientific publications have underscored how the nitrogen balance is squared with 1 to 1.4 g of protein / kg / BMI per day.

It is supplied in the form of supplements with a high protein index and high PER (Protein Efficacy Rating).

The right dosages and high quality of the products ensure that the treatment is safe and efficacious.

FATS

The daily intake allowed is about 20 g of olive oil only, which helps to maintain the normal functions of the gall bladder. This is supplemented with the addition of Omega-3 (0.48 g) to restore a correct lipid profile and achieve an improvement in the circulatory system.

SUGARS

To optimize ketogenesis, use of carbohydrates is **not** allowed in any form during this phase.

MINERALS, VITAMINS, TRACE ELEMENTS

These are provided on a daily basis in supplements that have been specially formulated for the Keto Station programme.





nutri&biotech

Nutri & Biotech s.r.l. - Via della Pace, 33/A - 41051 Castelnuovo Rangone (Modena) Italy

Tel. 059 533 1011 - Fax. 059 533 2095

www.ketostation.com - info@ketostation.com