

# INTERPRETING YOUR LEVEL

0  
to  
1.9  
PPM

While the human body is always burning a little bit of fat, you are **primarily burning carbs and sugars** in this zone.

2.0  
to  
7.9  
PPM

Your body has entered an elevated state of fat metabolism. Based on the scientific literature, **2.0ppm achieved with calorie restriction equates to ½ lb of body fat burned per week** (if this level is maintained throughout the week).

8.0  
PPM  
and  
**HIGHER**

While there is not a one-to-one correlation to blood ketones, **8.0ppm is the approximate equivalent of 0.5mmol of beta-hydroxybuterate** also known as the beginning states of **nutritional ketosis**.

10.0  
PPM  
and  
**HIGHER**

For measurements above 10.0ppm, the KCAL/DAY and FAT LBS/DAY will not calculate in the LEVL app. These **higher levels are not achieved by calorie restriction alone**. Individuals are eating a low carbohydrate diet, consuming ketogenic supplements (e.g., ketone esters or MCT), and/or fasting. Thus, calculating fat loss is difficult because calorie restriction (without fasting) is not the primary driver of breath acetone.\*

**HIGHER NUMBERS ARE NOT ALWAYS BETTER. EXPERIMENT WITH YOUR NUTRITION, EXERCISE AND SLEEP DURATION TO LEARN WHERE YOU FEEL BEST.**

\*For measurements above 10.0ppm, the rate of fat loss is unknown per the scientific literature. People who have measurements above 10.0ppm are typically on a low carb, high fat diet, so they are burning a mixture of stored body fat and nutritional fat therefore the calculation will no longer be relevant.