

LEVL WORKS WITH ANY WEIGHT LOSS PROGRAM

Not keto? No problem. **The LEVL device is a useful tool for any diet** to learn how your body responds to your nutrition and wellness choices. Based on the scientific literature, **2.0ppm equates to ½ lb of body fat burned per week** (if this level is maintained throughout the week).*

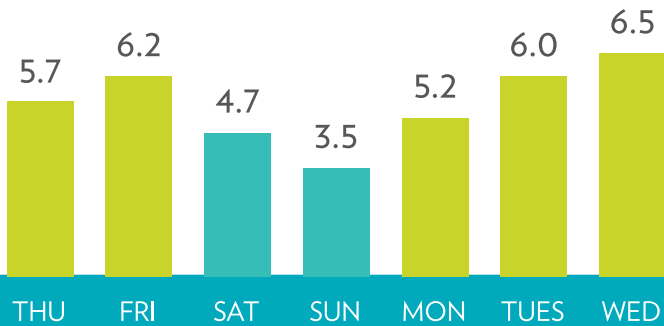
LOW CARB LUCY

Lucy follows a **low carb diet** and aims to keep her carbs intake between 50g and 75g per day. She enjoys higher carb snacks on the weekends.



7 DAY TREND

CONCENTRATION (PPM)



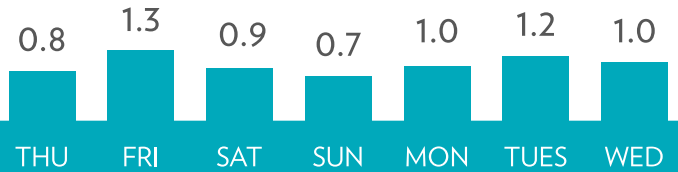
SAD SAM

Sam eats a **Standard American Diet** of mixed macronutrients including processed foods, fast food and weekend indulgences.



7 DAY TREND

CONCENTRATION (PPM)



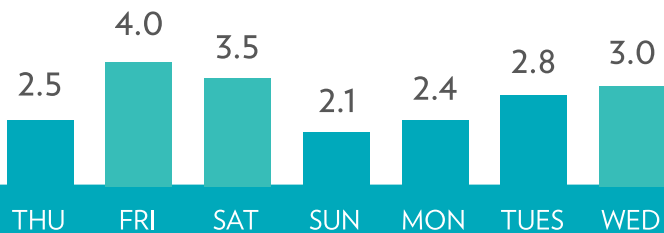
LOW CALORIE CONNIE

Connie consistently finishes the day with a **500-calorie deficit** while eating a mixed macronutrient diet that includes low fat foods, lean meat and whole grains. She is in lower levels of elevated fat metabolism.



7 DAY TREND

CONCENTRATION (PPM)



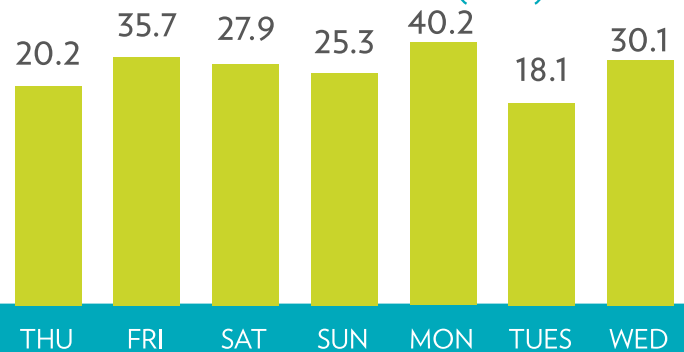
KETO KEVIN

Kevin lives a **ketogenic** lifestyle keeping his carbs under 20g per day with high fat and moderate protein macros.



7 DAY TREND

CONCENTRATION (PPM)



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. In the LEVL app, the KCAL/DAY and FAT LBS/DAY burned per day will not calculate for measurements above 10.0ppm. These are fictional users. Actual results may vary.