

KETOSCAN Level Guide

KETOSCAN mini displays 13 levels of acetone concentration readings, ketosis level, body fat burning rate per hour and a brief comment about your result.

LEVEL 0	Breath Acetone Concentration(ppm) 0.0~1.0 You are not in ketosis. Body fat is not burning. Early ketosis starts at 2ppm.
LEVEL 1	Breath Acetone Concentration(ppm) 1.1~1.9 You are just right before ketosis. Body fat is negligibly burning. Early ketosis starts at 2ppm.
LEVEL 2	Breath Acetone Concentration(ppm) 2.0~2.9 You are at very early stage of ketosis. Body fat has just started to burn. Proper ketosis level starts at 5ppm.
LEVEL 3	Breath Acetone Concentration(ppm) 3.0~3.9 You are at early stage of ketosis. Body fat is burning at a slow pace. Proper ketosis level starts at 5ppm.
LEVEL 4	Breath Acetone Concentration(ppm) 4.0~4.9 You are at just blow proper level of ketosis. Body fat is burning at a slow pace. You enter Proper level at 5ppm.
LEVEL 5	Breath Acetone Concentration(ppm) 5.0~5.9 You are at a reliable level of ketosis. You are burning fat at a sub moderate pace. Optimum level is 10ppm.
LEVEL 6	Breath Acetone Concentration(ppm) 6.0~6.9 You are at a stable level of ketosis. You are burning fat at a moderate pace. Optimum level is 10ppm.
LEVEL 7	Breath Acetone Concentration(ppm) 7.0~7.9 You are at a proper level of ketosis. You are burning fat at a full to moderate pace. Optimum level is 10ppm.
LEVEL 8	Breath Acetone Concentration(ppm) 8.0~8.9 You are approaching the optimum level of ketosis. You are burning fat at a moderate to faster pace. Optimum level is 10ppm.
LEVEL 9	Breath Acetone Concentration(ppm) 9.0~9.9 You are entering the optimum level of ketosis. You are burning fat at an excelerated pace. Optimum level is 10ppm.
LEVEL 10	Breath Acetone Concentration(ppm) 10~40 You are in an optimum level of ketosis. You are burning fat at a rapid pace. Be careful not to go over 40ppm.
Caution	Breath Acetone Concentration(ppm) 41~60 You are approaching an excessive level of ketosis. You are burning fat inefficiently. Adjust your level to under 40ppm.
Danger	Breath Acetone Concentration(ppm) over 60 Danger! High risk level of ketosis. There may be a serious risk to health (ketoacidosis). Please seek medical attention.