

KetoFLEX 12/3 Feels AMAZING!

- Cognitive Clarity
- Steady Energy All Day
- Improved Mood
- Restorative Sleep
- More Vitality
- Blood Sugar Stability



On Diabetes Medication?

Consult with your doctor before starting the nutrition plan. Your need for medication may be reduced or eliminated over time. Learn how to safely reduce your medication to avoid hypoglycemia.

Don't Forget Olive Oil!



Research shows that high polyphenol extra virgin olive oil improves brain structure, function, and cognition. Add up to 4 Tbsp to each meal after reheating.

Questions?

Check out our FAQs. For further support, set up a free 15-minute discovery call with a licensed nutritionist from Apollo Health.



apollohealthco.com/trifecta-tri



We have teamed up with Apollo Health to bring Dr. Bredesen's clinically proven KetoFLEX 12/3™ diet straight to your door. This partnership aims to help prevent and reduce cognitive decline by providing fresh, nutritious, and delicious meals made with premium, nutrient-dense ingredients.



Success Depends As Much on What You Eat As What You DON'T Eat



Sugars



Simple Carbs



Conventional Dairy



Grains

Brain Health Is MORE Than a Diet...

Ready to take on the full Bredesen Protocol®? Apollo Health makes it easy. Scan the QR code for a **free cognitive assessment** to see which program is best for you!



apollohealthco.com/cognitive-assessment



KetoFLEX 12/3 Success Checklist



- Slowly work up to a minimum 12 hour daily **fast**, with at least 3 hours before bed
- Follow reheating instructions. If you **microwave**, transfer your meal to heatproof glassware before reheating
- Add up to 4 Tbsp of high **polyphenol-rich extra virgin olive oil** to each meal after reheating
- Freely supplement your meals with extra **leafy greens** to reach your goal of 6-9 cups of non-starchy veggies per day
- Add extra **phytonutrient-rich cruciferous veggies** (broccoli, cauliflower, Brussels sprouts, etc.) to your meals for detoxification
- Be sure to also include **pastured eggs** (a great source of choline) and **low mercury wild-caught seafood** (for DHA) into your diet
- Add a Tbsp or more of **fermented veggies** daily to upgrade your gut microbiome