

# GKI

## Glucose Ketone Index



### What is it?

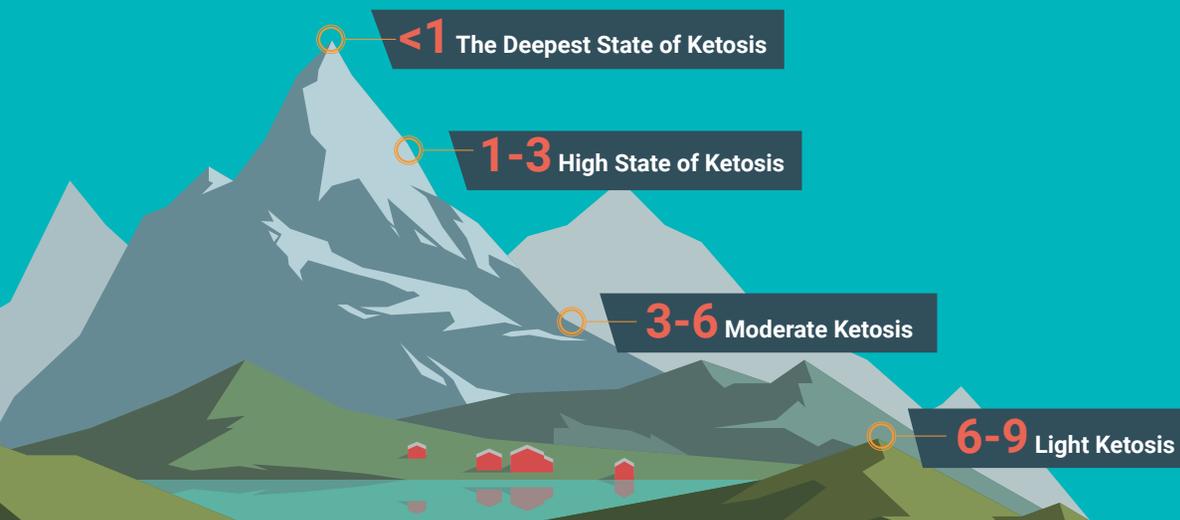
The ratio of  
blood glucose  
to ketones

### The GKI Formula

$$\frac{\text{Glucose} \div 18}{\text{Ketone}} = \text{GKI}$$

(Glucose Reading (mg/dL)  $\div$  18)  $\div$  Ketone Reading (mmol/L) = Glucose Ketone Index (GKI)

### What Your Readings Mean



### Why is GKI important?

Gives you a  
**view of your**  
metabolic status  
and state of ketosis



Source: keto-mojo.com/gki