

GKI

Glucose Ketone Index



What is it?

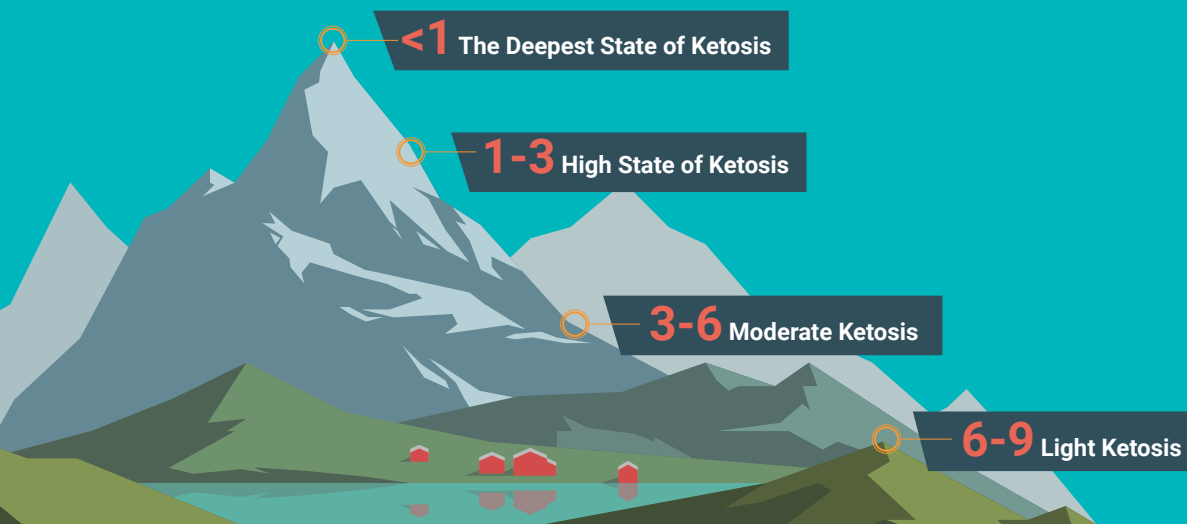
The ratio of
blood glucose
to ketones

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