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Subject: Exogenous ketones

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Greetings -

Blast from the past, with an update, is now up on the site: [My experience with exogenous ketones](#). I'm getting a lot of questions around this. We'll likely podcast about the questions and topics addressed in the short preamble of the provided link, and cover other aspects of exogenous ketones in more detail.

Hope you enjoy it.

- Peter

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