
From: Peter Attia [REDACTED]
Sent: Sunday, October 4, 2015 7:39 PM
To: jeffrey E.
Subject: RE: What were you asking about in your email yesterday?

Ah, yes, the use exogenous ketones. It's still not clear which ones are best, but there are (broadly) 3 main variants:

1. BHB ester
2. AcAc ester
3. BHB salts (many types: Na, Ca, Mg)

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Sunday, October 4, 2015 12:36 PM
To: Peter Attia
Subject: Re: What were you asking about in your email yesterday?

we had spoken re the re-breather for diving and i thought you said there was a drug that minimized danger

On Sun, Oct 4, 2015 at 1:48 PM, Peter Attia [REDACTED] wrote:

Peter Attia | Nutrition Science Initiative (NuSI) <<http://www.nusi.org/>> | President | [REDACTED]
(m) | [REDACTED] (o) | www.nusi.org <<http://www.nusi.org/>>

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