

---

**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](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) <<http://www.nusi.org/>>

Confidentiality Notice: This e-mail is confidential and intended only for the recipients listed above. If you have received this e-mail in error, please delete it immediately and inform the sender of the error or contact [info@nusi.org](mailto:info@nusi.org) <<mailto:info@nusi.org>>

--  
please note

The information contained in this communication is confidential, may be attorney-client privileged, may constitute inside information, and is intended only for the use of the addressee. It is the property of JEE Unauthorized use, disclosure or copying of this communication or any part thereof is strictly prohibited and may be unlawful. If you have received this communication in error, please notify us immediately by return e-mail or by e-mail to [jeevacation@gmail.com](mailto:jeevacation@gmail.com) <<mailto:jeevacation@gmail.com>> , and destroy this communication and all copies thereof, including all attachments. copyright -all rights reserved