

How to make the original Bulletproof® Coffee

To make a great-tasting cup of Bulletproof Coffee and experience the full benefits, follow these simple steps.



1. Start with 1 cup (8 oz.) filtered water, just off the boil.
2. Measure 2 1/2 heaping tablespoons freshly ground Bulletproof® Upgraded™ Coffee beans (*approximately 2 rounded tablespoons per 6 oz. water*) and brew using your favorite coffee brewing method.
3. Pour in 1 teaspoon Bulletproof® Upgraded™ Brain Octane™ (*build up to 1-2 tablespoons over several days*).
4. Add 1 tablespoon grass-fed, unsalted butter or ghee (*build up to 2 tablespoons or more over several days*).
5. Mix in a blender for 20 seconds until the oil and butter are emulsified so the drink is frothy and looks like a creamy latte without a film of oil on the surface.

Please visit upgradedself.com and enjoy 10% off all Bulletproof Upgraded Coffee Beans and Brain Octane, excluding 5 lb. bags of regular and decaf coffee beans.

Coupon Code: **winter2013**



BULLETPROOF®
» THE STATE OF HIGH PERFORMANCE™ «

Bulletproof® Coffee

starts your day off right.

1. We have developed a special process to meticulously grow, harvest, process, roast and ship our Bulletproof Upgraded™ Coffee beans to prevent contamination from mold toxins that are common in food products originating in the tropics. Free of these inflammation-causing toxins, Upgraded Coffee beans are clean, bright and well balanced and loaded with beneficial antioxidants.
2. Bulletproof Brain Octane, extracted from the heart of the coconut, is one of the healthiest fats. Our bodies convert Brain Octane into energy quickly so it is easily processed as brain fuel, giving you a mental boost. Adding Brain Octane to food and drink is satiating—a simple way to promote weight loss and prevent food cravings. Brain Octane also supports efficient nutrient absorption, balanced blood chemistry and a strong immune system.
3. Grass-fed butter tastes fantastic, adding a rich creaminess to your cup of coffee. Despite common misconception, grass-fed butter or ghee is a healthy fat and optimizes cholesterol levels and blood chemistry.
4. Drinking delicious Bulletproof Coffee provides energy and mental focus, powered by healthy fats without inflammatory sugars and mold toxins. Because it's so satisfying, a cup of Bulletproof Coffee could be just what you're looking for to fuel a high-performance morning.

For more information on Bulletproof Coffee visit:
www.bulletproofcoffee.com