



**BULLETPROOF™**  
POWER MIND AND BODY

## How to make the original Bulletproof® Coffee

Power your busy day with a cup of Bulletproof Coffee for energy and mental focus, and free yourself from food cravings.

1. Start with 8 oz. (237 ml.) of filtered water, fresh off the boil.
2. Add 2 ½ tablespoons (37 ml.) freshly ground Bulletproof® Coffee Beans and brew using your preferred method. French Press is Dave's favorite!
3. If you are new to Bulletproof Coffee, add 1 teaspoon (5 ml.) Bulletproof® Brain Octane to 8 oz. (237 ml.) of hot coffee. Gradually increase the amount each day to reach 1-2 tablespoons (15-30 ml.) per cup.
4. Add 1-2 tablespoons (15-30 ml.) grass-fed unsalted butter.
5. Mix it all in a blender for 20-30 seconds until it is frothy.
6. Power up your coffee by blending in any or all of these Bulletproof extras:
  - A tiny pinch of Bulletproof® Vanillamax™
  - 1 Tablespoon Bulletproof® Chocolate Powder
  - 1 to 2 Tablespoons Bulletproof® Collagen Protein



## Bulletproof® Coffee starts your day off right.



Using the proprietary Bulletproof® Process™, Bulletproof® Coffee Beans are meticulously grown, harvested, processed, roasted and shipped to eliminate inflammation-causing mold toxins commonly found in coffee. Bulletproof Coffee Beans are clean, bright and well balanced and loaded with beneficial antioxidants.



Bulletproof® Brain Octane, derived from the heart of the coconut, is one of the healthiest fats. Our bodies convert Brain Octane into energy quickly so it can be used 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.



Butter or ghee made from the milk of grass-fed cows tastes fantastic, adding a rich creaminess to your cup of coffee. Despite common misconception, grass-fed butter or ghee is a healthy fat, optimizing blood chemistry.



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.

You can find more performance-enhancing Bulletproof® products at [bulletproof.com](https://bulletproof.com)

