

KetoLogic™ Meal Replacement is a convenient fuel source for those on a low-carb or ketogenic diet.

1. Replace one meal a day with **KetoLogic™ Meal Replacement**.
2. Eat two **low-carb** meals a day.
3. Drink **KetoLogic™ BHB** during afternoon energy “slumps,” or to help fuel physical and mental performance.
4. Get moving!

KetoLogic™ Meal Replacement is anchored with Coconut Oil and Medium Chain Triglycerides (MCTs), which the body converts to ketones. Ketones are a superior fuel that are efficiently used by muscles and the brain, generating more energy (ATP) per unit of oxygen consumed than carbs or protein.

Fuel Your Best™ with **KetoLogic™ Meal Replacement**.

RECOMMENDED USE: Foods high in MCTs may cause gastrointestinal (GI) discomfort. Begin by taking ½ scoop until personal tolerance is reached.

Mix 1 scoop with 6 – 8 oz. of water (adjust for taste preference). Shake well and consume slowly.

****For best results, use with a low-carb or ketogenic diet and an exercise program.**

STORE IN A COOL DRY PLACE

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KetoLogic.com

KETOLOGIC™
FUEL YOUR BEST™



KETO MEAL

boosts metabolism
supports ketone production
promotes fat loss**

NO ARTIFICIAL SWEETENERS
OR FLAVORS

CHOCOLATE

POWDER | NATURAL FLAVORS

20 SERVINGS | NET WT 21.9 OZ (620 g)



Nutrition Facts

Servings Per Container: 20
Serving Size: 1 Scoop (31g)

Amount Per Serving
Calories 170

	%Daily Value*
Total Fat 13g	17%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 6mcg	30%
Calcium 128mg	10%
Iron 0.5mg	2%
Potassium 200mg	4%
Vitamin A 271mcg	30%
Vitamin C 28mg	30%
Vitamin E 3mg	20%
Thiamin 0.4mg	30%
Riboflavin 0.5mg	35%
Niacin 5mg	30%
Vitamin B ₆ 0.5mg	30%
Folate 120mcg DFE	30%
Vitamin B ₁₂ 0.9mcg	35%
Biotin 9mcg	30%
Pantothenic Acid 2mg	40%
Phosphorus 100mg	8%
Iodine 62mcg	40%
Magnesium 136mg	30%
Zinc 4mg	35%
Copper 0.3mg	30%
Chloride 145mg	6%

*The % Daily Values tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition.
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: MCT Oil Creamer (Medium Chain Triglycerides, Nonfat Dry Milk, Disodium Phosphate, Silicon Dioxide), Grass-Fed Whey Protein Concentrate (Whey Protein, Sunflower Lecithin), Coconut Oil Creamer (Coconut Oil, Inulin, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate), Milk Protein Isolate, Alkalkized Cocoa, Natural Flavors, Magnesium Oxide, Xanthan Gum, Sodium Chloride, Calcium Carbonate, Stevia Extract, Ascorbic Acid, D-Alpha-Tocopherol Acetate, Copper Gluconate, Niacinamide, Zinc Oxide, Cholecalciferol, Lactase, Calcium Pantothenate, Biotin, Vitamin A Acetate, Potassium Iodide, Pyridoxine HCL, Thiamine Mononitrate, Riboflavin, Folic Acid, Cyanocobalamin

CONTAINS: MILK/DAIRY

Allergen Warning: Manufactured on equipment which processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

Manufactured for KetoLogic, 1452 Industry Drive, Burlington, NC 27215

†Net Carbs = Total Carbs - Fiber

13g*
FAT

7g*
PROTEIN

4g*†
NET CARBS

*PER SERVING

