

## WHAT IS KETO ANYWAYS?



The **Ketogenic Diet (Keto for short)** is a high-fat (75%), moderate-protein (20%), low-carb (5%) diet that forces the body to burn fats rather than carbs for energy. The liver breaks down fat into **Ketones** (BHB) that are used as a primary energy source.



Use **100% KETO FOOD** Ketogenic Meal Replacement Shake whenever you need a perfect keto meal on the go!

### INTRODUCING 100% KETO FOOD™

**FINAFLEX® 100% KETO FOOD™** is a Ketogenic Meal Replacement Shake built on the commonly accepted Ketogenic ratio of 75% Fat, 20% Protein, and 5% Carbohydrates. Are you on Keto but struggle to find food options that fit your dieting needs? **100% KETO FOOD™** was built with the Ketogenic Dieter in mind, creating a perfect Keto meal that can be used anytime during the day to promote and maintain Ketosis. Building the formula with MCT Powder and Whey Protein Isolate creates a smooth, full-bodied delicious Keto Milkshake-like Shake every time!

### KETOGENIC MEAL REPLACEMENT SHAKE

**100% KETO FOOD™** can be enjoyed in a variety of ways due to the versatility of the powdered drink mix. If mixing with a spoon or in a shaker cup, mix vigorously for 30 seconds to ensure powder is fully dispersed. For a thicker, more flavorful shake, mix with 6 ounces of water. For a thinner, milder flavored shake mix with 10 ounces of water. If you prefer to blend your shakes it is advised to add the liquid first and then add in the scoop of powder to prevent powder sticking to the sides of the blender.



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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14  
SERVINGS

75%  
FAT\*

20%  
PROTEIN\*

\*PER SERVING

# 100% KETO FOOD

KETOGENIC MEAL REPLACEMENT SHAKE\*

- ✓ 75% FAT, 20% PROTEIN, LESS THAN 5% CARBS
- ✓ PROMOTE & MAINTAIN KETOGENIC STATE\*
- ✓ PERFECT KETO MEAL WHEN ON THE GO\*

## KEY LIME PIE

Naturally Flavored  
Natural Colors

DIETARY SUPPLEMENT | NET WT. 14.8oz (420g)

## Supplement Facts

Servings Per Container: 14

Serving Size

1 scoop (30g)

Amount per serving

Calories

180

% Daily Value\*

Total Fat	16g	21%
Saturated Fat	15g	75%
Cholesterol	3mg	1%
Total Carbohydrate	1g	<1%
Protein	10g	20%
Calcium	18mg	1%
Sodium	185mg	8%
Potassium	20mg	<1%
Medium Chain Triglycerides	22g	**
Whey Protein Isolate	6g	**

\* Percent Daily Values are based on a 2,000 calorie diet

\*\*Daily Value (DV) not Established

Other Ingredients: Sodium Caseinate (Milk), Citric Acid, Natural Flavors, Silica, Purified Sea Salt, Sucralose, Beta Carotene (color), Sunflower Lecithin, Spirulina (*Arthrospira platensis*) Extract (color).

MADE IN USA FROM U.S. & IMPORTED INGREDIENTS EXCLUSIVELY FOR:

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**ALLERGEN INFORMATION:** Contains Milk and Soy (as soy lecithin from soybean oil used to improve mixability).

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

### SUGGESTED USE:



Mix 1 full Serving with 6-10 ounces water and consume immediately. **100% KETO FOOD™** is a perfect ketogenic meal replacement shake built with 75% Fat, 20% Protein, and less than 5% Carbs.



Use throughout the day as part of a balanced diet. Intended for use by healthy adults. Please do not use this product as your only source of daily nutrition. Do not use for weight reduction.

**WARNING: KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR NURSING.** Consult your doctor or other medical authority prior to using this product, if you have any medical condition, have a family history of medical conditions, or if you are currently taking any other medicines or dietary supplements. This product is intended for use by healthy adults over 18 years old. Stop using immediately if you experience any adverse symptoms or reactions. Discontinue 2 weeks prior to surgery. Product is sold by weight not volume and the contents may settle in transit, shake container before using. Store in a cool dry place and do not discard desiccant pack after opening. See bottom of bottle for Lot Number & Expiration Date. Foods with high levels of MCT may cause initial gastrointestinal (GI) discomfort, therefore it is advised to start with 1/2 serving to determine tolerance.



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