# EVERYTHING YOU NEED TO START A KETO DIET.

Saffron Extract (stigma)

% Daily	Value
110	
90	
10 g	15%†
1 g	5% <sup>†</sup>
4 g	1%
D HYDRATION	MATRI)
100 mg	10%
100 mg	25%
100 mg	4%
400 mg	11%
20 g	**
	**
	**
	**
	90 10 g 1 g 4 g <b>D HYDRATION</b> 100 mg 100 mg 100 mg 400 mg

SUCRALOSE, ACESUL FAME-K, NONFAT, DRY, MILK, AND TITANIUM DIOXIDE. CONTAINS MILK

† Percent Daily Value based on a 2.000 calorie diet.

Servings Per Container 7

Medium Chain Triglycerides (MCTs)

er Serving	% Daily	Value	4	Amo
	70		7	KETO
om Fat	25		-	Calc
	3 g	4%†	-	Sodi
Fat	3 g	15% <sup>†</sup>	l 1 <sup>-</sup>	Mag
ydrate	1 g	<1% <sup>†</sup>		** Dai
er	1 g	4%⁺	ı ∟	_
	10 g	20% <sup>†</sup>		HER

OTHER INGREDIENTS: COLLAGEN, COCOA POWDER, NATURAL

Serving Size 2 Capsules Servings Per Container 7

Amount Per Serving	% Daily	Value
KETO BHB BLEND (Proprietary)	800 mg	**
Calcium Beta-Hydroxybutyrate	_	**
Sodium Beta-Hydroxybutyrate		**
Magnesium Beta-Hydroxybutyrate		**

INGREDIENTS: GELATIN (CAPSULE), RICE FLOUR,

Amount Per Serving	% Daily Value		Amount Per Serving
KETO BHB BLEND (Proprietary)	800 mg	**	Vitamin A (as Beta-Carotene a
Calcium Beta-Hydroxybutyrate		**	Vitamin C (as Ascorbic Acid)
Sodium Beta-Hydroxybutyrate		**	Vitamin D3 (as Cholecalciferol
Magnesium Beta-Hydroxybutyrate		**	Vitamin E (as dl-Alpha Tocophi
** Daily Value not established			Vitamin K (as Phytonadione)

MAGNESIUM STEARATE, AND SILICA.

erving	Size :	2 Capsu	es
erving	s Per	Containe	r 7

mount Per Serving	% Daily Value		Amo	
TO BHB BLEND (Proprietary)	800 mg	**		Vitamin
alcium Beta-Hydroxybutyrate		**		Vitamin
odium Beta-Hydroxybutyrate		**		Vitamin
flagnesium Beta-Hydroxybutyrate		**		Vitamin
Daily Value not established				Vitamin
Dany value noi esiadhsneo				100 1

† Percent Daily Value based on a 2,000 calorie diet. \*\* Daily Value not established

AND ARTIFICIAL FLAVORS, SALT, SUCRALOSE, AND ACESULFAME-I

		MEDICAL CONDITION, OR THINKING ABOUT BECOMING
2,850 mcg	317%	PREGNANT. DO NOT TAKE THIS PRODUCT CLOSE TO
30 mg	33%	BEDTIME, ACCIDENTAL OVERDOSE OF IRON-CONTAINING
10 mcg	50%	PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN
13.5 mcg	90%	CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH
20 mcg	17%	OF CHILDREN, IN CASE OF ACCIDENTAL OVERDOSE, CALL A
1.5 mg	125%	DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.
1.7 mg	131%	DUCTOR OR POISON CONTROL GENTER IMMEDIATELY.
15 mg	94%	
2 mg	118%	DISCONTINUE USE TWO WEEKS PRIOR TO SURGERY. KEEP
400 mcg	100%	THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE
60 mcg 2	2,500%	REACH OF CHILDREN.
300 mcg	1,000%	STORE IN A COOL, DRY PLACE.
10 mg	200%	STORE IN A GOOL, DRT PLAGE.
25 mg	2%	
10 mg	55%	
19 mg	2%	
150 mcg	100%	** * * * EBRIFIED QUALITY
15 mg	4%	* * * *
10 mg	91%	( OLIAL ITTIC )
70 mcg	127%	TESTED) SCGMP
2 mg	222%	TANKIN SEE
2 mg	87%	TESTED & CGMP #
120 mcg	343%	
75 mcg	167%	Rev. 01-001-KIT013 12/18
260 mg	11%	1169, 01-001-1013 12/10
200 mg	9%	
	30 mg 10 mcg 11.5 mcg 20 mcg 1.5 mg 1.7 mg 15 mg 2 mg 400 mcg 300 mcg 10 mg 25 mg 10 mg 15 mg 2	30 mg 33% 10 mcg 50% 20 mcg 50% 20 mcg 17% 15.5 mcg 90% 20 mcg 17% 15.5 mg 131% 15 mg 94% 20 mcg 100% 60 mcg 100% 60 mcg 2500% 10 mg 200% 10 mg 200% 15 mg 22% 150 mcg 150 mcg 177% 2 mg 22% 2 mg 87% 10 mg 91% 70 mcg 127% 2 mg 22% 2 mg 87% 120 mcg 343% 75 mcg 167% 260 mg 11%

MAGNESIUM STEARATE, SILICA, AND TITANIUM DIOXIDE

INFORMATION CALL: 954.926.0900 (TEL)











MEDICAL CONDITION, OR THINKING ABOUT BECOMING DO NOT TAKE THIS PRODUCT CLOSE TO CIDENTAL OVERDOSE OF IRON-CONTAINING S A LEADING CAUSE OF FATAL POISONING I NDER 6. KEEP THIS PRODUCT OUT OF REACH

> USE TWO WEEKS PRIOR TO SURGERY, KEE UCT AND ALL SUPPLEMENTS OUT OF THE



**DR. BRETT OSBORN**BOARD-CERTIFIED NEUROSURGEON 7 YEAR RESIDENCY AT NYU MEDICAL CENTER

(FOR NEUROSURGERY)

HAD HIS OWN PRIVATE PRACTICE FOR 15 YEARS.

HEALTH AND FITNESS.

AS SEEN ON THE TODAY SHOW.

AUTHOR OF "GET SERIOUS". A GUIDE TO OPTIMAL

CHIEF OF NEUROSURGERY AT ST. MARY'S MEDICAL

DIPLOMATE OF THE AMERICAN BOARD OF

BOARD-CERTIFIED BY THE AMERICAN ACADEMY OF ANTI-AGING MEDICINE.

IN HIS SOUTH FLORIDA CLINIC,

DR. OSBORN USES THE KETOGENIC DIET TO HELP HIS CLIENTS REACH THEIR WEIGHT LOSS GOALS. HE ALSO FOLLOWS A MODIFIED KETOGENIC DIET HIMSELF **USING IT TO STAY LEAN YEAR ROUND.** 







**EVERYTHING YOU NEED** TO START A KETO DIET.

DIETARY SUPPLEMENT









Shopping List









































