

# kētologie

## KETO SHAKE

KETOGENIC NUTRITION SHAKE †

## CHOCOLATE

NATURALLY FLAVORED

75%  
FAT/CAL

<2%  
NET CARBS\*/CAL

19%  
PROTEIN/CAL

300 Cal  
PER SERVE

\*0g Net carbs = 14g carbs - 7g dietary fiber - 7g erythritol.

SUGAR FREE / NO ARTIFICIAL SWEETENERS

Net wt: 38.1oz (2.38lb) (1.08kg)

### Nutrition Facts

18 servings per container

Serving size **2 Scoops (60g)**

Amount Per Serving

**Calories 300**

% Daily Value\*

**Total Fat** 25g **32%**

Saturated Fat 22g **110%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 440mg **19%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 7g **25%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Erythritol 7g

**Protein** 14g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 0.9mg 4%

Potassium 10mg 0%

\*The % Daily Value (DV) 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 advice.

INGREDIENTS: COCONUT OIL, HYDROLYZED BOVINE COLLAGEN, ORGANIC ERYTHRITOL, DUTCHED COCOA, NATURAL VANILLA FLAVOR. CONTAINS LESS THAN 2% OF THE FOLLOWING: SEA SALT, XANTHAN GUM, SOLUBLE CORN FIBER, STEVIA, SODIUM CASEINATE, SUNFLOWER LECITHIN.

CONTAINS: COCONUT, MILK DERIVED INGREDIENTS.

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### 75% FAT, 100% AWESOME

We're not saying you have to eat 75% of your calories from fat, all the time. But, if you do want to...we've got your back. Finally, you can just get on with moving toward your goals, without worrying about how you're going to get into - and stay in - ketosis.

No more calculating percentages, no more working out complex macronutrient ratios... we've done all that for you. Because we get it - you just want to be IN ketosis, not spending every waking moment thinking about it.

Here's the thing: if you're a busy person (and let's face it, who isn't these days?), you don't necessarily want to spend your precious spare time nerding out on the mechanics of ketosis - you just want to BE. IN. IT! Burning fat for fuel...effortlessly... efficiently... and most importantly, deliciously. We get it. We hear you!

Welcome to Ketologie. Where we do the math, so you can get back to being awesome.

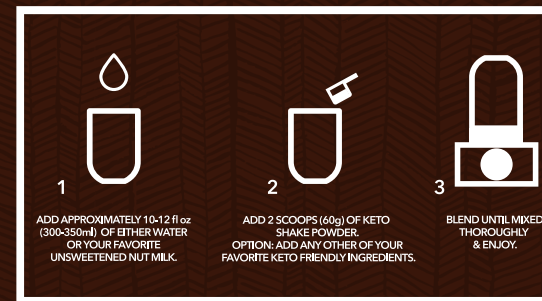
**PRO TIP: Use our amazing keto shake mix to make creamy low carb lattes, pancakes, chia puddings & more. Go to [www.ketologie.com](http://www.ketologie.com) or join our facebook community for recipes and handy hints and tips!**

**KETOLOGIE. Powering strong bodies and beautiful minds**



@ketologie #ketologie

### MIXING INSTRUCTIONS:



1 ADD APPROXIMATELY 10-12 fl oz (300-350ml) OF EITHER WATER OR YOUR FAVORITE UNSWEETENED NUT MILK.

2 ADD 2 SCOOPS (60g) OF KETO SHAKE POWDER. OPTION: ADD ANY OTHER OF YOUR FAVORITE KETO FRIENDLY INGREDIENTS.

3 BLEND UNTIL MIXED THOROUGHLY & ENJOY.

† This product is not intended to be used with a standard diet. It is designed to be used with a ketogenic diet. For best results use in conjunction with an exercise program. If using as a meal replacement, it is recommended to supplement with a multi-vitamin.

**WARNING:** CONSULT WITH A PHYSICIAN BEFORE STARTING ANY DIET AND EXERCISE PROGRAM, INCLUDING THIS ONE, ESPECIALLY IF YOU ARE UNDER THE AGE OF 18, PREGNANT, NURSING, OR HAVE A HEALTH PROBLEM (SUCH AS DIABETES, HEART DISEASE, HIGH BLOOD PRESSURE, ETC).

FOR MORE INFO & RECIPES VISIT:

[www.ketologie.com](http://www.ketologie.com)

KEEP TIGHTLY CLOSED IN A COOL DRY PLACE. SOME SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING AND HANDLING.



KETO FRIENDLY



SUGAR FREE



GRASS FED COLLAGEN

EAT WITH YOUR MIND OPEN

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