

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

Fuel Your Best™ with 4 easy steps!

1. Replace one meal with a **KetoLogic® Meal Replacement**.
2. Eat two **low-carb** meals.
3. Drink 1-2 servings of **KetoLogic® BHB**.
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: Mix 2 scoops with 8-12 oz. of water (adjust for taste preference). Shake well and consume slowly.
NOTE: Foods high in MCTs may cause gastrointestinal (GI) discomfort. Begin by taking 1/2 scoop until personal tolerance is reached. 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®
FUEL YOUR BEST™

KETO MEAL

NO ARTIFICIAL SWEETENERS OR FLAVORS

Gluten-Free

VANILLA

POWDER | NATURAL FLAVORS 20 SERVINGS | NET WT 30.3 OZ (860G)



TASTES GREAT



Nutrition Facts

Servings Per Container: 20
Serving Size: 2 Scoops (43g)

Amount Per Serving
Calories 250

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 22mg	7%
Sodium 370mg	16%
Total Carbohydrate 10g	4%
Dietary Fiber 3.5g	13%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohols 3.5g	
Protein 10g	
Vitamin D 5mcg	26%
Calcium 100mg	8%
Iron 0mg	0%
Potassium 60mg	1%
Vitamin A 230mcg	26%
Vitamin C 21mg	24%
Vitamin E 3mg	17%
Thiamin 0.3mg	28%
Riboflavin 0.4mg	33%
Niacin 4mg	27%
Vitamin B ₆ 0.4mg	25%
Folate 38mcg DFE	10%
Folic Acid 63mcg	
Vitamin B ₁₂ 0.8mcg	32%
Biotin 8mcg	26%
Pantothenic Acid 1.7mg	34%
Phosphorus 43mg	3%
Iodine 43mcg	28%
Magnesium 111mg	26%
Zinc 3.4mg	31%
Copper 0.3mg	28%
Chloride 350mg	15%

*The % Daily Value 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.
 Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Coconut Oil Creamer (Coconut Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Whey Protein Concentrate (Whey Protein, Sunflower Lecithin), Erythritol, MCT Oil Creamer (Medium Chain Triglycerides, Nonfat Dry Milk, Disodium Phosphate, Silicon Dioxide), Natural Flavors, Sea Salt, Magnesium Oxide, Calcium Carbonate, Steviol Glycosides (Stevia rebaudiana), Cellulose Gum, Xanthan Gum, Carrageenan, 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 and COCONUT
Allergen Warning: Manufactured on equipment which processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

†Net Carbs = Total Carbs - Fiber - Sugar Alcohols

19g*
FAT

10g*
PROTEIN

3g*†
NET CARBS

*PER SERVING

KetoLogic.com

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

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