KetoLogic® KetoMeal® is a delicious and convenient meal replacement shake that supports a low-carb or ketogenic diet. It contains medium-chain triglycerides (MCTs), which the body converts to ketones to support ketosis, a metabolic state that enables your body to burn fat for energy.

For optimal benefits, replace one meal a day with KetoLogic® KetoMeal® by mixing it with water, almond milk, or coffee.

To enhance weight loss results, take KetoMeal® as part of the **KETO 30 Challenge**, KetoLogic's 30-day keto weight loss program. Fuel Your Best® with just 4 easy steps a day!

KETOLOGIC KETO 30 CHALLENGE — FUEL YOUR BEST

1. Replace one meal with a **KetoLogic® KetoMeal®**.
2. Eat two **low-carb** meals.
3. Drink 1-2 servings of **KetoLogic® BHB**.
4. Get moving!

RECOMMENDED USE: Mix 2 scoops with 8 - 12 fl. oz. of water (adjust for taste preference). Shake well and consume slowly.
NOTE: Foods containing MCTs may cause gastrointestinal (GI) discomfort. Begin by taking half of a serving until personal tolerance is reached. For best results, use with a low-carb or ketogenic diet and an exercise program.
Do not use if safety seal is broken or missing. STORE IN A COOL DRY PLACE.
KetoLogic®, KetoMeal®, KetoEnergy®, and Fuel Your Best® are registered trademarks of KetoLogic, LLC.

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YouTube

KETOLOGIC® FUEL YOUR BEST®

NO • Gluten • Soy • Carrageenan

Naturally Flavored
Contains MCTs

KETOMEAL®

Meal Replacement Shake

ONLY **5g** NET CARBS†

VANILLA

POWDER | NATURAL FLAVORS | 20 SERVINGS | NET WT 24.7 OZ (700G)



Nutrition Facts

Servings Per Container: 20
Serving Size: 2 Scoops (35g)

Amount Per Serving
Calories 190

	*% Daily Value
Total Fat 15g	19%
Saturated Fat 14g	70%
Trans Fat 0g	
Polyunsaturated Fat <1g	
Monounsaturated <1g	
Cholesterol 15mg	5%
Sodium 250mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohols 3g	
Protein 8g	
Vitamin D 5mcg	25%
Calcium 40mg	4%
Iron 4.5mg	25%
Potassium 0mg	0%
Vitamin A 225mcg RAE	25%
Vitamin C 23mg	25%
Vitamin E 3.8mg	25%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	25%
Niacin 4mg	25%
Vitamin B_6 0.4mg	25%
Folate 100mcg DFE	25%
Folic Acid 59mcg	
Vitamin B_{12} 0.8mcg	25%
Biotin 7.5mcg	25%
Pantothenic Acid 1.3mg	25%
Phosphorus 25mg	2%
Iodine 37mcg	25%
Magnesium 8mg	25%
Zinc 2.7mg	25%
Selenium 13.7mcg	25%
Copper 0.22mg	25%
Manganese 0.58mg	25%
Chromium 8.8mcg	25%
Molybdenum 11.3mcg	25%
Chloride 230mg	10%

*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

†Net Carbs = Total Carbs - Fiber - Sugar Alcohols

Ingredients: Coconut Oil, Whey Protein Concentrate, MCT Oil (palm), Natural Flavors, Erythritol, Corn Syrup Solids, Sodium Caseinate, Xanthan Gum, Sea Salt, Cellulose Gum, Guar Gum, Inulin, Whey Protein Isolate, Sunflower Lecithin, Rebaudioside-A (stevia), Silicon Dioxide, Mono and di-glycerides, and Sodium silicoaluminate.
Vitamin and Mineral Blend: Vitamin A Palmitate, Ascorbic Acid, d-Alpha Tocopheryl Acetate, Ergocalciferol, Pyridoxine HCL, Riboflavin, Thiamin HCL, Folic Acid, Biotin, Methylcobalamin, Niacinamide, d-Calcium Pantothenate, Ferrous Fumarate, L-Selenomethionine, Potassium Iodide, Zinc Gluconate, Copper Gluconate, Manganese Sulfate, Sodium Molybdate, Chromium Picolinate.
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.

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KetoLogic.com

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