

LCHF Shake

Natures Plus.®

KETO

LIVING™

Low-Carbohydrate, High-Fat Nutritional Shake Powder

Nutritionally Supports **ketogenic** and
low-glycemic dieting success

- 20 g of fat per serving
- 9 g of protein per serving
- Less than 2 g of sugar per serving

Delicious Natural Vanilla Flavor Net Wt 1.27 lbs (578 g)



Nutrition Facts

Serving Size 2 Heaping Scoops (38.5g) Servings Per Container 15

Amount Per Serving

Calories 240 Calories from Fat 180

%Daily Value#

Total Fat 20 g **31%**

Saturated Fat 19 g **95%**

Trans Fat 0 g **0%**

Cholesterol 0 mg **0%**

Sodium 50 mg **2%**

Potassium 30 mg **1%**

Total Carbohydrate 5 g **2%**

Dietary Fiber 1 g **4%**

Sugars 1.5 g

Sugar Alcohol 1 g

Protein 9 g **20%**

Choline (as bitartrate) 250 mg †

Inositol 200 mg †

Fructooligosaccharides (FOS) 165 mg †

Enzyme Complex 50 mg †

Lipase, Cellulase, Hemicellulase, Xylanase, Bromelain, Papain

Fat Complex (Medium-chain triglycerides, coconut oil, casein, sunflower lecithin) 25 g †

Probiotic Blend (1 billion viable cells at time of manufacture) supplying: *Lactobacillus acidophilus*, *L. plantarum*, *L. casei*, *L. bulgaricus*, *L. brevis*, *L. rhamnosus*, *L. lactis*, *Bifidobacterium lactis*, *B. bifidum*, *L. sporogenes* (*B. coagulans*) 3 mg †

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

† Daily Value not established.

INGREDIENTS: Medium-chain triglycerides, whey protein, natural flavors, natural vanilla flavor, erythritol, coconut oil, choline bitartrate, non-GMO xanthan gum, inositol, fructooligosaccharides (FOS), organic stevia, **Enzyme Complex**, **Probiotic Blend**. Contains Milk, Tree Nut (coconut).

LBL 1138206

Nutritionally Supports

Ketogenic and Low-Glycemic Dieting Success.*

A ketogenic or low-glycemic lifestyle can yield tremendous benefits in areas such as weight management, blood sugar control and general well-being. But, finding foods that deliver the nutrition you need while keeping your body in a healthy, low-carb, ketogenic state can be challenging.*

Nature's Plus® Keto Living™ LCHF Shake makes following a ketogenic lifestyle easy and incredibly delicious! **Keto Living LCHF Shake** eliminates hunger and reduces craving, all while helping to keep you in ketosis and your blood sugar under control.*

Experts in ketogenic nutrition recommend at least 75% of calories from fat, 15% from protein, and no more than 10% of daily calories from sugars. Trying to stay within these parameters can be a hassle ... but with **Keto Living LCHF Shake**, you're already within these limits! The only thing you need to think about is pure, luscious, creamy vanilla enjoyment.*

Enjoy the amazing benefits and delicious satisfaction of **Keto Living LCHF Shake**.

* 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.



Formulated to be fully compliant with LCHF diets; 75%+ Cals from Fat, 15%+ Cals from Protein, <10% Cals from Carbs



Free from gluten of all sources, including wheat, barley and spelt



Free from genetically modified organisms



Product independently tested for purity, quality and potency



Manufactured in independently certified GMP facilities

Directions:

1. Add two heaping scoops (38.5 g serving) powder to 8 to 10 fl. oz. of water, heavy cream or your favorite keto-friendly beverage.
2. Add in any other of your favorite keto-friendly ingredients.
3. Blend or shake well, mix thoroughly and enjoy!

KETO LIVING SHAKE should not be used as the sole source of dietary calories.

NOTICE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME, THEREFORE SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING AND HANDLING.

Free from artificial colors and preservatives.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

Manufactured with LOVE ♥ by **Natural Organics Laboratories, Inc.** makers of **Nature's Plus** 9500 New Horizons Blvd. Amityville, New York 11701, USA ©NATURAL ORGANICS® www.naturesplus.com

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