

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 1 g of sugar per serving

Delicious Natural Chocolate Flavor Net Wt 1.49 lbs (675 g)

Nutrition Facts

Serving Size 2 Heaping Scoops (45g) Servings Per Container 15

Amount Per Serving

Calories 250 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 100 mg **4%**

Potassium 500 mg **14%**

Total Carbohydrate 9 g **3%**

Dietary Fiber 4 g **16%**

Sugars 0.5 g

Sugar Alcohols 1 g

Protein 9 g **18%**

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*)

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

† Daily Value not established.

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

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 chocolate 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 (45 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**
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