- This product is sold by weight, not volume. Settling of contents may occur. Keep container closed and in a cool, dry location.

For training, consume 30 min before a workout or in the morning on non-training days Alternately, use when you need additional energy or after a cheat meal.

Additional water can be added according to taste preference. Introduce slowly into your diet to avoid stomach upset.

Consult your physician or healthcare provider before using this product or any other dietary supplement.

KEEP OUT OF REACH OF CHILDREN.

HOW TO USE:



of water and stir vigorously. Use a shaker to mix the ketones. They will taste better!

WHEN TO USE:



30 minutes before a workout.*





As a meal replacement or after a cheat meal to get back into ketosis.*

Scan To Join The Kiss My Keto VIP Club





In the morning for an energy boost.*





EXOGENOUS KETONES

KISS MY



355g - 12.5oz - 20 servings **Dietary Supplement**

Supplement Facts

Serving Size: 1 Scoop (17.76g) Servings Per Container: 20

	Amount Per Serving	% DV*
Calories	45	
Calcium	1237mg	95%
Magnesium	85mg	20%
Zinc	3.1mg	28%
Sodium	1026mg	45%
Potassium	229mg	4%
Pronziatory Kato Rland	14 Sn	

roprietary	Keto	Blend		14.6
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Calcium Beta-Hydroxybutrate (GoBHB™) Sodium Beta-Hydroxybutrate (GoBHB™) Magnesium Beta-Hydroxybutrate (GoBHB™)

Caffeine	100mg	4%

*Percent Daily Values are based on a 2,000 calorie diet. Daily Value not estabelished.

Other Ingredients: Citric Acid, Natural Flavors, Dipotassium Phosphate, Malic Acid, Stevia, Zinc Arginate Chelate.

GoBHB™ is a registered trademark under exclusive global distribution by Compound Solutions, Inc.

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