NO MATH. JUST MIX.

70% FAT : 20% PROTEIN : 10% CARBS

Approximation based on calories.

David Perlmutter, M.D., makes following a KETO Diet easy and delicious with our **Keto Fit Weight Loss Shake**.†*

Our **Keto Fit** is formulated with clinically studied ingredients to help make your KETO Diet and exercise program more effective.†*

BURNS FAT†
Organic Svetol®
Organic Coffeeberry®
50mg Caffeine

FIGHTS CRAVINGS†
Organic Ashwagandha
Organic Grass Fed Butter
with CLA and MCT

SUPPORTS DIGESTION†
1.5 Billion CFU
Probiotics

TRULY GRASS FED

TRULY CLEAN

rBST, rBGH and Antibiotic Free

SHAKE with water.

BLEND in smoothies.

USE in baking.

Made with Fair Trade cacao and chocolate flavors.

Learn more about the Keto Diet and our farms from David Perlmutter, M.D., Board Certified Neurologist @ **www.gardenoflife.com/keto.**

†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.

Garden of Life

Dr. Formulated

KETO

KETO FIT

WEIGHT LOSS SHAKE*

BURNS FAT & FIGHTS CRAVINGS†

70% FAT	20% PROTEIN	10% CARBS

FAIR TRADE CHOCOLATE

GRASS FED BUTTER & WHEY • STUDIED INGREDIENTS • PROBIOTICS
50MG OF NATURALLY OCCURRING CAFFEINE

10 SERVINGS NET WT 12.87 oz (365 g) DIETARY SUPPLEMENT

Supplement Facts

Serving Size 36.5g (about 2 Scoops)
Servings Per Container 10

	Amount Per Serving	% Daily Value
Calories	210	
Total Fat	16 g	21%*
Saturated Fat	12 g	55%
Cholesterol	50 mg	17%
Total Carbohydrate	5 g	2%*
Dietary Fiber	4 g	14%*
Total Sugars	2 g	†
Includes 0g Added Sugars		0%
Protein	10 g	20%*
Vitamin A (from retinol, beta carotene)	220 mcg	24%
Vitamin E	0.3 mg	2%
Calcium	20 mg	2%
Iron	1.4 mg	8%
Iodine	0.3 mg	2%
Magnesium	105 mg	7%
Selenium	21 mg	5%
Chromium	2.75 mg	5%
Molybdenum	3.5 mcg	10%
Zinc	4.5 mcg	10%
Potassium	130 mg	6%
Sodium	282 mg	6%
Organic Grass Fed Butter Powder	20 g	†
Organic Grass Fed Butter*, Organic Grass Fed Non-fat Milk		
Dairy Grass Fed Whey Protein Isolate		
Weight Loss Blend	11.4 g	†
Organic Svetol® (Naturally Decaffeinated Green Coffee Bean Extract)	815 mg	†
Organic Ashwagandha	653 mg	†
Organic Coffeeberry® Whole Coffee Fruit Extract (Standardized to 20% Caffeine)	300 mg	
Lambda-Cyhalothrin	65 mg	
Bacillus Coagulans (1.5 Billion CFU)	10 mg	†

*Percent Daily Values based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Organic Chocolate Flavors, Organic Fair Trade Cocoa, Sea Salt, Organic Stevia Extract (leaf).

Contains: Milk.

Suggested Use: Mix 2 scoops in 10oz of water (scoop included). Not intended for children.

All nutrients are naturally occurring. This product has not been fortified with vitamins or minerals.

Contains 50mg of naturally occurring caffeine per serving.

For freshest flavor, refrigerate after opening and consume within 30 days. May also be stored in a cool, dry place.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children.

Do not use if safety seal is broken or missing.

Made without soy ingredients, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives. Manufactured in a facility that also processes egg, soy and tree nuts.

Organic Svetol® is a registered trademark of Naturex, Inc.

Coffeeberry® is a registered trademark of DEF FutureCeuticals, Inc.

MINIMUM FILL LINE

The density of the powdered ingredients in this product naturally vary from lot to lot and require space in the container at the time of packaging. Over time, the powders settle, causing the container to appear less full than when it was first packaged. This product is sold by weight and not by volume.

Certified B Corporation

Certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability and transparency.

Recyclable Bottle

BPA FREE

We Buy 100% Certified Renewable Energy

Distributed by Garden of Life LLC
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
www.gardenoflife.com
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