

11.7g
OF BHB
PER SERVING



DIETARY
SUPPLEMENT

NET WT 9.95 OZ
(282g)

15 Servings

Julian Bakery

InstaKetones

ORANGE BURST-CAFFEINE FREE

- ✓ Our BHB has GRAS Affirmation
- ✓ IKDiet Phase 1 & 2 Approved
- ✓ Paleo and Keto Friendly
- ✓ Lactose Free
- ✓ Gluten Free
- ✓ Naturally Flavored
- ✓ No Preservatives



InstaKetones® is a true game changer in helping you reach and maintain your ideal weight.

InstaKetones® (Exogenous Ketones) dramatically increases endurance and promotes a leaner more sculpted look in conjunction with the IKDiet® and exercise plan. It can boost measurable blood ketones by up to 2.0 mmol/L within 40 mins.*

Ketones are a super fuel used by the muscles and the brain, where they generate more energy (ATP) per unit of oxygen consumed than do carbohydrates, protein, or fat. InstaKetones powder has 11.7 grams of the ketone body Beta-hydroxybutyrate (BHB) per serving - the maximum amount your body can uptake per serving. Consumption of InstaKetones before exercise can result in significantly reduced brain fog, increased oxygen demand, increases in performance - and may also heighten mental acuity and performance.*

InstaKetones is excellent for individuals on Keto & IKDiet plans who need energy but must limit carbohydrate and calorie intake which yield weight loss results. InstaKetones curbs appetite and cravings allow you to feel great while you lose the weight with the IKDiet.com (caloric deficit) plan.* For more information on the benefits of InstaKetones® and the IKDiet® Plan visit www.IKDiet.com

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Manufactured for Julian Bakery, Inc.
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Julian Bakery

Follow Us On Instagram
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and @JulianBakery

Supplement Facts

Serving Size 1 Scoop (18.8 g)
Servings Per Container 15

	Amount per serving	% Daily Value*
Calories	45	
Total Carbohydrate	1g	< 1%
Vitamin A	163 mcg	18%
Calcium	1128 mg	87%
Sodium	1320 mg	57%
Beta Hydroxybutyrate	11.7g	**

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

Ingredients: Sodium Beta-Hydroxybutyrate, Calcium Beta-Hydroxybutyrate, Citric Acid, Natural Flavor, Taurine, Luo Han Guo Extract, L-Leucine, L-Tyrosine, Beta Carotene (color).



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DIRECTIONS: Over the course of the first 4 days work your way up gradually from 1/2 scoop to 1 full scoop per serving. Can be consumed 1 to 3 times a day, 15 to 30 min after eating, spaced out every 4 hrs. Schedule one serving 30 minutes before exercise. Do not consume carbohydrates, starches, sugar (including fruit), for a minimum of 4 hours after consuming a serving of InstaKetones®. For the free food and exercise plan goto: www.IKDiet.com

CAUTION: Consuming more than the serving size can cause nausea or stomach distress. To avoid any stomach distress start with 1/2 scoop per serving and work your way up over a period of 4 days. Consult your healthcare practitioner before using this product if you are pregnant, nursing or under medical supervision.

* 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.