

SUGGESTED USE: Add 1 scoop per day to 6 to 8 ounces of water or other beverage, to desired consistency.

Dr. Berg's Keto Shake was uniquely designed as a delicious creamy chocolate brownie shake with the perfect combination of pea protein and healthy fats—and no added sugars.

NOTE: Dr. Berg's Keto Shake comes with added MCTs. Our MCTs (medium-chain triglycerides), originally from coconut oil, can aid in weight loss. In the body MCTs are used more efficiently for energy and are less likely to be stored as fat. MCTs can turn into ketones, which provide an alternative fuel source for greater fat-burning potential.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE, WITH A LID.

Developed and distributed by Dr. Eric Berg DC
To reorder: shop.drberg.com (800-816-8184)

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Rev. US 01



Dr. Berg

THE KNOWLEDGE DOC™

KETO SHAKE

COCOA FLAVOR

Pea protein with MCT oil powder

High-quality protein source

Energy booster†

720
grams



Ingredients: Organic pea protein, MCTs (medium chain triglycerides), erythritol, cocoa powder, natural chocolate flavor, stevia, sodium chloride, guar gum, acacia gum, xanthan gum.

NETS	ADDED SUGARS	MCTs
4g	0g	1.7g

†Scoop included

- ✓ No added sugar
- ✓ Added MCTs
- ✓ No MSG or hidden MSGs

Nutrition Facts

Servings Per Container: approx. 60

Serving Size: 1 scoop, approx. 11 g

Amount per Serving	Calories	% Daily Value*
	43	
Total fat <1 g		1%
Saturated fat <1 g		2%
Trans fat <1 g		**
Sodium 113 mg		2%
Total carbohydrate 3 g		1%
Dietary fiber 3 g		12%
Total sugars <1 g		**
Includes 0 g added sugars		
Protein 4 g		
Vitamin D 0 mcg		0%
Calcium 9 mg		<1%
Iron 1 mg		<1%
Potassium <1 mg		31%
Zinc 3 mg		

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Daily Value not established.