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SUGGESTED USE: As a dietary supplement, take 2 capsules per day, in the morning, with or without food. Also, 1 capsule can be taken before exercise, with or without food.

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.

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.

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

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Dr. Berg Nutritionals

4501 Ford Avenue, Alexandria, VA 22302

Rev. US 03



Dr. Berg®
THE KNOWLEDGE DOC

KETO ENERGY

60 Capsules

Dietary Supplement

Supplement Facts

Serving size: 2 capsules
Servings per container: 30

	Amount per Serving	%DV
Vitamin A (from carrot)	450 mcg RAE	50%
Vitamin C (from orange, blueberry, cranberry, apple, beet and strawberry)	30 mg	30%
Vitamin D (from shiitake mushroom)	5 mcg	25%
Vitamin E (from tomato)	10 mg	66%
Vitamin K1 (from spinach)	40 mcg	33%
Vitamin B1 thiamine (from orange and benfotiamine)	100.75 mg	8280%
Vitamin B2 riboflavin (from broccoli)	0.85 mg	66%
Vitamin B3 niacin (from tomato)	10 mg	67%
Vitamin B6 pyridoxine (from carrot)	1 mg	50%
Vitamin B9 folate (from spinach and beet)	0.2 mg	50%
Vitamin B12 (as methylcobalamin)	2.4 mcg DFE	100%
Vitamin B7 biotin (from spinach and shiitake mushroom)	150 mcg	500%
Vitamin B5 pantothenic acid (from shiitake mushroom)	5 mg	100%
Magnesium (from magnesium Krebs cycle powder)	50 mg	10%
Potassium (from potassium Krebs cycle powder and beet)	50 mg	10%
Alpha-lipoic acid	200 mg	**
Nutritional yeast	150 mg	**
Proprietary whole food blend (spinach, broccoli, carrot, beet, tomato, shiitake mushroom, apple, cranberry, orange, blueberry and strawberry)	225 mg	**

*Percent Daily Values are based on a 2000 calorie diet.
**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)