



Learn how **Real Ketones** works and how to get the most out of your wellness regimen.



ADVANCED FORMULA 60% MORE D-BHB THAN SHIFT

CLINICALLY TESTED

ELEVATE

POWERED BY D-BHB KETONES + MCT | THE BODY'S PREFERRED FUEL

WHAT IS D-BHB?

See back for more details



SUPERIOR HYDRATION



FOCUS MULTIPLIER*



KETOSIS ON THE GO



1285MG ELECTROLYTES



CAFFEINATED MIXED BERRY FLAVORED

30

DRINK MIX PACKETS

POWDERED SUPPLEMENT MIX

DIETARY SUPPLEMENT

30-0.43 OZ (12.26) PACKETS. NET WT. 12.9 OZ (366g)

HOW TO USE FOR BEST RESULTS:

1 Stick Pack AM

Or Reduce Calorie Intake:

1 Stick Pack 30 Minutes Before Lunch

Or Pre workout:

1 Stick Pack 15 Minutes Prior

Or Intermittent Fasting:

1 Stick Pack at Start of Fast



DAIRY FREE



MAKES KETO OR ANY DIET EASIER



VEGAN / KETO / PALEO FRIENDLY



LAB TESTED



SOY FREE



BOOSTS ENERGY LEVELS

BENEFITS OF D-BHB KETONES:

- ✓ Energy for the body
- ✓ Hydration
- ✓ Works with all diets

D-BHB KETONES ARE:

- ✓ Produced naturally by the body, we just don't make enough.
- ✓ A powerful energy source to feel your best.
- ✓ The preferred fuel for your brain, heart, and body.
- ✓ Packed with 225% more energy than glucose (sugar).
- ✓ Natural, hundreds of studies to prove it works, and no added Junk.

WELCOME TO
HIGH PERFORMANCE LIVING*
USING KETONES

INCLUDES:
8g D-BHB
2g C8MCT

DIRECTIONS: Dissolve 1 stick in 8-12 oz. of cold water and shake vigorously. Can be taken with or without food. We always recommend that you consult your healthcare practitioner before taking any supplement.

Supplement Facts

Serving size: 1 stick pack (12.2 g)
Servings per container: 30

	Amount Per Serving	%DV
Calories	40	
Total Fat	1.5 g	2%*
Saturated Fat	1.5 g	7%*
Total Carbohydrate	<1 g	<1%*
Vitamin D (as Cholecalciferol)	25 mcg	125%
Vitamin K2 (as Menaquinone-7)	80 mcg	67%
Vitamin B6 (as Pyridoxine HCl)	50 mg	2941%
Vitamin B12 (as Methylcobalamin)	50 mcg	2083%
Calcium	100 mg	8%
Magnesium	195 mg	46%
Sodium	480 mg	20%
Potassium	530 mg	11%

Proprietary Formula with BHB+MCT 10.2 g
D-Beta-Hydroxybutyrate Sodium (D-BHB), D-Beta-Hydroxybutyrate Magnesium and Calcium (D-BHB), D-Beta-Hydroxybutyrate Potassium (D-BHB), Medium-Chain Triglycerides C8 Powder, Caffeine Anhydrous
* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value not Established

Other Ingredients: Flavors, Citric Acid, Malic Acid, Stevia Rebaudiana Leaf Extract, Vegetable Juice (for color)
Distributed by: Real Ketones, LLC
111 2nd Avenue NE, Suite 1003
St. Petersburg, FL 33701
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*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.



MADE IN USA
with foreign and domestic ingredients



BETTER HEALTH FOR A CAUSE

Real Ketones is proud to support the work of Covenant House. Their mission is to change the lives of homeless, trafficked or runaway youth, providing meals, housing and long-term mentorship and assistance. Over the past 40 years, they have been a pillar of hope and positivity for one of the most vulnerable and at-risk groups in the United States, saving over 1 million children in the process. We're honored to be a part of their work. **Learn more at RealKetones.com/CovenantHouse**