

REAL KETONES
HIGH PERFORMANCE LIVING

SUGAR
NOT A REDUCED
CALORIE FOOD

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



LEMON
FLAVORED

**SUPERIOR
HYDRATION**

**FOCUS
MULTIPLIER[†]**

**KETOSIS
ON THE GO**

**1285MG
ELECTROLYTES**

30 DRINK MIX PACKETS

POWDERED SUPPLEMENT MIX

DIETARY SUPPLEMENT

30-0.45 OZ (12.7G) PACKETS, NET WT. 13.4 OZ (381G)

**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 fuel 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 (12.7 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	460 mg	20%
Potassium	530 mg	11%

Proprietary Formula with BHB+MCT 10g
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

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value not Established

Other Ingredients: Citric Acid, Flavors, Stevia Rebaudiana Leaf Extract, Beta Carotene (for color)
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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.



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MADE IN USA
and foreign 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**