



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



CLINICALLY TESTED

# SHIFT

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

**WHAT IS D-BHB?**

See back for more details



SUPERIOR  
HYDRATION



FOCUS  
MULTIPLIER†



KETOSIS  
ON THE GO



770MG  
ELECTROLYTES

**CAFFEINATED MIXED BERRY**  
FLAVORED

30

DRINK MIX PACKETS

POWDERED SUPPLEMENT MIX

DIETARY SUPPLEMENT

30-0.26 OZ (7.3G) PACKETS. NET WT. 7.73 OZ (219G)

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



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**Covenant  
House**

Opening Doors for Homeless Youth

**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](https://RealKetones.com/CovenantHouse)

**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 (7.3 g)  
Servings per container: 30

|                    | Amount Per Serving | % Daily Value* |
|--------------------|--------------------|----------------|
| Calories           | 15                 | < 1%*          |
| Total Carbohydrate | 0 g                | 7%             |
| Calcium            | 90 mg              | 38%            |
| Magnesium          | 160 mg             | 8%             |
| Sodium             | 190 mg             | 7%             |
| Potassium          | 330 mg             |                |

Real Ketones Proprietary Blend 5.2 g †  
D-Beta-Hydroxybutyrate Sodium (D-BHB),  
D-Beta-Hydroxybutyrate Magnesium and  
Calcium (D-BHB, D-Beta-Hydroxybutyrate  
Potassium (D-BHB), Caffeine Anhydrous

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

**Other Ingredients:** Citric Acid, Natural Flavors, Malic Acid, Stevia Rebaudiana Leaf Extract, Vegetable Juice (for color)

Distributed by: Real Ketones, LLC  
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Patent [realketones.com/patent](https://realketones.com/patent)  
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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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USA

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