



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



CAFFEINATED PEACH
FLAVORED



SUPERIOR
HYDRATION



FOCUS
MULTIPLIER[†]



KETOSIS
ON THE GO



770MG
ELECTROLYTES

30

DRINK MIX PACKETS

POWDERED SUPPLEMENT MIX

DIETARY SUPPLEMENT

30-0.24 OZ (6.9G) PACKETS, NET WT. 7.2 OZ (207G)

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.



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**

WELCOME TO
HIGH PERFORMANCE LIVING[†]
USING KETONES

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 (6.9 g)
Servings per container: 30

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

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, Flavors, Stevia, Rebaudiana Leaf Extract, Beta Carotene (for color), Vegetable Juice (for color)

Distributed by: Real Ketones, LLC
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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
with foreign and domestic ingredients