



INCLUDES:
10g D-BHB

CLINICALLY TESTED & NATURAL

SHIFT

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

Ketone Drink with Pure Electrolytes



CHOCOLATE
NATURALLY FLAVORED

30 DRINK MIX PACKETS

POWDERED SUPPLEMENT



KETO
WEIGHT LOSS
DIETARY SUPPLEMENT



1 SERVING NET WT. 9.47g (1/2 oz.)

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

BENEFITS OF D-BHB KETONES:

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



**Covenant
House**
Opening Doors for Homeless Youth

BETTER HEALTH FOR A CAUSE

We are proud to support the work of Covenant House and their mission to change the lives of homeless, tracked or runaway youth.

Learn more at RealKetones.com/CovenantHouse



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



DAIRY
FREE



MAKES KETO OR
ANY DIET EASIER



VEGAN/
KETO / PALEO
FRIENDLY



LAB
TESTED



SOY
FREE



BOOSTS
ENERGY LEVELS

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.

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 (12 g)
Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	30	
Total Carbohydrate	1g	<1%*
Calcium	162mg	12%
Magnesium	260mg	62%
Sodium	850mg	37%
Potassium	542mg	12%

**Real Ketones
Proprietary Blend**
Sodium beta-hydroxybutyrate, Magnesium
beta-hydroxybutyrate, Calcium beta-hydroxybutyrate,
Potassium beta-hydroxybutyrate

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

Other Ingredients: Natural Flavor; Xanthan Gum, Silicon Dioxide, Rebbaudioside A (Stevia Extract)

Distributed by: Real Ketones, LLC
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St. Petersburg, FL 33701



gHB® is a registered
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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.

CALIFORNIA CONSUMERS - PROP 65
A WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov



MADE IN
USA