



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

WATERMELON
FLAVORED

30 DRINK MIX PACKETS

POWDERED SUPPLEMENT MIX

DIETARY SUPPLEMENT

30-0.26 OZ (7.5g) PACKETS. NET WT. 7.94 OZ (225g)

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.



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 (7.5g)

Servings per container: 30

	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	<1g	<1%
Calcium	90 mg	7%
Magnesium	160 mg	38%
Sodium	190 mg	8%
Potassium	330 mg	7%

Real Ketones Proprietary Blend 5g †
D-Beta-Hydroxybutyrate Magnesium and Calcium
(DBHB), D-Beta-Hydroxybutyrate Potassium (D-BHB),
D-Beta-Hydroxybutyrate Sodium (D-BHB)

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

Other Ingredients: Citric Acid, Flavors, Malic Acid, Tartaric Acid, Stevia Rebaudiana Leaf Extract, Beet Root (for color)

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Patent 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.



MADE IN
USA with natural
ingredients