

# KETOPERK™

## KETOPERK AT A GLANCE:

KetoPerk is a convenient and healthy way to start your day! Our unique blend of ultra-premium ingredients helps support a low-carb, ketogenic lifestyle. KetoPerk is the ultimate, “no blender” required ketosis hack that contains ZERO artificial ingredients, sweeteners or colors.

## KETOPERK: THE ULTIMATE KETOSIS HACK\*



\*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.

**SUGGESTED USE FOR MAXIMUM EFFECTIVENESS:**

Mix one scoop (17g) with 6-8 fluid ounces of hot water, drink and enjoy!

**DIRECTIONS:** Mix one scoop (17g) with 6-8 fluid ounces of hot water, drink, and enjoy.

**Supplement Facts**

Serving Size: 1 scoop (17g)  
Serving Per Container: 15

	Amount Per Serving	% Daily Value <sup>^</sup>
<b>Calories</b>	<b>112</b>	
<b>Total Fat</b>	9 g	14% <sup>^</sup>
Saturated Fat	8 g	40%
<b>Cholesterol</b>	2 mg	1%
<b>Sodium</b>	168 mg	7%
<b>Total Carbohydrate</b>	5 g	2%
Dietary Fiber	2 g	8%
Total Sugars	0 g	†
Includes 0g Added Sugars	0 g	0%
<b>Protein</b>	2 g	†
Chromium	150 mg	125%
Potassium	89 mg	3%
<b>MCT Matrix</b>	12 g	†
Coconut Oil Powder, Medium Chain Triglyceride (MCT) Oil Powder - Caprylic Acid (C8) and Capric Acid (C10).		
<b>Thermogenic Blend</b>	2 g	†
100% Colombian Arabica Clean Coffee, Coffee Bean Extract (Natural Caffeine).		
<b>Nutrient Complex</b>	2 g	†
Organic Grass-Fed Butter Powder, Hydrolyzed Collagen Peptide, Celtic Sea Salt		

<sup>^</sup> Percent Daily Values are based on a 2,000 calorie diet.

<sup>†</sup> Daily Value not established.

<sup>1</sup> KetoPerk Clean Coffee is certified to be free of 29 energy draining contaminants including inflammation-causing mold toxins.



GLUTEN FREE



GMO FREE



SOY FREE



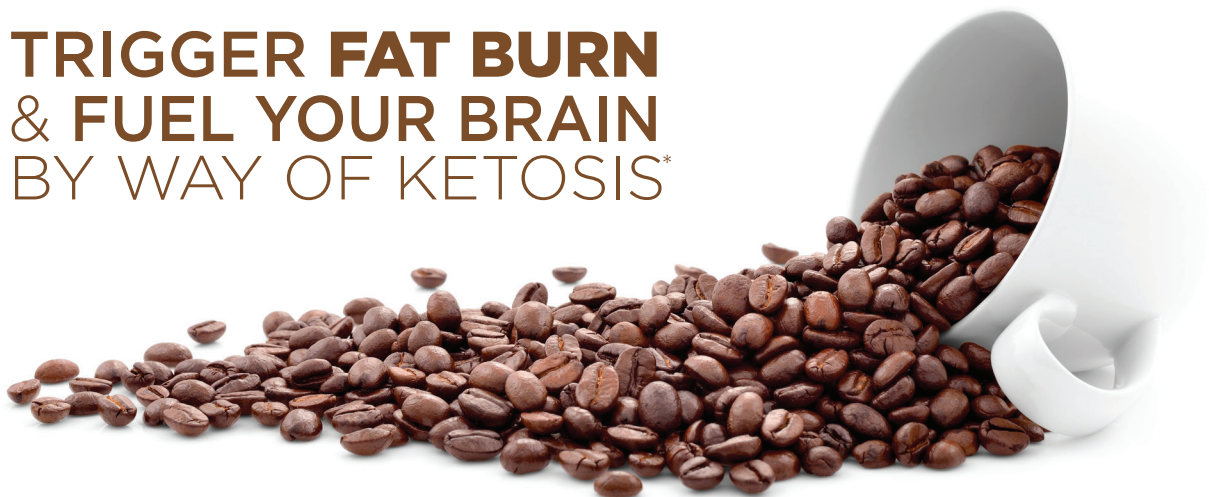
NO SUGAR ADDED

**Other ingredients:** Natural Flavors, Organic Rice Concentrate, Guar Gum

**Note:** Contains approximately 125mg natural caffeine.

**Contains Milk** (From butter)

**TRIGGER FAT BURN  
& FUEL YOUR BRAIN  
BY WAY OF KETOSIS\***



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## FREQUENTLY ASKED QUESTIONS:

### What is KetoPerk?

KetoPerk is a unique blend of ultra-premium ingredients that include Colombian Arabica Coffee, Grass-Fed Organic Butter, MCT Oil, Collagen and Celtic Sea Salt that all work together to help support a low-carb, ketogenic lifestyle.

### What is KetoPerk Clean Coffee?

KetoPerk Clean Coffee is certified to be free of 29 energy-draining contaminants, including inflammation causing mold toxins and is manufactured in a cGMP manufacturing facility.

### What is MCT Oil?

Medium-chain triglycerides (or MCT's for short) are made up of medium-chain fatty acids. Unlike long-chain triglycerides, MCTs do NOT increase cholesterol levels, and the calories from these oils are not stored in the body as fat and are digested almost immediately. MCT oils are beneficial because they're easy for the body to break down and to then use as energy by converting your unwanted fat into fuel while at the same time promoting ketosis and a ketogenic lifestyle.

### Why is there Grass-Fed Butter in KetoPerk?

Grass-fed butter is a major source of heart-healthy nutrients, and studies have shown that both saturated fat and cholesterol in the diet help to reduce inflammation and prevent heart disease. Butter from grass-fed cows is much higher in Omega-3 fatty acids and Vitamin K-2 compared to butter from grain-fed cows and is a much healthier and more nutritious choice to support a ketogenic lifestyle and diet.

### Why is there Collagen in KetoPerk?

A morning cup of coffee has become a staple for most of us, and the latest research shows that coffee has impressive health benefits of its own. By adding collagen, we turned KetoPerk into a super food while balancing out the effects of caffeine with protein, so that your body can sustain energy for a more extended period. Collagen is scientifically shown to improve digestion, strengthen hair, skin, and nails, it aids in detoxifying the liver, and has also been proven to ease aches and pains associated with the normal aging process. When broken down in your body, collagen converts into amino acids which are crucial for building lean muscle that helps to burn more calories and stored fat for fuel!

### Why Celtic Sea Salt?

Our body needs salt to complete its critical daily processes, and we could not survive without it. Salt helps to regulate the water content in our bodies and ensures that we maintain sufficient sodium levels by balancing out our sodium-potassium ratios.

Sound too scientific for you? Think of it like this: Unlike refined salt or regular table salt, the health benefits of Celtic sea salt come from the way that it's minimally processed when harvested. Celtic sea salt is sun-dried and aired in clay ponds, then gathered with the assistance of a unique wooden tool to ensure its living enzymes remain intact. We used Celtic sea salt in our KetoPerk Clean Coffee because it's a fantastic health promoter! Containing 84 trace minerals, as compared to Himalayan Sea Salt at just 60, Celtic sea salt retains much of its natural mineral content and includes many of the important electrolytes our bodies need like sodium, magnesium, calcium, and potassium, which support a healthy ketogenic lifestyle.

### What is Ketosis?

When you consume a moderate amount of protein and a very low amount of carbohydrates in your daily diet, your liver converts your body fat and the fat you eat into ketones. In turn, those ketones replace glucose, which comes from carbs and sugar as your primary source of energy. Those ketones then pass into your brain and can produce full-body benefits such as improved mood, mental clarity, decreased hunger and longer workouts, because your excess fat is quickly burned when your body needs more energy. When your body begins consuming energy from ketones, you are said to be in a metabolic state called ketosis.

### Is a low-fat diet best for my health and body?

If there's one message that most people have received in the past about their diet, it's to cut back on fat. In recent years, hundreds of studies have revealed that cutting back on fat doesn't always contribute to a lower risk of heart disease or better overall health. Your body needs fat to function, and it's also critical for your metabolism. The MCT oils in KetoPerk do not raise unhealthy cholesterol levels, and the calories are not stored in your body as fat. The fat in our KetoPerk Grass-Fed Butter and MCT Oil are rapidly digested by your body and break down stored fat to boost and sustain energy, sharpen mental clarity, and suppress cravings to satisfy you longer, while also increasing ketone production and supporting a ketogenic lifestyle\*.