

# Ketogenic Shake & Ketogenic Soup

A delicious and convenient way to support ketogenic health goals



## What Is a Ketogenic Diet?

Low in carbs with moderate protein and high in fat, a ketogenic diet prompts the body to burn fat for energy rather than glucose, which leads to the production of ketone bodies—molecules that can be used as a source of fuel. A typical ketogenic diet consists of ~70% fat, 20% protein, and 10% carbohydrates. Though this can vary slightly depending on the individual, this diet is specifically designed to induce nutritional ketosis. Ketosis is a metabolic state in which the body shifts toward the use of fat (both from fat stores and from the diet) as the primary fuel source and moves away from the use of glucose as the source of fuel. Increased ketones and the ketogenic diet can provide numerous health benefits.\*

## Why Metagenics Ketogenic Shake and Ketogenic Soup?

Those committed to a ketogenic lifestyle must ensure they continue to supply their bodies with adequate nutrition. That's why Ketogenic Shake and Ketogenic Soup contain 14 grams of fat, protein, and medium-chain triglycerides (MCT) to provide support for a ketogenic lifestyle. Offering more options to support a keto diet plan, these formulas are fast, easy, and ideal as a meal replacement or pre/post workout snack.

## Keto Tips

Want to add additional fats to your shake or soup? Ketogenic Shake may be blended with additional ingredients such as avocado, almond butter, peanut butter, chia seeds, or shredded coconut for extra flavor and fat intake. Add additional fats to Ketogenic Soup by mixing with a tablespoon of ghee or a serving of MCT Oil or MCT Powder.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Nutritional Profile & Formula Facts:

### Ketogenic Shake

- 14 g of fat and 5 g of carbs per serving
- 3 g of MCT
- 20 g of protein
- 22 essential vitamins and minerals
- Non-GMO and gluten-free
- Delicious flavors—Chocolate Milkshake and Creamy Vanilla Frappe
- May be blended with additional ingredients to increase fat intake

**Flavor:** Creamy Vanilla Frappe

**Form:** 1 lb 6.47 oz (22.47 oz) (637 g) Powder

**Serving Size:** 2 Scoops (45.5 g)

<b>Calories</b> .....	220
Calories from Fat.....	130
<b>Total Fat</b> .....	14 g
Saturated Fat .....	4 g
<i>Trans</i> Fat .....	0 g
Polyunsaturated Fat.....	1 g
Monounsaturated Fat .....	9 g
<b>Cholesterol</b> .....	5 mg
<b>Sodium</b> .....	200 mg
<b>Potassium</b> .....	360 mg
<b>Total Carbohydrate</b> .....	5 g
Dietary Fiber.....	2 g
Sugars.....	3 g
<b>Protein</b> .....	20 g

**Ingredients:** Whey Protein Isolate, high oleic sunflower oil powder [high oleic sunflower oil, buttermilk (milk), disodium phosphate, silica, natural flavor], medium chain triglycerides powder [medium chain triglycerides, nonfat dry milk (milk), disodium phosphate, silicon dioxide], sucrose, natural flavors<sup>1</sup>, silica, sunflower lecithin, xanthan gum, vitamin and mineral blend (zinc gluconate, ascorbic acid, manganese gluconate, d-alpha tocopheryl acetate, copper gluconate, D-biotin, retinyl palmitate, niacinamide, cholecalciferol, d-calcium pantothenate, chromium picolinate, pyridoxine hydrochloride, riboflavin, potassium iodide, thiamin hydrochloride, calcium L-5-methyltetrahydrofolate, selenomethionine, and methylcobalamin), guar gum, and Luo Han Guo fruit (monk fruit) extract. **Contains: Milk.**

**Directions:** Blend, shake, or briskly stir 2 scoops (45.5 g) of Ketogenic Shake into 8 fl. oz. of chilled water.

**This product is non-GMO and gluten-free.**

**Caution:** Keep out of reach of children. This product is not intended to be used with a standard diet. For best results, should be used with a ketogenic diet and exercise program. Consult your healthcare provider before use.

### Ketogenic Soup

- 14 g of fat and 4 g of carbs per serving
- 3 g of MCT
- 20 g of protein
- Gluten-free
- Delicious Savory Chicken flavor
- May be blended with additional ingredients to increase fat intake

**Flavor:** Savory Chicken

**Form:** 7-(1.68 oz) (47.5 g) Single Serve Packets (Powder)

**Serving Size:** 1 Packet (47.5 g)

<b>Calories</b> .....	220
Calories from Fat.....	130
<b>Total Fat</b> .....	14 g
Saturated Fat .....	4 g
<i>Trans</i> Fat .....	0 g
Polyunsaturated Fat.....	1 g
Monounsaturated Fat .....	9 g
<b>Cholesterol</b> .....	10 mg
<b>Sodium</b> .....	900 mg
<b>Potassium</b> .....	400 mg
<b>Total Carbohydrate</b> .....	4 g
Dietary Fiber.....	1 g
Sugars.....	3 g
<b>Protein</b> .....	20 g

**Ingredients:** Whey Protein isolate (whey protein isolate, sunflower lecithin), high oleic sunflower oil powder [high oleic sunflower oil, buttermilk (milk), disodium phosphate, silica, natural flavor], medium chain triglycerides powder [medium chain triglycerides, nonfat dry milk (milk), disodium phosphate, silicon dioxide], chicken meat flavor (yeast extract, chicken stock, salt, natural flavor, torula yeast, spice, silica), silica, sodium chloride, chicken broth flavor (chicken stock, salt, yeast extract, natural flavor), xanthan gum, guar gum, parsley flakes (dried), and turmeric extract (color). **Contains: Milk.**

**Directions:** Add packet contents to 8 fl. oz. of hot water (not boiling) and stir until dissolved. May also add powder to cold water and microwave for one to one and a half minutes. More water may be added for desired consistency. DO NOT overheat or over cook. DO NOT mix hot liquids in a blender or shaker bottle.

**This product is gluten-free.**

**Caution:** This product is not intended to be used with a standard diet. For best results, must be used with a ketogenic diet and an exercise program. Consult your healthcare provider before use. If using as a ketogenic meal replacement, it is best to supplement with a multivitamin and mineral supplement.

## Complementary Products

- MCT Oil
- MCT Powder

Helps to increase ketone production

➤ Talk to your healthcare practitioner today about **Ketogenic Shake** or **Ketogenic Soup** or visit [Metagenics.com](https://www.metagenics.com) for more information.

