

PRODUCT INFO

IT WORKS! KETO ENERGY LEMON LIME MELT TECHNOLOGY

30 Single Serve Packets (2.0 g each)

Energize your body, focus your mind,
and boost brain function with It Works!
Keto Energy powered by KetoWorks™!†

- Attack stress, fight fatigue, and get in a better mood with Vitamins B6 and B12†
- Improve your mental performance and increase stamina with encapsulated caffeine†
- Support and increase your body's ketone production†
- Instant energy packets give you a boost on the go—no water needed!†



Supplement Facts

Serving Size: 1 Packet (2.0g)
Servings Per Container: 30

	Amount Per Serving	%DV
Total Calories	5 g	
Total Carbohydrate	2 g	1%*
Sugars	1 g	0%**
Vitamin B6 (as pyridoxine HCl)	1 mg	50%
Vitamin B12 (as cyanocobalamin)	1000 mcg	16667%
Calcium	10 mg	1%
Iron	1.2 mg	7%
Chromium (as chromium picolinate)	500 mcg	417%
Encapsulated Caffeine (providing 120 mg caffeine)	200 mg	**
It Works! Proprietary Energy Blend:	1600 mg	**
Palatinose™ Isomaltulose, Taurine, Banaba leaf extract (1% corosolic acid), Medium chain triglyceride concentrate (50% MCTs), Guarana seed extract, Ashwagandha root, Eleuthero root extract, Green tea leaf extract, Matcha (Tencha) green tea leaf, TMG (Trimethylglycine), Vanadium (as sodium metavanadate) (100 mcg vanadium)		

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily value (DV) not established.



NON GMO



ON THE GO



KETO



SOY FREE



NO WATER
NEEDED

Other Ingredients: color (from turmeric root and spirulina), natural
flavors, citric acid, silica and monk fruit extract

SUGGESTED USE

Tear the packet and pour the powder into your mouth. Dissolves instantly on
the tongue – no water needed. Take 1 - 2 packets per day.

CAUTION: This product contains 120 mg caffeine per packet. Not
recommended for children, pregnant or nursing women, and individuals
sensitive to caffeine.



†These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to treat, diagnose, cure or prevent any disease.

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IT WORKS! KETO ENERGY

LEMON LIME MELT TECHNOLOGY

FREQUENTLY ASKED QUESTIONS

What is It Works! Keto Energy?

It Works! Keto Energy provides you with instant energy through its lemon lime “melt technology.”†

The melt technology allows the powder to dissolve right on your tongue—no water needed! The burst of lemon lime energy is powered by Vitamins B6, B12, encapsulated caffeine, and a proprietary energy blend to help energize your body, focus your mind, and boost brain function, so you experience increased stamina, improved mental performance, and enhanced mood.†

What does “melt technology” mean?

It Works! Keto Energy “melts,” or dissolves, right on your tongue for an instant energy boost on-the-go—no water needed!† As part of this technology, It Works! Keto Energy includes encapsulated caffeine and masked Vitamin B6 to help maintain the delicious sweet and tangy lemon lime flavor.

How does It Works! Keto Energy help to fight fatigue and stress, while enhancing mood and mental focus?

It Works! Keto Energy is powered by Vitamins B6, B12, and encapsulated caffeine. The combination of Vitamins B6 and B12 boost brain function to enhance your mood and help your body to better deal with stress and fatigue.† The encapsulated caffeine helps to improve your mental performance while increasing stamina.†

What does “encapsulated caffeine” mean?

It Works! Keto Energy dissolves on your tongue instantly—no water needed! This is It Works! Keto Energy’s lemon lime “melt technology.” Caffeine can taste very bitter when poured directly onto the tongue, so we encapsulated it to have that sweet and tangy lemon lime flavor you will love!

How much caffeine does It Works! Keto Energy contain?

It Works! Keto Energy contains 120 mg of encapsulated caffeine per packet. This is the equivalent to the caffeine found in 1 1/3 cups of regular brewed coffee. We recommend that you do not take It Works! Keto Energy at the same time as other products with significant amounts of caffeine.

How much sugar does It Works! Keto Energy contain?

It Works! Keto Energy contains 1g of sugar from Palatinose™ (isomaltulose), a special carbohydrate that provides balanced energy. It provides a sweet flavor with no aftertaste, and, unlike sugar, which is quickly digested and absorbed by the body, Palatinose™ (isomaltulose) is digested slowly (4-5 times more slowly than regular sugar) so there’s no blood sugar spike that can trigger cravings.

How does It Works! Keto Energy fit into my keto lifestyle?

The caffeine in It Works! Keto Energy supports and increases your body’s ketone production.† With only 1g of sugar from Palatinose™ (isomaltulose) as a natural tasting sweetener, It Works! Keto Energy won’t cause a spike in insulin, which can shut down your body’s ketosis.

Does It Works! Keto Energy include beta-hydroxybutyrate (BHB) salts?

No, It Works! Keto Energy does not contain beta-hydroxybutyrate (BHB) salts.

How do I use It Works! Keto Energy?

It Works! Keto Energy dissolves instantly on the tongue – no water needed! Tear open the packet, pour the powder into your mouth, and go!



IT WORKS! KETO ENERGY

LEMON LIME MELT TECHNOLOGY

FREQUENTLY ASKED QUESTIONS

What does It Works! Keto Energy taste like?

It Works! Keto Energy has a sweet and tangy lemon lime flavor.

How is It Works! Keto Energy different from an energy drink?

It Works! Keto Energy supports your keto lifestyle with the vitamins, minerals, and caffeine that boost energy and improve mental sharpness, while the 1g of sugar from Palatinose™ (isomaltulose) makes it keto friendly for your low-carb diet.† Best of all, It Works! Keto Energy provides you with instant, on-the-go energy—no bulky container needed!†

How many packets of It Works! Keto Energy can I take a day?

Take 1 - 2 packets of It Works! Keto Energy per day. As both It Works! Keto Coffee™ and It Works! Keto Energy contain caffeine, we recommend that you do not take these two KetoWorks™ products at the exact same time.

When should I use It Works! Keto Energy?

Take this instant, on-the-go energy anytime you need to focus your mind, boost your brain, and energize your body.†

How should I use the KetoWorks™ products?

The KetoWorks™ products are designed to support your body to burn fat for fuel, increase energy, and sharpen focus.†

- Wake up and refuel with **It Works! Ketones™!** Simply add to water or any other liquid to keep your body energized in fat burning mode and reach peak performance quickly!† Drink first thing in the morning to stay in ketosis or during the day to gain

many of the benefits of nutritional ketosis without the strict diet.†

- Give yourself a mid-morning fill-up with **It Works! Keto Coffee™**. This instant coffee can be enjoyed hot or cold any time you need extra focus, a boost of energy, or to fight hunger!† It's the quick pick-me-up in a cup that helps curb cravings.† As both It Works! Keto Coffee™ and It Works! Keto Energy contain caffeine, we recommend that you do not take these two KetoWorks products at the exact same time.
- Maintain the edge with **It Works! Keto Go** throughout the day! This convenient, single serve liquid BHB drink can be used anytime, anywhere to help kick your body back into ketosis, providing a boost in energy or increased performance during a workout.†
- Pour on the **It Works! Keto Creamer** to satisfy hunger, crush cravings, and help balance electrolytes. This powder creamer is perfect for your hot or cold beverages, to add a touch of creaminess to your favorite shakes, or scoop it on to your keto-friendly snacks and sides at every meal!
- Need that boost for your brain and energy for your body in the midst of your hectic day? Find your focus wherever you go with **It Works! Keto Energy**. Drop a to-go packet into your pocket, purse, or gym bag for instant energy and focus when you need it most—no water needed!† As both It Works! Keto Coffee™ and It Works! Keto Energy contain caffeine, we recommend that you do not take these two KetoWorks™ products at the exact same time.



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FREQUENTLY ASKED QUESTIONS

How is It Works! Keto Energy different from It Works! Keto Go?

It Works! Keto Go is a BHB-based product while It Works! Keto Energy is a caffeine-based product. It Works! Keto Go provides the body with *exogenous* ketones (supplemental ketones) to elevate ketone levels in the blood, helping kick your body back into ketosis.† It Works! Keto Energy helps enhance the production of *endogenous* ketones (those produced by the body), especially if on a ketogenic diet.†

Can you use It Works! Keto Energy and It Works! Keto Go together?

Yes! The caffeine in the It Works! Keto Energy could even amplify the natural production of endogenous ketones in your body when used with It Works! Keto Go.†

Does It Works! Keto Energy contain gluten?

It Works! Keto Energy is formulated with gluten-free ingredients. It is not currently tested for gluten that may or may not be introduced during the manufacturing process.

Is It Works! Keto Energy vegan?

Yes, It Works! Keto Energy is vegan-friendly, PLUS, it's soy-free, dairy-free, and non-GMO.

Can I take It Works! Keto Energy if I am pregnant?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing. Not recommended for individuals sensitive to caffeine.

Can I give It Works! Keto Energy to my children?

It Works! Keto Energy is recommended only for adults 18 years old or older.



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