

## PRODUCT INFO

# IT WORKS! KETO CREAMER AMP IT UP

Net Wt. 9.3 oz. (264 g)

AMP IT ALL UP with It Works! Keto Creamer powered by KetoWorks™! With Grass-Fed Butter and Medium Chain Triglycerides (MCTs), this powder creamer brings the extra kick of keto energy to your favorite foods and beverages.† Amp up your life with a touch of keto creaminess!

- Contains fatty acids from Grass-Fed Butter and Medium Chain Triglycerides (MCTs)
- Builds and restores vital proteins through essential amino acids and collagen peptides†
- Boosts and sustains your energy output by burning fat†
- Sharpens mental focus and enhances mood†
- Kills cravings and satisfies hunger†
- Fuels your body and brain through increased ketone production†
- Works as a creamer in hot and cold beverages, or as a creamer substitute in keto-friendly shakes and snacks



## NUTRITION FACTS

Nutrition Facts	
20 servings per container	
<b>Serving Size</b>	<b>1 Scoop (13.2 g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
Calories from Saturated Fat	60
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 7g	<b>36%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 2g	<b>&lt;1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>3%</b>
Iron 0mg	<b>0%</b>
Potassium 55mg	<b>1%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



NON GMO



KETO



SOY FREE

**Ingredients:** Keto Creamer Blend [Medium Chain Triglyceride (MCT) oil powder (medium chain triglycerides from coconut and palm, nonfat dry milk), butter powder], hydrolyzed collagen peptide, silicon dioxide, Himalayan pink salt.

Contains: Milk.

## SUGGESTED USE

Add one (1) scoop to 6-8 fl. oz. of your favorite hot or cold beverage and stir or shake. Can also be used to make keto-friendly desserts or snacks such as shakes, smoothies, cookies, or other recipes where creamer is recommended.



\*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.

# IT WORKS! KETO CREAMER

## AMP IT UP

### FREQUENTLY ASKED QUESTIONS

#### What is It Works! Keto Creamer?

It Works! Keto Creamer is a powder creamer with Grass-Fed Butter and Medium Chain Triglycerides (MCTs) to help increase your body's ketone production and the process of ketosis.<sup>†</sup> This helps to rapidly breakdown fat to fuel your body, while boosting energy output and satisfying hunger.<sup>†</sup> It Works! Keto Creamer also contains collagen peptides to help build and restore your body's vital protein, which may support the building of lean muscle.<sup>†</sup>

Best of all, you can use It Works! Keto Creamer in more than just your favorite beverages. Add It Works! Keto Creamer to shakes, smoothies or any recipe that calls for creamer.

#### What is MCT Oil?

Medium Chain Triglycerides (MCTs) are one of the healthiest fats! Unlike long chain triglycerides, MCTs do not raise unhealthy cholesterol levels and the calories are not stored in the body as fat. The unique fatty acids of MCT Oil are metabolized more efficiently in your body, converting fat into fuel by increasing ketone production and the process of ketosis. This helps to boost and sustain your energy output, sharpen mental focus, and enhance your mood.<sup>†</sup> The MCT Oil found in It Works! Keto Creamer is derived from the finest natural sources, coconut and palm kernel oil.

#### Why is there butter in It Works! Keto Creamer?

This isn't just any butter! Higher in omega-3 fatty acids, Grass-Fed Butter, along with the Medium Chain Triglycerides (MCTs) of MCT Oil, provides your body with unique fatty acids that are metabolized more efficiently, converting fat into fuel by increasing your body's ketone production and the process of ketosis. The high-quality fat content helps to fill you up, kill cravings, and satisfy hunger.<sup>†</sup>

#### Why is there collagen in It Works! Keto Creamer?

Collagen is a protein that when broken down in your body converts to amino acids, which help to build and restore vital protein in your body. Amino acids and protein are crucial for building lean muscle that helps you to burn more calories and fat for fuel! By including collagen peptides, It Works! Keto Creamer is supporting a ketogenic diet of moderate protein, low carbs, and high fat.

#### Isn't a low-fat diet best for my health?

Your body needs good fats. It is crucial to your metabolism, blood pressure, inflammation response, and maintaining overall balanced health. The fat in It Works! Keto Creamer is from Grass-Fed Butter, with omega-3 fatty acids and a balance of Short Chain, Long Chain, and Medium Chain Triglycerides (MCTs), as well as MCT Oil sourced from coconut and palm kernel oil. The MCTs do not raise unhealthy cholesterol levels and the calories are not stored in the body as fat. The MCTs in Grass-Fed Butter and MCT Oil are metabolized by your body to increase ketone production, rapidly breaking down fat to boost and sustain your energy, sharpen mental focus, and kill cravings to satisfy you longer.<sup>†</sup>



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### What are the good fats?

There are 3 main types of dietary fats: saturated, monounsaturated, and polyunsaturated.

The essential monounsaturated and polyunsaturated fats from plants and fish are what most people refer to as “good fats.”

“Bad fats” are typically those that are highly processed and designed to be nonperishable. The worst fats are trans fats from partially hydrogenated vegetable oils.

So, if you want your diet to have better fats choose omega 3 polyunsaturated fatty acids found in cold water fish, monounsaturated fats found in avocados, nuts, seeds and olive oil, and even saturated fats found in coconut oil, organic meats, and pasture-raised/grass-fed/free range animals/eggs. They are best when they are relatively unprocessed fats from whole foods.

### What is ketosis?

There are three main food sources that your body extracts calories from: fat, carbohydrates, and proteins. Your body chooses glucose (from carbohydrates) as its primary energy source. When your body doesn't have enough carbohydrates from food for your cells to burn for energy, it burns fat (which contains twice the calories of carbs and protein) instead. This process of burning fat for fuel is ketosis, and a by-product of this fat metabolism is ketones, a high-energy fuel source, particularly for your brain.

### What are ketones?

When your body is in ketosis, using fat as its source of energy instead of glucose from carbs, it will start to produce ketones, which is a breakdown of fat by the liver. The ketones are a byproduct of fat metabolism and are a high-energy fuel source, particularly for your brain!

### What is a ketogenic diet?

A ketogenic diet is a low-carb, moderate-protein, high-fat diet. By restricting your intake of carbohydrates and proteins, the ketogenic diet kicks your body into ketosis, forcing it to use fat as its main energy source. Your body is designed to store fats in preparation for times of an “energy shortage” so that fat can be metabolized and burned for fuel. This is a natural process of your body that happens overnight when you're sleeping, between meals, when you're fasting, and even when you're sick. A ketogenic diet uses this natural physiology to help you burn stored fat.

### How does It Works! Keto Creamer support a ketogenic diet?

It Works! Keto Creamer provides you with protein in the form of collagen peptides and unique fatty acids from Grass-Fed Butter and Medium Chain Triglycerides (MCTs) to support your body's ketone production and the process of ketosis.†

### Do I have to follow a ketogenic diet to experience results with It Works! Keto Creamer?

It Works! Keto Creamer includes unique fatty acids from Grass-Fed Butter and Medium Chain Triglycerides (MCTs) that help to increase your body's ketone production and the process of ketosis, including helping to boost and sustain your energy output, sharpen mental focus, and enhance your mood.† By following a ketogenic diet that is low in carbohydrates, high in fat, and with moderate protein intake while using It Works! Keto Creamer, you will experience the full fat-burning effects of ketosis in your body.†



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### Is there anyone who should NOT follow a ketogenic diet?

A ketogenic diet is typically safe and effective for most people, but you may need extra support if you are:

- On medication for diabetes, e.g., insulin
- On medication for high blood pressure
- Breastfeeding

We suggest that you consult your physician if you are pregnant, nursing, taking medications, or have a medical condition.

### Can It Works! Keto Creamer be used with more than coffee or tea?

Yes! Not only can you add It Works! Keto Creamer to any hot or cold beverage, you can add it to shakes and smoothies for extra creaminess, use it to create your own salad dressing, and sprinkle it over raw or cooked vegetables like broccoli.

### What does It Works! Keto Creamer taste like?

It tastes like creamy butter with a hint of salt.

### Does It Works! Keto Creamer contain gluten?

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

### Can I use It Works! Keto Creamer if I am pregnant?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

### Can I give It Works! Keto Creamer to my children?

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

