IT WORKS! KETO COFFEE[™] SCIENTIFIC CARB MANAGEMENT

15 (15.7g) Single Serve Packets

Fuel your body and brain with It Works! Keto Coffee powered by KetoWorks[®]! With Grass-Fed Butter and Medium Chain Triglycerides (MCTs), this instant keto coffee helps to increase your body's ketone production to rapidly breakdown fat, boost your energy, and sharpen your focus![†]

- 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 to burn more fat^\dagger
- Sharpens mental focus and enhances mood[†]
- Kills cravings and satisfies hunger[†]
- Fuels your body and brain through increased ketone production †
- Supports the results of your low-carb, ketogenic diet[†]
- Gives you instant energy and focus on-the-go with easy, single-serving packets[†]





SUPPLEMENT FACTS





†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. 15 (15.7g) Single Serve Packets | NET WT. 8.3307. WE REAVE SUPPERMENT | NET WT. 0.55 02. (5.7g) WE REAVE SUPPERMENT | NET WT. 0.55 02. (5.7g) KETO SOY FREE

DIETARY SUPPLEMENT

Other ingredients: Grass-fed butter powder, Hydrolyzed collagen peptide, Xanthan gum, Silicon dioxide, and Himalayan pink salt.

Contains Milk.

SUGGESTED USE

Works

MET OIL GRASS-FED BUTTER

COLLAGEN

Mix one packet with 6-8 fluid ounces hot or cold water and drink.



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FREQUENTLY ASKED QUESTIONS

What is It Works! Keto Coffee?

It Works! Keto Coffee is an instant coffee with Grass-Fed Butter and Medium Chain Triglycerides (MCTs) to help increase your body's ketone production and the process of ketosis.⁺ This helps your body to rapidly breakdown fat to fuel your body and brain, while boosting energy output, sharpening mental focus, enhancing mood, and satisfying hunger.[†]

It Works! Keto Coffee also contains collagen peptides to help build and restore your body's vital protein, which supports the building of lean muscle.[†]

Best off all, It Works! Keto Coffee comes in singleserving packets so you can get your instant energy and focus on the go!

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.[†] The MCT Oil found in It Works! Keto Coffee is derived from the finest natural sources, coconut and palm kernel oil.

Why is there butter in It Works! Keto Coffee?

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.[†]

Why is there collagen in It Works! Keto Coffee?

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 Coffee 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 fat. It is crucial to your metabolism, blood pressure, inflammation response, and maintaining overall balanced health. The fat in It Works! Keto Coffee 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 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.⁺

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 as 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!



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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 by-product 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, highfat 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 Coffee support a ketogenic diet?

It Works! Keto Coffee 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 Coffee?

It Works! Keto Coffee's includes unique fatty acids from Grass-Fed Butter and Medium Chain Triglycerides (MCTs) 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 Coffee, you will experience the full fat-burning effects of ketosis in your body.[†]

Is there anyone who should NOT follow a ketogenic diet?

A ketogenic diet is 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 Coffee be mixed as cold coffee?

It Works! Keto Coffee can be enjoyed hot or cold. Mix one packet into 6-8 fluid ounces of hot or cold water.

When should I drink/use It Works! Keto Coffee?

It Works! Keto Coffee can be enjoyed any time you need extra focus, a boost of energy, or to fight hunger-any time you'd reach for a cup of coffee![†]

Support your body's ketosis after overnight fasting by drinking It Works! Keto Coffee in the morning.[†] Not only will it provide morning focus and energy, it will help kill cravings and satisfy hunger.[†]

Have an It Works! Keto Coffee with your low-carb lunch. Want more? Add the plant-based protein of a Chocolate It Works! Shake™ and the nutrients of Greens[™] Blend Chocolate for a satisfying, filling lunch that supports your body's ketosis.



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How should I use KetoWorks® products?

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 pickme-up in a cup that helps curb cravings.[†]
- 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 buttery powder creamer is loaded with keto-optimal fats. It's so versatile, you should use on or with your favorite keto-friendly foods and beverages 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![†]
- *It Works! Keto Coffee and It Works! Keto Energy both contain caffeine, therefore we recommend that you do not take these two products at the exact same time.

Does It Works! Keto Coffee contain gluten?

It Works! Keto Coffee 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 drink It Works! Keto Coffee 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 Coffee to my children?

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



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