

## PRODUCT INFO

# IT WORKS! KETO COFFEE® PACKETS

## PUT MORE IN YOUR CUP

15 (15.7g) Single Serve Packets

It Works! Keto Coffee® is more than just coffee—it's premium-tasting support for your lifestyle. Filled with clean, quality fats like naturally sourced Medium Chain Triglycerides (MCTs) and grass-fed butter, each single-serve packet sustains your mind-and-body energy.† You'll revel in each brimming cup as this instant coffee fuels ketone creation and offers you a caffeine kick that won't break your fast.†

- Supports your low-carb, ketogenic lifestyle
- Fuels you with instant energy—anywhere, anytime†
- Helps you stay sharp, focused, and in a good mood†
- Fights off hunger cravings to reduce eating between meals†



## Supplement Facts

Serving Size: 15.7g  
Servings Per Container: 15

	Amount Per Serving	% DV
Calories	100	
Total Fat	9 g	12%*
Saturated fat	8 g	40%*
Total Carbohydrate	3 g	1%*
Protein	1 g	2%*
Sodium	85 mg	4%
Potassium	110 mg	2%

**It Works! Proprietary Ketogenic Blend:** 15.31 g \*\*  
Coconut oil powder (coconut oil, sodium caseinate (a milk derivative)), coffee powder (providing 50 mg caffeine), hydrolyzed collagen peptide, green coffee bean (providing 75 mg caffeine), Medium Chain Triglyceride (MCT) oil powder (medium chain triglycerides from coconut and palm, nonfat dry milk), grass-fed butter powder

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

**Other ingredients:** Silicon dioxide and Himalayan pink salt.  
Contains Milk.

## SUGGESTED USE

For the perfect cup, mix one instant coffee packet into 6-8 fl. oz. of hot or cold water.

## WARNING

Not recommended for individuals sensitive to caffeine. Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition. Protect from heat, light, and moisture. Store at 15-30°C (59-86°F). Do not use if tamper-evident seal is broken or missing.



†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.

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## FREQUENTLY ASKED QUESTIONS

### When and how should I take It Works! Keto Coffee?

With only three carbs, It Works! Keto Coffee fits effortlessly into your keto lifestyle. It should be enjoyed anytime you'd like a cup of coffee—especially when you need a kick of energy or to fight snacking between meals, prolong an overnight fast, and support your body's ketone production.<sup>†</sup>

Since this premium, instant coffee comes in on-the-go packets, you can enjoy a cup anywhere your day takes you. Simply mix one single-serve packet into 8 oz. of hot or cold water, then enjoy its buttery taste and mind-and-body benefits!

### What are some of the key active ingredients in It Works! Keto Coffee?

- **MCTs** – Medium Chain Triglycerides (MCTs) are clean fats that are quickly absorbed by the body and metabolized into ketones.<sup>†</sup>
- **Grass-Fed Butter** – It's a source of unique, fatty acids that help convert fat into fuel while filling you up and adding a delicious, buttery flavor to your cup.<sup>†</sup>
- **Green Coffee Bean** – This powerful ingredient provides ketone-boosting caffeine to energize both your body and mind.<sup>†</sup>
- **Collagen Peptides** – It's a protein that, when converted to amino acids, helps build and restore vital protein and lean muscle in your body.<sup>†</sup>

### What are ketones and what do they do?

Your keto lifestyle relies on ketones, a high-energy fuel source and natural derivative of fat metabolism. When your body doesn't get enough carbs from food to make energy, your liver starts breaking down fat stored on your body instead. That's when ketones are made—to help power up your mind and body. Supporting your body with clean, quality fats—like those in It Works! Keto Coffee—allows it to create more ketones to support your low-carb, high-fat, ketogenic life.<sup>†</sup>

### 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 give It Works! Keto Coffee to my children?

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

### Is It Works! Keto Coffee safe for me to use if I am pregnant, nursing, or have any ongoing medical conditions?

Before using any new product, you should always consult your physician to find out if it is safe for you.

