

PRODUCT INFO

IT WORKS! KETO GO MAINTAIN THE EDGE

2 fl. oz. (60 mL)

It Works! Keto Go, powered by KetoWorks™, contains a liquid blend of Proprietary BHB Complex and Keto Adapting Amino Acids that gives you energy and focus to maintain the edge anytime, anywhere throughout the day!† Use it when you need instant and sustained energy, for a pre-workout or pump-it-up session, or to fuel your keto lifestyle and maintain your diet.† It's a fast and simple way to increase your ketone levels when you need to get back on track and finish your day strong!†

- Contains Beta-Hydroxybutyrate (BHB) salts and ketogenic amino acids
- Boosts brain and body energy through ketone production†
- Keeps you focused throughout the day†
- Enhances your mood†
- Promotes all-day productivity†
- Ideal for a busy lifestyle
- Increases endurance and reduces recovery time during workouts†
- Allows your body to adapt to ketosis quickly†



NON GMO



ON THE GO



KETO



SOY FREE

SUPPLEMENT FACTS

Serving Size: 1 Bottle (2 fl. oz. / 60 mL)		
Servings Per Container: 10		
	Amount Per Serving	%DV
Total Calories	15	
Magnesium	230 mg	55%
Sodium	100 mg	4%
Potassium	160 mg	3%
Proprietary BHB Complex:	3 g	*
Magnesium Beta Hydroxybutyrate		
Potassium Beta Hydroxybutyrate		
Sodium Beta Hydroxybutyrate		
Calcium Beta Hydroxybutyrate		
Proprietary Keto Adapting Blend:	1.2 g	*
Glycine		
L-Theanine		

* Daily Value (DV) not established.

Other Ingredients: Purified water, citric acid, rebudioside A, natural flavors, potassium sorbate (preservative), sodium benzoate (preservative), and monk fruit extract.

SUGGESTED USE

For extra energy boosts on the go, take It Works! Keto Go throughout the day.† Can be taken before exercise or after eating carbs to get back into ketosis.† Can also be consumed between meals for extra fat-burning energy.†



†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 GO MAINTAIN THE EDGE

FREQUENTLY ASKED QUESTIONS

What is It Works! Keto Go?

It Works! Keto Go contains a liquid blend of Proprietary BHB Complex and Keto Adapting Amino Acids that gives you energy and focus to maintain the edge anytime, anywhere throughout the day![†] Use it when you need instant and sustained energy, for a pre-workout or pump-it-up session, or to fuel your keto lifestyle and maintain your diet.[†] It's a fast and simple way to increase your ketone levels when you need to get back on track and finish your day strong![†]

What are Beta-Hydroxybutyrate (BHB) salts?

Beta-Hydroxybutyrate (BHB) is a compound that your body makes from fat in the absence of carbohydrate intake. It is used by the body to be converted into ketones. BHB helps your body produce energy in the absence of glucose. Waiting for your body to make the switch from carb metabolism to fat metabolism (the process of ketosis) can be an uncomfortable and lengthy process. It Works! Keto Go with BHB salts raises the level of ketones in your blood, which means that you have an extra source of energy and will help you get back into ketosis quickly.[†]

What are the amino acids in It Works! Keto Go?

Glycine is a glucogenic amino acid that helps the body adapt to ketosis. Glucose is stored in the liver and muscles as glycogen, and these acids help restore glycogen to the tissues until ketoadaptation is complete and fats are providing a "lion's share" of the body's energy.[†]

L-theanine is a synthesized amino acid often found in tea which helps reduce the irritability often experienced when glucose levels are low during the process of ketoadaptation.[†]

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!

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 are 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, 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 Go support a ketogenic diet?

It Works! Keto Go provides you with energy-generating BHB salts and ketogenic amino acids to support your body's ketone production and the process of ketosis.[†]



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

It Works! Keto Go contains energy-generating BHB salts and ketogenic amino acids to support 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 Go, 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 may require 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.

How should I use It Works! Keto Go?

You can take It Works! Keto Go throughout the day, before exercise or after eating carbs to get back into ketosis.† Can also be consumed between meals for extra fat burning energy.†

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

It Works! Keto Go can be enjoyed any time you need extra focus or a boost of energy, even on the go!†

How should I use the KetoWorks™ products?

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

It Works! Keto Coffee?™ can be enjoyed hot or cold any time you need extra focus, a boost of energy, or to fight hunger!† Drink It Works! Keto Coffee first thing in the morning or any time you'd reach for a cup of coffee for a quick pick-me-up that helps curb cravings.†

Not a coffee lover? **It Works! Ketones™** can be added to water or any other liquid to keep your body energized in fat burning mode and reach peak performance quickly!† Drink it in the morning to stay in ketosis or during the day to gain many of the benefits of nutritional ketosis without the strict diet.†

Maintain the edge with **It Works! Keto Go** throughout the day! This convenient, single-serve liquid BHB drink can be used anytime, anywhere for a quick boost in energy in between meals or increased performance during a workout.†

Amp up your life with a touch of keto creaminess! **It Works! Keto Creamer** works as a creamer in hot and cold beverages, or as a creamer substitute in keto-friendly shakes and snacks.

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

It Works! Ketones is an instant BHB powder that you can add to water or any liquid to keep your body energized in fat-burning mode and reach peak performance quickly!†

It Works! Keto Go contains a liquid blend of Proprietary BHB Complex and Keto Adapting Amino Acids that gives you energy and focus anywhere throughout the day!† Use it when you need instant and sustained energy, for a pre-workout or pump-it-up session, or to fuel your keto lifestyle and maintain your diet.†



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Does It Works! Keto Go contain gluten?

It Works! Keto Go 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 take It Works! Keto Go 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 Go to my children?

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



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