

## PRODUCT INFO

# IT WORKS! BEST FAT FUEL™ INDULGE EVERY DAY

14 (28.5g) Single Serve Packets

Would you like this shaken or stirred?

It Works! Best Fat Fuel™ is a unique source of clean fat fuel that's delicious and indulgent no matter which way you choose to enjoy it. With 3g net carbs, you can turn these functional fats into a pudding, shake, fat bomb, or snack and feel the same, guilt-free satisfaction. As versatile as it is delicious, this multi-tasking treat also sustains your body and mind with long-lasting energy and steady focus. Perfect for anyone who wants to curb their cravings without sugar, It Works! Best Fat Fuel is the BFF that helps you crush your goals.

Features and benefits:

- Delivers clean fuel for your body and mind
- Prevents crashes with balanced energy
- Provides fat macronutrients that support ketosis
- Crushes cravings with sweet satisfaction and no added sugar
- Keeps your brain happy, healthy, and energized
- Uses plant-based fats like MCT Oil, Coconut Oil, Sunflower Oil, and Avocado Oil



## Nutrition Facts

14 servings per container	
<b>Serving Size</b>	<b>1 Packet (28.5g)</b>
Amount Per Serving	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 15 g	19%
Saturated Fat 10 g	49%
Trans Fat 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 4.5 g	
<b>Sodium</b> 190 mg	8%
<b>Total Carbohydrate</b> 6 g	2%
Dietary Fiber 3 g	9%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 4 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 2 mg	10%
Potassium 240 mg	6%

\*The % Daily Value (DV) 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.

**Ingredients:** Coconut oil, cocoa processed with alkali, sunflower oil, hydrolyzed collagen peptide, natural flavor, chicory inulin, maltodextrin, sodium caseinate (a milk derivative), less than 2% medium chain triglycerides (MCTs) from coconut and palm kernel, egg white, avocado oil, grass-fed butter, Himalayan pink salt, steviol glycosides, silica, monk fruit extract, non-fat dry milk, sunflower lecithin, mixed tocopherols, xanthan gum, gum acacia, mono- and diglycerides, dipotassium phosphate

**Contains Milk & Egg.**

## SUGGESTED USE

Mix one packet into 12 fl.oz. of cold water for an indulgent treat! Mixing into hot liquids may cause separation of oils and is not recommended.

## WARNING

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.



# IT WORKS! BEST FAT FUEL™

## INDULGE EVERY DAY

### FREQUENTLY ASKED QUESTIONS

#### How and when should I use It Works! Best Fat Fuel?

Have you ever felt a low-energy hunger craving for something sweet and satisfying? Of course you have—and this delicious, versatile fuel is brimming with functional fats to help you in those carb-craving moments! Because it comes in convenient, single serve packets, It Works! Best Fat Fuel is also your on-the-go BFF. Simply add water to use it as a rich, chocolate-flavored shake, or mix things up with a clean-fuel snack—pudding, low-carb muffins, fat bombs, and more. Enjoy daily to treat yourself to steady energy that sustains your body and mind while curbing your cravings.

#### What are the active ingredients in It Works! Best Fat Fuel?

It Works! Best Fat Fuel has clean, active ingredients that include:

- Many plant-based fats—like **Coconut Oil** and **Avocado Oil**—that provide balanced, long-lasting energy and help control your cravings.
- **MCTs**, which energize your brain, increase ketone production, and keep you happy instead of irritable from low blood sugar.
- **Sunflower Oil**, formulated specifically to be high in oleic acid, supports brain health while promoting a healthy sense of satisfaction from eating.
- **Collagen**, which has amino acids that provide protein to help control your appetite, so you'll feel fuller longer.

#### Why should I want fats in the first place?

Forget what you *think* you know about fats—your body and your brain need them, just not the potato chip variety. It Works! Best Fat Fuel's unique formula is more than 80% high-quality, clean, functional fats. Anyone counting their carbs should enjoy the benefits of fat macronutrients, which satisfy hunger while giving your body the fuel it needs to stay active, energized, and focused throughout the day. With 3g net carbs and no sugars, you can support your low-carb diet, control your cravings, and create more ketones!

#### How does It Works! Best Fat Fuel work with a keto lifestyle?

With 3g net carbs and no sugars, it's an ideal best friend for anyone focusing on eating clean fat macronutrients and downplaying carbs and sugars as part of the keto framework. Using this as a shake or a snack won't spike your insulin and break your fast, it will encourage ketone production, and oh—did we mention? The chocolate mousse flavor tastes divine.

#### Can I enjoy more than a single serving of It Works! Best Fat Fuel a day?

It is suggested that you enjoy 1-2 delicious servings of It Works! Best Fat Fuel daily. As with any product, It Works! Best Fat Fuel is best consumed in moderation. Different lifestyles, eating habits, and medical history will contribute to different results.

#### Does It Works! Best Fat Fuel contain gluten?

It Works! Best Fat Fuel is made with only gluten-free ingredients. It is not currently tested to detect gluten that may or may not be introduced during the manufacturing process.

#### Can I give It Works! Best Fat Fuel to my children?

It Works! Best Fat Fuel is recommended only for adults, ages 18 years and older.

#### Can I use It Works! Best Fat Fuel if I am pregnant, nursing, or have ongoing medical conditions?

Before using any new product, we suggest you consult your physician to find out if it is right for you.