

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. Loaded with quality fats like Medium Chain Triglycerides (MCTs) and grass-fed butter, It Works! Keto Coffee boosts and sustains energy* for your mind** and body*. You'll revel in each brimming cup of this coffee with a kick.

- Supports the results of your low-carb, ketogenic diet
- Fuels you with instant energy* anytime, anywhere
- Helps you stay sharp and focused throughout your day
- Contributes to a normal, energy-yielding metabolism*



*Contains calcium, which contributes to normal energy-yielding metabolism.

**Contains potassium, which contributes to normal functioning of the nervous system.

NUTRITION INFORMATION

	Per 100 g / Pour 100 g / Por 100 g / Pro 100 g / Pr 100 g / 100 g	Per 15.7g / Pour 15.7g / Por 15.7g / Pro 15.7g / Pr 15.7g / 15.7g
Energy / Énergie / Energía / Brennwert / Valore energetico / Energie / Energi	586 kcal / 2422 kJ	92 kcal / 380 kJ
Fat / Matières grasses / Grasas / Fett / Grassi / Vetten / Fedt / Rasvaa	50 g	8 g
Of which Saturates / Dont graisses saturées / De las cuales saturadas / davon gesättigte Fettsäuren Waarvan verzadigd / Heraf mættede fedtsyrer / josta tyydyttyneitä rasvoja / varav mättat / hvorav mættede fettsyrer	37 g	6 g
Carbohydrates / Glucides / Hidratos de carbono / Kohlenhydrate / Koolhydraten / Kulhydrater / Hiilihydraatteja / Kolhydrater / Karbohydrater	18 g	3 g
Of which Sugars / Dont sucres / De los cuales azúcares / davon Zucker / Waarvan suikers / Heraf sukkerarter / joista sokeria / varav socker/ hvorav sukkerarter	9 g	1.5 g
Dietary fibre / Fibres alimentaires / Fibra alimentaria / Ballaststoffe / Kuitua / Kostfibre / Kostfiber / Voedingsvezels / Kostfibrer	8 g	1 g
Protein / Protéines / Proteínas / Eiweiß / Proteine / Proteine / Proteiinia	14 g	2 g
Salt / Sel / Sodio / Salz / Sale / Zout / Suolaa	3 g	470 mg
Calcium / Calcio / Kalsiumia / Kalsium / Calcium	310 mg (39% NRV*)	49 mg (6% NRV*)
Potassium / Potasio / Potassio / Kaliumia	760 mg (38% NRV*)	119 mg (6% NRV*)

*NRV = Nutrition reference values / VNR = valeurs nutritionnelles de référence / VRN = Valor de referencia de nutrientes / NRV = Nährstoffbezugswerte / NRV = päivittäinen ravintosuositus / ADH = aanbevolen dagelijkse hoeveelheid / RI = referanseinntak for en voksen gjennomsnittsperson (8400 kJ/2000 kcal) / referensinntag for en voksen gjennomsnittsperson (8400 kJ/2000 kcal) / referensintag för en genomsnittlig vuxen (8400 kJ/2000 kcal)

SUGGESTED USE

Mix one packet with 200 ml hot or cold water. Enjoy 3 servings a day.

WARNING

Instant coffee beverage. Contains caffeine. Not recommended for children or pregnant women (63 mg / 100 ml). Protect from heat, light and moisture. Store at room temperature. Do not use if seal is broken or missing. Contains MILK.

Ingredients: Vegetable oil (44% MCT-oil from coconut and palm kernel, **milk**), dairy spread 72% milk-fat (34%; salt, **butter, milk powder**), coffee powder (12.5%), bovine collagen hydrolysate (3%), thickener (xanthan gum), anti-caking agent (silicon dioxide), Himalayan pink salt, coffee extract (0.5%). Contains MILK



Instant coffee beverage. Contains caffeine. Not recommended for children or pregnant women (63 mg / 100 ml). A varied and balanced diet and a healthy lifestyle are important.

It Works! Marketing International UC, 45-46 James Place East, Dublin 2, Ireland

IT WORKS! KETO COFFEE PACKETS PUT MORE IN YOUR CUP

FREQUENTLY ASKED QUESTIONS

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

It Works! Keto Coffee is a low-carb coffee that fits effortlessly into your keto lifestyle. It can be enjoyed anytime throughout the day (but not recommended before bedtime) to support your keto diet and give you a kick of energy* when you need it most.

Since this premium-tasting, instant coffee comes in on-the-go packets, you can enjoy a cup anywhere your day takes you. Simply mix a single-serving packet into 200 ml of hot or cold water, then enjoy its buttery taste and mind-and-body** benefits!

*Contains calcium, which contributes to normal energy-yielding metabolism.

**Contains potassium, which contributes to normal functioning of the nervous system.

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

It Works! Keto Coffee contains:

- **MCTs** – Medium Chain Triglycerides (MCTs) are fast metabolising, clean fats that help boost and sustain your energy output.*
- **Grass-Fed Butter** – It's a source of omega-3 fatty acids that helps fuel you up while adding a delicious, buttery flavour to your cup.
- **Collagen Peptides** – It's a protein that supports your low-carb, high-fat ketogenic diet.

*Contains calcium, which contributes to normal energy-yielding metabolism.

**Contains potassium, which contributes to normal functioning of the nervous system.

What is the ketogenic diet?

When your body is carb-deprived, it must source energy from somewhere else—so, in a state of ketosis, this energy is sourced from fat stored on your body instead.

A ketogenic lifestyle relies on ketones, a high-energy fuel source and natural derivative of fat metabolism. When your body doesn't receive enough carbohydrates from food to make energy, the liver turns to breaking down stored fat instead. That's when ketones are made—to help power up your mind and body.

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.

Can I use It Works! Keto Coffee if I am pregnant, nursing, or have ongoing medical conditions?

It Works! Keto Coffee contains caffeine. Do not use it if you are pregnant, nursing, or have ongoing medical issues.