



# ANS PERFORMANCE KETO SHAKE

Fuel your day and enjoy the rich creamy taste of our delicious Keto Shake! Our well-balanced shake delivers the highest quality protein along with healthy fats for optimal physical and mental performance. It's loaded with naturally-occurring medium chain triglycerides (MCTs) from coconut oil that provide a great source of energy. Properly support your ketogenic or low-carb diet with the convenience of Keto Shake Performance Fuel.

Use Keto Shake as a meal replacement or snack to support your low carb diet. Keto Shake uses premium sources of fats like MCTs designed for fast ketone energy and a high quality lean protein blend that provides enhanced satiety.

**How to use:** Mix 2 scoops of Keto Shake with 8-10oz (250-300mL) of cold water. Adjust to preferred thickness. First time users may want to try using 1 scoop initially to assess tolerance. First time usage of products containing coconut oil or medium chain triglycerides (MCTs) can cause gastric disturbance, which faded with more frequent use.



**KETO FRIENDLY**  
CÉTO-COMPATIBLE



**GLUTEN FREE**  
SANS GLUTEN



**NO ARTIFICIAL  
COLORS OR DYES**  
SANS COLORANTS  
ARTIFICIELS

## Perfectly Balanced Keto Protein Shake!

- Delicious keto shake ideal for when on the go
- Perfect 'keto' caloric balance: 70% fat, 20% protein and less than 10% carbs
- Delivers 14g of MCTs from Coconut Oil per scoop
- 20g of lean sustained-release protein
- Functional phospholipids to power your body & brain
- Gluten free, no artificial colors or dyes, no banned substances

### Nutrition Facts Valeur nutritive

Serving Size/Portion: 2 scoops/mesures (66 g)

Servings per Container/Portions par contenant: 14

	Amount per 1 scoop Teneur par 1 portion	Amount per 2 scoops Teneur par 2 portions	%DV* %VQ*
<b>Calories</b>	205	410	
<b>Fat/Lipides</b>	16 g	32 g	41%
Saturated/saturés	11 g	22 g	110%
+ Trans/trans	0 g	0 g	0%
<b>Carbohydrates/Glucides</b>	5 g	10 g	
Fiber/Fibres	4 g	7 g	25%
Sugars/Sucres	0 g	1 g	1%
<b>Protein/Protéine</b>	10 g	20 g	
<b>Cholesterol/Cholestérol</b>	0 mg	5 mg	
<b>Sodium</b>	100 mg	200 mg	9%
<b>Potassium</b>	200 mg	400 mg	9%
<b>Calcium</b>	90 mg	175 mg	13%
<b>Iron</b>	1 mg	2.5 mg	14%

\*Daily value. 5% or less is a little, 15% or more is a lot  
\* Valeur quotidienne. 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**INGREDIENTS:** Performance Fats Complex: Coconut Oil powder (Coconut Oil, Soluble Corn Fiber, Sodium Caseinate (a milk derivative), Sunflower Lecithin, Silicon dioxide), Lecithin, Flax Seed oil powder; **Protein Complex:** Whey Protein Isolate, Milk Protein Isolate, Micellar Casein; Cocoa powder, Natural & Artificial Flavours, Gum Blend (Cellulose, Xanthan, Guar), Salt, Sucralose, Acesulfame Potassium, **Enzyme Blend:** Bromelain, Lipase.  
**CONTAINS:** Milk, coconut and soy.

**ANSPerformance.com**

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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**FLAVORS**

**CHOCOLATE**

**VANILLA CHAI**

**PEANUT BUTTER CHOCOLATE**

**UPC CODE**

**62808 1005525**

**62808 1005532**

**62808 1005549**