

Ketolent

by KETO AND CO

PREPARATION *Instructions*

1 SM.
SCOOP
OIL

+

1 LG.
SCOOP
POWDER

Vary oil to
adjust calories

1 1/2
CUPS
WATER

+

SHAKE
WELL OR
BLEND

Vary water to
adjust thickness

Best consumed
cold

INGREDIENTS: Milk Protein Isolate, Dutched Cocoa Powder, Natural Flavors, Sunflower Lecithin, Potassium Citrate, Psyllium Husk, Acacia Fiber, Salt, Soluble Corn Fiber, Vitamin Mix (Choline L-Bitartrate, Ascorbic Acid, Beta Carotene, Niacinamide, dl- α -Tocopheryl Acetate, Microcrystalline Cellulose, Silicon Dioxide, Menaquinone, Zinc Oxide, Reduced Iron, Folic Acid, Potassium Iodide, Copper Gluconate, Vitamin A Palmitate, Cholecalciferol, Manganese Sulfate, Pyridoxine Hydrochloride, Phytanadiene, Calcium D-Pantothenate, Sodium Selenite, Thiamine Mononitrate, Sodium Molybdate, Riboflavin, Chromium Chloride, Biotin, Cyanocobalamin), Monosodium Phosphate, Magnesium Citrate, Cellulose, Sucralose, Xanthan Gum, Guar Gum.

CONTAINS: Milk

Dist. by LongRun LLC,
Belmont, MA 02478

Chocolate



30

SERVINGS

Net carbs per serving: **3.5g**
Net carbs per 100 cal: **0.9g**

@eatketolent

Version 1.0



Full nutrition at
ketolent.com/nutrition

Nutrition Facts

30 servings per container

Serving size

1 lg. scoop dry mix (37g)

	Per 1 scoop		Prepared	
Calories	120		400	
	% Daily Value*		% Daily Value*	
Total Fat	4g	6%	35g	45%
Saturated Fat	1.5g	6%	11g	60%
<i>Trans</i> Fat	0g		0g	
Polyunsaturated Fat	1.5g		6g	
Monounsaturated Fat	1g		18g	
Cholesterol	10mg	2%	10mg	2%
Sodium	460mg	20%	460mg	20%
Total Carbohydrate	9g	4%	9g	4%
Dietary Fiber	5g	20%	5g	20%
Total Sugars	2g		2g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	18g		18g	
Vitamin D	4mcg	20%	4mcg	20%
Calcium	430mg	35%	430mg	35%
Iron	3.6mg	20%	3.6mg	20%
Potassium	940mg	20%	940mg	20%
Vitamin A	180mcg RAE	20%	180mcg RAE	20%
Vitamin C	18mg	20%	18mg	20%
Vitamin E	3mcg	20%	3mcg	20%
Vitamin K	24mcg	20%	24mcg	20%
Thiamin	0.24mg	20%	0.24mg	20%
Riboflavin	0.26mg	20%	0.26mg	20%
Niacin	3.2mg NE	20%	3.2mg NE	20%
Vitamin B6	0.34mg	20%	0.34mg	20%
Folate	80mcg DFE	20%	80mcg DFE	20%
Vitamin B12	0.48mcg	20%	0.48mcg	20%
Biotin	6mcg	20%	6mcg	20%
Pantothenic Acid	1mg	20%	1mg	20%
Iodine	30mcg	20%	30mcg	20%
Magnesium	84mg	20%	84mg	20%
Zinc	2.2mg	20%	2.2mg	20%
Selenium	11mcg	20%	11mcg	20%
Copper	0.18mg	20%	0.18mg	20%
Manganese	0.46mg	20%	0.46mg	20%
Chromium	7mcg	20%	7mcg	20%
Molybdenum	9mcg	20%	9mcg	20%
Choline	110mg	20%	110mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 a day is used for general nutrition advice.

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PREPARATION Instructions



Vary oil to adjust calories



Vary water to adjust thickness

Best consumed cold

INGREDIENTS: Milk Protein Isolate, Sunflower Lecithin, Potassium Citrate, Psyllium Husk, Acacia Fiber, Soluble Corn Fiber, Salt, Natural Flavors, Cellulose, Magnesium Citrate, Vitamin Mix (Choline L-Bitartrate, Ascorbic Acid, Beta Carotene, Niacinamide, dl- α -Tocopheryl Acetate, Microcrystalline Cellulose, Silicon Dioxide, Menaquinone, Zinc Oxide, Reduced Iron, Folic Acid, Potassium Iodide, Copper Gluconate, Vitamin A Palmitate, Cholecalciferol, Manganese Sulfate, Pyridoxine Hydrochloride, Phytonadione, Calcium D-Pantothenate, Sodium Selenite, Thiamine Mononitrate, Sodium Molybdate, Riboflavin, Chromium Chloride, Biotin, Cyanocobalamin), Monosodium Phosphate, Sucralose, Xanthan Gum, Guar Gum.

CONTAINS: Milk

Dist. by LongRun LLC, Belmont, MA 02478



Net carbs per serving: **1.3g**
Net carbs per 100 cal: **0.3g**

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Version 1.0



Full nutrition at ketolent.com/nutrition

Nutrition Facts

30 servings per container

Serving size

1 lg. scoop dry mix (34g)

	Per 1 scoop	Prepared
Calories	120	400
	% Daily Value*	% Daily Value*
Total Fat	4g 6%	35g 45%
Saturated Fat	1g 6%	10g 50%
Trans Fat	0g	0g
Polyunsaturated Fat	2.5g	7.5g
Monounsaturated Fat	0.5g	17.5g
Cholesterol	10mg 2%	10mg 2%
Sodium	460mg 20%	460mg 20%
Total Carbohydrate	6g 2%	6g 2%
Dietary Fiber	5g 20%	5g 20%
Total Sugars	less than 1g	less than 1g
Incl. Added Sugars	0g 0%	0g 0%
Protein	18g	18g
Vitamin D	4mcg 20%	4mcg 20%
Calcium	430mg 35%	430mg 35%
Iron	3.6mg 20%	3.6mg 20%
Potassium	940mg 20%	940mg 20%
Vitamin A	180mcg RAE 20%	180mcg RAE 20%
Vitamin C	18mg 20%	18mg 20%
Vitamin E	3mcg 20%	3mcg 20%
Vitamin K	24mcg 20%	24mcg 20%
Thiamin	0.24mg 20%	0.24mg 20%
Riboflavin	0.26mg 20%	0.26mg 20%
Niacin	3.2mg NE 20%	3.2mg NE 20%
Vitamin B6	0.34mg 20%	0.34mg 20%
Folate	80mcg DFE 20%	80mcg DFE 20%
Vitamin B12	0.48mcg 20%	0.48mcg 20%
Biotin	6mcg 20%	6mcg 20%
Pantothenic Acid	1mg 20%	1mg 20%
Iodine	30mcg 20%	30mcg 20%
Magnesium	84mg 20%	84mg 20%
Zinc	2.2mg 20%	2.2mg 20%
Selenium	11mcg 20%	11mcg 20%
Copper	0.18mg 20%	0.18mg 20%
Manganese	0.46mg 20%	0.46mg 20%
Chromium	7mcg 20%	7mcg 20%
Molybdenum	9mcg 20%	9mcg 20%
Choline	110mg 20%	110mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 a day is used for general nutrition advice.

KETO SHAKE OIL

oil blend for **Ketolent** shakes by **KETO AND CO**

An oil blend designed specifically for keto shakes:

- The body's preferred ratio of 27% saturated fat, 55% monounsaturated fat, and 17% polyunsaturated fat
- 1:1 ratio of essential omega-3 and omega-6 fatty acids
- 5 grams MCTs per serving, from a blend of slow digesting coconut oil and fast digesting MCT oil

Read more about why we love this blend at: ketolent.com/nutrition

PREPARATION *Instructions*



Adjusting Calories: Powder mix alone has 120 cal, oil has ~9 calories per gram.
480 cal. serving (365 cal. from oil).....use 3 tbsp oil (45ml, 41g)
400 cal. serving (280 cal. from oil).....1 scoop oil (2 tbsp + 1 tsp, 33ml, 31g)
280 cal. serving (160 cal. from oil).....use 1 tbsp + 1 tsp oil (20ml, 18g)
120 cal. serving (0 cal. from oil).....use no oil (0ml, 0g)

32 fl. oz. (1000 ml)

www.ketolent.com

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Nutrition Facts

30 servings per container

Serv. size 1 sm. scoop (31g)

Amount per serving

Calories 280

% Daily Value

Total Fat 31g **40%**

Saturated Fat 9g **45%**

Trans Fat 0g

Polyunsaturated Fat 5g

Monounsaturated Fat 17g

Sodium 0mg **0%**

Total Carbohydrate 0g **0%**

Protein 0g

Ingredients: Olive, Flax, Coconut, MCT Oil
Dist. by LongRun LLC Belmont, MA 02478



Cooking blend available at: ketoand.co/oliveplus