

PRODUCT INFO

IT WORKS! KETO COFFEE™

SCIENTIFIC CARB MANAGEMENT

15 (15.5g) Single Serve Packets

Fuel your body and brain with It Works! Keto Coffee powered by KetoWorks™! With Grass-Fed Butter and Medium Chain Triglycerides (MCTs), this instant keto coffee helps to increase your body’s ketone production to rapidly breakdown fat, boost your energy, and sharpen your focus!†

- Contains fatty acids from Grass-Fed Butter and Medium Chain Triglycerides (MCTs)
- Builds and restores vital proteins through essential amino acids and collagen peptides†
- Boosts and sustains your energy output to burn more fat†
- Sharpens mental focus and enhances mood†
- Kills cravings and satisfies hunger†
- Fuels your body and brain through increased ketone production†
- Supports the results of your low-carb, ketogenic diet†
- Gives you instant energy and focus on-the-go with easy, single-serving packets†



NON GMO



ON THE GO



KETO



SOY FREE

SUPPLEMENT FACTS

Serving Size: 15.5 g					
Amount Per Serving		%DV	Amount Per Serving		%DV
Total Calories	100		Sodium	160 mg	7%
Calories from fat	80		Potassium	125 mg	4%
Total Fat	9 g	14%*	It Works! Proprietary Thermogenic Blend:		
Saturated fat	7 g	35%*	Medium Chain Triglyceride (MCT) oil powder, coffee powder (providing 50 mg caffeine), green coffee bean (providing 75 mg caffeine).		
Cholesterol	10 mg	3%	9 g **		
Total Carbohydrate	3 g	1%*	*Percent Daily Values are based on a 2,000 calorie diet.		
Sugars	2 g	**	**Daily value (DV) not established.		
Protein	2 g	4%*			
Calcium	50 mg	5%			

Other ingredients: Grass-fed butter powder, hydrolyzed collagen peptide, xanthan gum and Himalayan pink salt.

Contains Milk.

SUGGESTED USE

Mix one packet with 6-8 fluid ounces hot or cold water and drink.



†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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FREQUENTLY ASKED QUESTIONS

What is It Works! Keto Coffee?

It Works! Keto Coffee is an instant coffee with Grass-Fed Butter and Medium Chain Triglycerides (MCTs) to help increase your body's ketone production and the process of ketosis.† This helps your body to rapidly breakdown fat to fuel your body and brain, while boosting energy output, sharpening mental focus, enhancing mood, and satisfying hunger.†

It Works! Keto Coffee also contains collagen peptides to help build and restore your body's vital protein, which supports the building of lean muscle.†

Best off all, It Works! Keto Coffee comes in single-serving packets so you can get your instant energy and focus on the go!

What is MCT Oil?

Medium Chain Triglycerides (MCTs) are one of the healthiest fats! Unlike long chain triglycerides, the MCT does not raise unhealthy cholesterol levels and the calories are not stored in the body as fat. The unique fatty acids of MCT Oil are metabolized more efficiently in your body, converting fat into fuel by increasing ketone production and the process of ketosis. This helps to boost and sustain your energy output, sharpen mental focus, and enhance your mood.† The MCT Oil found in It Works! Keto Coffee is derived from the finest natural sources, coconut and palm kernel oil.

Why is there butter in It Works! Keto Coffee?

Higher in omega-3 fatty acids, Grass-Fed Butter, along with the Medium Chain Triglycerides of MCT Oil, provides your body with unique fatty acids that are metabolized more efficiently, converting fat into fuel by increasing your body's ketone production and the process of ketosis. The high-quality fat content helps to fill you up, kill cravings, and satisfy hunger.†

Why is there collagen in It Works! Keto Coffee?

Collagen is a protein that when broken down in your body converts to amino acids, which help to build and restore vital protein in your body. Amino acids and protein are crucial for building lean muscle that helps you to burn more calories and fat for fuel! By including collagen peptides, It Works! Keto Coffee is supporting a ketogenic diet of moderate protein, low carbs, and high fat.

Isn't a low-fat diet best for my health?

Your body needs fat. It is crucial to your metabolism, blood pressure, inflammation response, and maintaining overall balanced health. The fat in It Works! Keto Coffee is from Grass-Fed Butter, with omega-3 fatty acids and a balance of Short Chain, Long Chain, and Medium Chain Triglycerides (MCTs), as well as MCT Oil sourced from coconut and palm oil. The MCT does not raise unhealthy cholesterol levels and the calories are not stored in the body as fat. The Medium Chain Triglycerides in Grass-Fed Butter and MCT Oil are metabolized by your body to increase ketone production, rapidly breaking down fat to boost and sustain your energy, sharpen mental focus, and kill cravings to satisfy you longer.†

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 fat for fuel is ketosis, and a by-product of this fat metabolism is ketones, a high-energy fuel source, particularly for your brain!



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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 is 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 Coffee support a ketogenic diet?

It Works! Keto Coffee provides you with protein in the form of collagen peptides and unique fatty acids from Grass-Fed Butter and Medium Chain Triglycerides (MCTs) to support your body’s ketone production and the process of ketosis.

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

It Works! Keto Coffee’s unique fatty acids from Grass-Fed Butter and Medium Chain Triglycerides (MCTs) help to increase 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 Coffee, 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 is safe and effective for most people, but you may need 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.

Can It Works! Keto Coffee be mixed as cold coffee?

It Works! Keto Coffee can be enjoyed hot or cold. Mix one packet into 6-8 fluid ounces of hot or cold water.

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

It Works! Keto Coffee can be enjoyed any time you need extra focus, a boost of energy, or to fight hunger—any time you’d reach for a cup of coffee!†

Support your body’s ketosis after overnight fasting by drinking It Works! Keto Coffee first thing in the morning.† Not only will it provide morning focus and energy, it will help kill cravings and satisfy hunger.†

For lunch, have another It Works! Keto Coffee. Add the plant-based protein of an It Works! Shake™ Rich Chocolate and the nutrients of Greens™ Blend Chocolate for a satisfying, filling lunch that supports your body’s ketosis.†



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Can I take It Works! Keto Coffee with other It Works! products?

Product synergy is a key formulation philosophy of our product development and our products are designed to work together to help you achieve your best results.

- It Works! Shake™ provides you with 15 grams of plant-based protein, which is important for supporting a ketogenic diet of moderate protein, low carbs, and high fat. For lunch or a mid-day snack, have a cup of It Works! Keto Coffee with an It Works! Shake (Chocolate goes great with coffee!) to help your body stay in fat-burning mode!†
- When your body is in ketosis, it's producing ketones by breaking down fat by the liver, one of your most important organs for detoxification. As the ketones are released from fat, they may cause the acidic load on your body to increase. Greens™ Blend helps your body to balance out the acidifying effects of ketones with an alkalizing blend of magnesium and potassium, while the blend of 34 fruits and vegetables and Matcha Green Tea provide nutrients to support your body's natural detoxification process.† Greens Blend Chocolate is the perfect addition to your lunch or mid-day snack of It Works! Keto Coffee and It Works! Shake.
- Provide extra support to your digestive and detoxification systems with a monthly cleanse! It Works! Cleanse® contains an array of 25 foods, botanical extracts, and concentrates that help to support the liver's detoxification function.†

- Ultimate ThermoFit helps you fire up your metabolism through thermogenesis! Caffeine stimulates thermogenesis† by raising body temperature, which increases your metabolic rate to burn calories faster. Combined with It Works! Keto Coffee daily, it can help you to boost metabolism, sustain energy, and burn fat that much faster!†

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 drink It Works! Keto Coffee 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 Coffee to my children?

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

