

bio.

keto

a ketogenic catalyst & optimizer

WHAT IS IT?

Keto is a powdered drink mix to help you and your metabolism feel better! If you've ever heard of the ketogenic diet, you know it's all about getting your body into ketosis. Your metabolism enters ketosis when it begins to burn stored fat instead of the sugar and carbohydrates we eat. When in ketosis, many people report feeling more focused, more energetic, and less hungry.

WHAT DOES IT DO?

Shifting into ketosis can be difficult, especially if your body has run on sugar and carbohydrates for many years. By delivering medium-chain triglycerides to your body, BioReigns' Keto powder introduces healthy fats into your diet, helping to encourage your metabolism to enter a state of ketosis. Studies show that gymnema leaf extract can help maintain healthy blood sugar levels within a healthy range, and may even temporarily reduce your tongue's ability to taste sweet foods!

KEY INGREDIENTS	FUNCTION
gymnema leaf extract	Derived from a tropical vine used in ancient Indian medicine, gymnema leaf extract may help reduce your body's absorption of sugar molecules and help promote insulin production.
mct oil	A healthy fat easier for the body to digest than more common longer-chain triglycerides. Many studies show MCT oil has the potential to help you feel fuller faster, and assist the body in burning more calories. MCT oil is also linked to lower cholesterol levels, which is good news for those on high protein diets like keto!
berberine	A bioactive compound that can influence many bodily systems at a cellular level, particularly the metabolism. Berberine can help maintain healthy blood sugar levels, potentially limit the growth of fat cells, and may help combat non-alcoholic fatty liver disease.
catestatin peptide	An antimicrobial neuroendocrine peptide. Catestatin may help support the body's cardiac and immune systems, as well as the body's processing of stored fat cells.
rapidCT	The exclusive BioReigns biotechnology that protects and delivers each nutrient quickly, efficiently, and directly to your cells through water absorption.

LEARN MORE

To learn more, scan the QR code on this sheet or visit bioreigns.com.

This product is not for use by or sale to persons under the age of 18. A doctor's advice should be sought before using this and any supplemental dietary product.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

FULL SIZE BAG
10.5 OZ: \$99.99
QV/CV: 50/45



FULL LIST OF INGREDIENTS

rapidCT Proprietary Complex (MCT Oil Powder (C8 {56%} / C10 {39%} / C12 {5%}), Gymnema Leaf Extract, Berberine, Catestatin Peptide), Acacia Fiber

RECOMMENDED USE

Mix 1 level scoop of Keto into a beverage and drink immediately after your first meal of the day. Use again after the last meal of the day, or after high-carb meals if following a ketogenic diet. For best results use a shaker or blender and mix well. Store bag in cool, dry place.

Both berberine and acacia fiber can interact with prescription medication - consult your physician before ingesting this product. This product should not be used by pregnant women.

Nutrition Facts	
30 servings per package	
Serving size 1 Scoop (10g)	
Amount per serving	
Calories	73
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Acacia Fiber 3g	12%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 0mg	0%
RapidCT Proprietary Blend 60mg †	
MCT oil powder (c8, c10, c12)	
gymnema leaf extract, berberine,	
catestatin peptide	
*The % Daily Values (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.	



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