

Net-0 Keto

Keto Diet Powder



Collagen

Good Fats

MCTs

Net-0 Keto

Available in 14 Powder Servings

Net-O Keto, a collagen-based protein powder loaded with good fats, containing MCTs from coconut.

Net-O Keto is a keto-friendly collagen protein powder designed to reflect the fatty acid composition of some ketogenic diets. A ketogenic diet is one that emphasizes intake of high amounts of fat, moderate quantities of protein, and low amounts of carbohydrates. This induces breakdown of fat into ketones which can be used by the body as an energy source. **Net-O Keto** features bovine-derived collagen protein for people on ketogenic diets, weight management programs, low carbohydrate diets, or 'diabetes' diets. Collagen is a popular dietary supplement used by consumers to benefit the appearance and elasticity of the skin, optimize body composition, improve joint health, speed wound healing, and more.*

Offered in 3 different flavors- chocolate coconut, chocolate peanut butter, and vanilla caramel- **Net-O Keto** can be mixed simply with water and enjoyed. The ingredients used in **Net-O Keto** are tested and guaranteed free from heavy metals such as arsenic, cadmium, lead, and mercury.

Hydrolyzed Bovine Collagen has been used in the dietary supplement industry for many years to benefit skin and joint health. Recently becoming more popular, collagen has several studies supporting its use for a variety of conditions. For example, a recent review of literature and randomized controlled trials using collagen supplements concluded that short-term and long-term use of collagen supplements are potentially helpful for wound healing and skin aging. The authors reported that oral collagen supplements are safe with no adverse effects and provide increased skin elasticity, hydration, and dermal collagen density.

Regarding body composition, a 2015 trial in Germany demonstrated that older men with sarcopenia (a muscle wasting disease) who undertook a resistance training program gained more muscle and lost more fat when they supplemented a collagen peptide product.

A study looking at collagen's benefits on joint pain revealed that after 6 months of use, patients with joint pain of the extremities and/or low back experienced reduced pain from the supplementation. An earlier study showed that taking collagen hydrolysate reduced joint pain in athletes.

Medium Chain Triglycerides (MCTs)- Bioactive fatty acids that are easily absorbed and easily metabolized, MCTs are found in foods like coconut oil and palm oil. Most other fats and oils are higher in calories and contain long-chain fatty acids in contrast to these medium chain fatty acids. Because they're smaller, the body more rapidly metabolizes MCTs and therefore they provide a quick energy source. Due to being easily digestible, MCTs have been used for decades for various conditions related to malnutrition. Now they are becoming popular for assisting in weight loss because they support the body's ability to process extra calories. MCTs may help increase satiety and reduce food intake.

CHOCOLATE COCONUT ICE CREAM SUPPLEMENT FACTS

Serving Size: 1 Scoop (42.1g)

Servings Per Container: 14

Amount Per Serving

Calories	250
Total Fat	19 g
Saturated Fat	17 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	204 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	0 g
Protein	11 g
Vitamin D	0 IU
Calcium	30 mg
Iron	300 mcg
Potassium	37 mg

Ingredients: Coconut Oil Creamer, Hydrolyzed Bovine Collagen, Acacia Gum, Natural Flavors, Dutch Cocoa Powder, Himalayan Pink Salt, Xanthan Gum, Red Cocoa Powder, Silicon Dioxide, Stevia, Flax Seed Powder, Medium Chain Triglycerides (MCT) Powder, Monk Fruit Extract.

VANILLA CARAMEL ICE CREAM SUPPLEMENT FACTS

Serving Size: 1 Scoop (41.1g)

Servings Per Container: 14

Amount Per Serving

Calories	240
Total Fat	19 g
Saturated Fat	17 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	204 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	0 g
Protein	10 g
Vitamin D	0 IU
Calcium	30 mg
Iron	100 mcg
Potassium	7 mg

Ingredients: Coconut Oil Creamer, Hydrolyzed Bovine Collagen, Acacia Gum, Natural Flavors, Himalayan Pink Salt, Xanthan Gum, Silicon Dioxide, Stevia, Flax Seed Powder, Medium Chain Triglycerides (MCT) Powder, Monk Fruit Extract.

Suggested Use: Add one level scoop to 8oz. of water. Shake vigorously and enjoy. You can vary the amount of water to meet desired taste. Best if used after exercise, between meals, or anytime you need a shake.

Allergy Warning: Contains milk and tree nuts (Coconut).
This product contains bovine-derived ingredients including dairy.
Produced in a facility that also processes soy, peanuts, wheat, and eggs.



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