

# Keto Shake & Meta Soup

A delicious and convenient way to support healthy lifestyle goals



## Living a Healthy Lifestyle

Many factors can contribute to an unhealthy lifestyle, which could impact your body's energy production, metabolism, and normal immune function. Consuming certain natural health products can support your efforts in maintaining good health while protecting against oxidative stress. Eating properly and following the right diet as recommended by your healthcare practitioner helps support your efforts toward a healthy lifestyle. While there are many different diet types out there, the best one is the one that you can follow long-term and also achieve success with.

## Why Metagenics Keto Shake and Meta Soup?

### Keto Shake:

- Contains 14 grams of fat with medium-chain triglycerides (MCT)
- Features 20 grams of whey protein and essential amino acids
- Only 5 grams of carbohydrates
- Supports healthy immune function
- Helps to maintain cognitive functions
- Provides antioxidants to protect against oxidative stress
- Supports normal production of thyroid hormones
- Delicious, creamy vanilla and chocolate flavours

### Meta Soup:

- Contains 14 grams of fat with medium-chain triglycerides (MCT)
- Features 20 grams of whey protein and essential amino acids
- Only 4 grams of carbohydrates
- Delicious chicken flavour that can complement any meal

## Cooking Tips

Want to add additional fats to your shake or soup? Keto Shake may be blended with additional ingredients such as avocado, almond butter, peanut butter, chia seeds, or shredded coconut for extra flavour and fat intake. Add additional fats to Meta Soup by mixing with a tablespoon of ghee.

## Keto Shake

Flavour: Chocolate

**Information Per Serving:**

One Serving (2 scoops)	49 g
Servings per Container	14
Calories	220
Fat	14 g
Sodium	300 mg
Carbohydrate	5 g
Dietary Fibre	2 g

**Medicinal Ingredients:**

Whey Protein (isolate)	20 g
Vitamin C (ascorbic acid)	30 mg
Zinc (zinc gluconate)	11.25 mg
Niacinamide	5 mg
Vitamin E (d-alpha tocopheryl acetate)	5 mg
Pantothenic Acid (calcium d-pantothenate)	2.5 mg
Manganese (manganese gluconate)	1.5 mg
Copper (copper gluconate)	1.5 mg
Vitamin B6 (pyridoxine HCl)	0.5 mg
Riboflavin	0.425 mg
Thiamin (thiamin HCl)	0.375 mg
Vitamin A (retinyl palmitate)	375 mcg
Folate (calcium L-5-methyltetrahydrofolate)	185.2 mcg
Chromium (chromium picolinate)	120 mcg
Biotin	75 mcg
Selenium	52.5 mcg
Iodine (potassium iodide)	37.5 mcg
Vitamin D (cholecalciferol)	10 mcg
Vitamin B12 (methylcobalamin)	1.5 mcg

Contents sold by weight, not volume. Some settling may occur during shipping and handling. Shake container well before each use. Do not use if package is torn or open.

**Recommended Use:** Source of protein and all essential amino acids for the maintenance of good health. Helps in energy production and metabolism. Helps to maintain cognitive functions. Source of antioxidants that helps protect against oxidative stress. Helps to maintain immune function and normal production of thyroid hormones.

**Recommended Dose:** Adults blend, shake, or briskly stir 2 scoops (49 grams) of Keto Shake with 237 mL (8 fl. oz.) of chilled water daily or as directed by your healthcare professional. Take with food a few hours before or after taking other medications.

**Non-Medicinal Ingredients:** Sunflower oil, medium-chain triglycerides, cocoa powder, natural flavours, lecithin, silicon dioxide, xanthan gum, monk fruit extract, guar gum, and sodium chloride.

**Caution:** Do not use if you are pregnant or breastfeeding, or if you have a milk allergy. Consult a healthcare practitioner for use beyond 6 months.

**This product is non-GMO and gluten-free.**

## Vanilla Butter Keto Shake

1 serving

**Ingredients**

- 2 scoops Vanilla Keto Shake
- 1 Tbsp. almond butter
- 1 cup nondairy milk of choice
- 4-6 ice cubes

**Directions**

Place all ingredients into a blender and mix until creamy. Enjoy!

## Meta Soup

### Nutrition Facts

Per 47.5 g (1 packet)  
Servings per Container 7

Amount	% Daily Value
<b>Calories 220 (920 kJ)</b>	
<b>Fat 14 g</b>	21 %
Saturated 4 g +Trans 0 g	20 %
<b>Cholesterol 10 mg</b>	3 %
<b>Sodium 900 mg</b>	37 %
<b>Carbohydrate 4 g</b>	1 %
Fibre 1 g	4 %
<b>Protein 20 g</b>	
Vitamin A	2 %
Vitamin C	80 %
Calcium	6 %
Iron	2 %

**Ingredients:** Whey protein isolate (whey protein isolate, sunflower lecithin), sunflower oil powder (high oleic sunflower oil, buttermilk, disodium phosphate, silicon dioxide, natural flavour), medium-chain triglycerides powder (medium-chain triglycerides, nonfat dry milk, disodium phosphate, silicon dioxide), chicken meat flavour (yeast extract, chicken stock, salt, natural flavour, torula yeast, spice, silicon dioxide), silicon dioxide, sodium chloride, chicken broth flavour (chicken stock, salt, yeast extract, natural flavour), xanthan gum, guar gum, parsley freeze dried, curcumin powder.

**Contains: Milk**

**Directions:** Add 1 packet (47.5 g) to 205 mL (7 fl. oz.) of hot water and stir until dissolved. You may also add the powder to cold water and microwave for one to one and a half minutes to heat. More water may be used for a more dilute soup. DO NOT overheat or over cook. DO NOT mix hot liquids in a blender or shaker bottle.

**This product is gluten-free.**

### Complementary Products

- **PhytoMulti™:** Vitamins, minerals, and antioxidant formula for overall health and wellness
- **Mag Glycinate:** Features 100 mg of magnesium bisglycinate for proper muscle function
- **SulforaClear™:** Provides myrosinase enzyme and glucoraphanin

➤ Talk to your healthcare practitioner today about **Keto Shake** or **Meta Soup** or visit [MetagenicsCanada.com](http://MetagenicsCanada.com) for more information.

