



▼ **INGREDIENTS**

NUTRITION FACTS	
Serving Size: 2 Level Scoops (approx. 45 grams) Servings per container: 16	
Amount Per Serving	% Daily Value*
Calories 275	
Total Fat 21.4 g	43%
Saturated Fat 13.8 g	69%
Cholesterol 38 mg	13%
Sodium 183 mg	9%
Total Carbohydrate 7.5 g	3%
Dietary Fiber 1 g	1%
Total Sugar 1.5 g	3%
Protein 12.7 g	25%
Mixed Carotenoids 110 mcg	100%
Vitamin B1 9 mcg	18%
Vitamin B2 9 mcg	18%
Vitamin B3 13 mg	26%
Vitamin B5 22.5 mg	45%
Vitamin B6 18.5 mg	37%
Vitamin B9 150 mcg	38%
Vitamin B12 4 mcg	80%
Vitamin C 35 mg	70%
Vitamin E 38 IU	76%
Biotin 38 mcg	76%
Magnesium 47 mg	11%
Zinc 2.8 mg	56%
Copper 0.39 mg	49%
Chromium 44 mcg	110%
Manganese 750 mcg	188%
Potassium 75 mg	15%
Selenium 29.5 mcg	59%
Calcium 78 mg	16%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
† Daily Value not established.
Other Ingredients: Organic Butter Powder, Collagen (Bovine), Medium Chain Triglycerides (MCT) Oil Powder, Lecithin (Sunflower), Natural Flavors, Stevia (Erit), Caneberry Protein, Chia Oil Powder, Conjugated Linoleic Acid (CLA) Oil Powder, Hemp Oil Powder, White Kidney Bean, Pepper (Fermented/Organic), Ginger (Fermented/Organic), Enzyme Blend (Protease, Bromelain, Lipase, Pepsinase SP, Natto/SB, Papain), Apple Cider Vinegar, Alpha Lipoic Acid, Luo Han Guo. Contains extracts of: Guava, Lemon, Amla, Sesbania, Holy Basil, Annatto.

▼ **DOSAGE**

- Mix 2 scoops in 6-12 oz. of your favorite liquid, or as directed.

▼ **PACKAGING**

- Canister: Net Wt.: 725 g.

▼ **PERSPECTIVE**

The popularity of Paleo and Ketogenic diets attest that people want to support their nutrition with products that adhere to those principles. Here is a tasty, quick way to supplement nutrition that adheres to Paleo/Keto tenets – low carb, moderate protein, and generous healthy fatty acids. Ketabo-Shake provides the nutrients in proper ratios to support any weight-loss plan, nutritionally augment the Paleo and Keto lifestyles, and substitute a meal for a quick, refreshing, cell-supportive boost to the daily diet.

▼ **LIFESTYLE**



#619 Ketabo-Shake

More than Paleo and Keto “friendly,” Ketabo-Shake provides highest-quality, core-level, broad-range, ingredient-expansive nutrition for people who want to boost their dietary diversity while adhering meticulously to the ratios of macronutrients that support ketogenesis – the production of ketones (acetoacetate, β-hydroxybutyrate, and acetone) from fatty acids that serve the body for abundant brain energy and cellular fat-burning for mitochondrial-produced energy.

▼ **INDICATIONS**

- Nutritional support of normal cellular energy
- Support mitochondrial function
- Support fat-burning regimens
- Athletic endeavors and stamina
- Enliven brain function
- Youthful vitality programs
- Support cellular longevity

▼ **KEY COMPONENTS**

- **Collagen** – Chosen from clean sources for its low mTOR (mechanistic Target Of Rapamycin) to properly support normal muscle building activities and low insulin response, the ready-for-use cellular protein can help support autophagy—the innate removal of defective cellular components.
- **Cranberry Protein** – A plant protein containing all 9 essential amino acids and powerful cellular antioxidants such as α-proanthocyanidins.
- **Chia Oil Powder** – Excellent source of Ω-3 fatty acids and antioxidants. Research supports that these fatty acids can help raise HDL cholesterol – a nutrient that the body requires for cardiovascular integrity.
- **CLA Oil Powder** – Conjugated Linoleic Acid ignites the body’s fat-burning power at the cellular level. CLA helps the body build muscle rather than store fat, and supports anti-inflammatory processes.
- **Butter Powder** – Science made it clear – butter supports fat burning, as well as provides valuable butyrate for bowel health. Nutritionally, butter powder contains monosaturated fats, proteins and fibers.
- **Hemp Oil Powder** – Provides a wide spectrum of fatty acids and nutrients. It does not provide THC or CBD.
- **MCT Oil Powder** – An excellent cellular fuel for efficient cell and brain energy. Supports normal fat-burning and weight optimization processes (peptide YY and leptin), athletic endurance, and supports the immune system’s yeast/fungus control activities.
- **White Kidney Bean** – Provides amino acids that support complete protein chains. Supports normal appetite.
- **Lecithin (Sunflower)** – Used by every cell, lecithin provides emulsifying phospholipids—choline, inositol – of the B-vitamin family. Supports normal cholesterol and brain function.
- **Orgen-HIM** – Certified organic, plant-source, complete-spectrum vitamins/minerals. Like the Systemic SpectraOne formula, this is a new era of nutrient-supplementation using Nature’s true assemblages of valuable catalysts and metabolic molecules.

- **Hydroxocobalamin** – The truly natural, nascent form of cellular vitamin B12, made by bacterial synthesis.
- **Apple Cider Vinegar** – Science reports that ACV supports blood sugar levels, fatty acid utilization, and cholesterol processes.
- **Fermented Black Pepper & Ginger** – Work synergistically to support normal/natural inflammation and digestive processes. The fermentation brings new, nascent molecules that cells use for metabolic efficiency.
- **Alpha Lipoic Acid** – A super nutrient. ALA supports energy production, detoxification, blood sugar balance, and cell membrane processes.

▼ **CONTRAINDICATIONS**

None. Use as directed.

▼ **CLINICIAN CONSENSUS**

- Powerhouse Keto Support Beverage Blast:
#617 Extracellular Ketones + **#619** Ketabo-Shake + **#810** eNRG + **#128** CVOR + **#854** Neurosyn + **#880** VistaOne + **#882** VistaTwo.
Mix Extracellular Ketones + Ketabo-Shake in water with ¼ dropper VistaTwo. Take capsuled supplements with the beverage.

▼ **BACKGROUND**

Based on recent, published scientific studies, Dr. Shayne Morris, a nutrimental expert, applied that research toward supporting Paleo and Keto dietary enhancements toward the benefits of ancestral and ketogenic diets. Coupled with Herbalomic™ research that demonstrates efficacious botanical, nutrient, and cellular metabolic influences over cellular epigenetic responses, Dr. Morris combined natural nutrients, nutraceutical/metabolic ingredients, and herbal “activation” factors into a synergistic blend of targeted fatty acid and synergists nutrition.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#617** Extracellular Ketones
- **#854** Neurosyn - Neuro Cognitive Memory Support
- **#875** Synulin - Glycemic Balance
- **#850** MoRS - Methylation Donor
- **#820** EPIC - Metabolic NO-ONOO Micro Antioxidant
- **#184** ROX - Super Antioxidant w/ Resveratrol
- **#433** GCEL - Intracellular Glutathione
- **#12** B - Brain
- **#48** HQ - Heart Energy
- **#840** EVENTA - Cellular Enzyme Corrector

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.
Disclaimer: This information is exclusively a communication from clinicians to other clinicians. It was created exclusive of any company’s directing. **This is not for public dissemination.** All recipients must be practicing clinicians. Photocopying is strictly prohibited. This information does not propose a method for diagnosing or treating any disease whatsoever – a process exclusive to licensed medical doctors. This information is anecdotal, designed for whole body nutrition to support the body in caring for itself. It features insights from clinician’s practices to support proper and ethical usage of nutritional ingredients. The statements have not been evaluated by any regulatory agency and serve only as guidelines for individual clinician decisions.

SYSTEMIC FORMULAS
800-445-4647