

Keto Burn

Powerful BHB, BCAA, and EAA Blend for Energy and Quick Muscle Recovery*

Keto Burn Supplementation

Keto Burn contains bioavailable BHB (Beta-Hydroxybutyrate) salts, which are designed to support nutritional ketosis.*† Being in a state of nutritional ketosis confers a multitude of therapeutic benefits, such as supporting energy production, blood sugar balance, insulin sensitivity, appetite, and more.* Keto Burn also combines a precise blend of essential amino acids, L-citrulline, and BHB salts to power your energy and mental acuity throughout the day.*

Keto Burn is formulated with ingredients that support healthy body composition and longevity in a variety of ways.*† The main benefits include:

- Supports nutritional ketosis*†
- Supports healthy appetite and blood sugar balance*†
- Supports energy and cognitive function*†
- Supports muscular repair and recovery*†

How Keto Burn Works

BHB Salts (Exogenous Ketones) are ketone bodies that come from outside the body. Ketones are also something your body produces as part of its natural metabolic pathways (particularly when fatty acids are used for energy). The human body produces three different ketone bodies in the mitochondria of the liver, including acetone, acetoacetic acid (AcAc), and beta-hydroxybutyric acid (BHB).

Ketones serve as an alternative energy source and signaling molecules in the human body, specifically our mitochondria, the 'powerhouse' of cells. In short, using an exogenous ketone supplement like Keto Burn provides your body with an instant supply of BHB to utilize. Hence, even if you're not on a ketogenic/low-carb diet, Keto Burn will help support the effects of your body being in a state of nutritional ketosis very rapidly (typically within 30 minutes or less after ingestion).*†

Essential Amino Acids (EAAs) are essential for synthesizing new muscle tissue and optimizing muscle protein synthesis. Research shows that as plasma levels of EAAs drop, muscle protein synthesis drops as well.² Therefore, if your body is lacking nominal amounts of one or several EAAs, then muscle protein synthesis cannot proceed. As such, free-form EAAs found in Keto Burn are superb for supporting muscle growth and recovery.*†



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

How Keto Burn Works Continued

L-Citrulline is an amino acid found abundantly in the rind of watermelon; it is synthesized in the urea cycle and used as a biomarker of intestinal function in clinical settings.

L-Citrulline works to augment nitric oxide-dependent signaling.³ Supplementing with this amino acid prior to exercise has been shown to significantly increase plasma arginine concentrations and thus enhance the production of arginine-derived metabolites (i.e., nitrite, ornithine, etc).⁴ Other benefits of L-Citrulline use include:

- Supports utilization of essential amino acids during exercise♦
- Supports intracellular nitric oxide production, which promotes vasodilation♦
- Supports the body's efficiency at removing endotoxins♦

Supplement Facts

Serving Size: About 1 Scoop (18.15 g)
Servings Per Container: About 30

	Amount Per Serving	%DV*
Calories	25	
Total Carbohydrate	7 g	3%*
Calcium (Calcium Beta-Hydroxybutyrate)	240 mg	18%
Sodium (Sodium Beta-Hydroxybutyrate)	495 mg	22%
Energy BHB Keto Salts Blend Sodium BHB (Beta-Hydroxybutyrate), Calcium BHB (Beta-Hydroxybutyrate).	4.5 g	**
L-Leucine	2.5 g	**
L-Citrulline Malate	1.5 g	**
L-Isoleucine	1.25 g	**
L-Valine	1.25 g	**
L-Lysine (as L-Lysine HCl)	1.25 g	**
L-Threonine	900 mg	**
L-Histidine (as L-Histidine HCl)	100 mg	**
L-Tryptophan	100 mg	**
L-Phenylalanine	100 mg	**
L-Methionine	50 mg	**

Other Ingredients: Allulose, natural flavors, bamboo extract, citric acid, stevia leaf extract, beet root powder (color).

† In combination with proper diet and exercise.

Directions: Mix 1 scoop in 8-10 ounces of water as a dietary supplement or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Evans, M., Cogan, K. E., & Egan, B. (2017). Metabolism of ketone bodies during exercise and training: physiological basis for exogenous supplementation. *The Journal of physiology*, 595(9), 2857-2871.
2. Volpi, E., Kobayashi, H., Sheffield-Moore, M., Mittendorfer, B., & Wolfe, R. R. (2003). Essential amino acids are primarily responsible for the amino acid stimulation of muscle protein anabolism in healthy elderly adults. *The American journal of clinical nutrition*, 78(2), 250-258.
3. Palmer, R. M., & Moncada, S. (1989). A novel citrulline-forming enzyme implicated in the formation of nitric oxide by vascular endothelial cells. *Biochemical and biophysical research communications*, 158(1), 348-352.
4. Ochoa, J. B., Udekwe, A. O., Billiar, T. R., Curran, R. D., Cerra, F. B., Simmons, R. L., & Peitzman, A. B. (1991). Nitrogen oxide levels in patients after trauma and during sepsis. *Annals of surgery*, 214(5), 621.

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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