

KTO-360™ Powder

Keto-friendly high-fat powder featuring collagen protein and MCTs

KTO-360™ Powder is a delicious keto-friendly powder featuring collagen protein and healthy fats from avocado oil powder, grass fed butter powder and caprylic acid, a medium chain triglyceride (MCT). Each 2-scoop serving of this unsweetened vanilla flavored powder provides 14 g protein from collagen peptides and 16 g total fat per serving, with nearly 7 g from MCTs and the remainder from avocado and grass-fed butter powders. One serving contains 6 g carbohydrate with 3 g fiber, for just 3 g net carbs per serving. KTO-360™ Powder is an ideal keto-supportive supplement that can be consumed pre- or post-workout, or added to smoothies or coffee.

Individuals following ketogenic diets may be looking for meal supplement powders that are particularly high in healthy fat to help provide energy and maintain a higher overall fat intake. KTO-360™ Powder is a unique formulation delivering healthy fats along with high-quality protein specifically designed with ketogenic dieters in mind. It is formulated to mimic fatty acids composition found in the ketogenic diet while providing a convenient and portable protein source.

Spotlight on MCTs

MCTs make up over 40% of the fat in KTO-360™ Powder. MCTs are special fats that the body readily converts into ketones, even when someone isn't on a ketogenic diet. Ketones are an energy source that most cells and tissues in the body can use, but which are especially known for fueling the brain.* This may explain the mental clarity and sharp cognition many people report when adding MCT oil to their morning beverage. MCTs are digested and absorbed differently than other fats. Owing to this unique metabolism, MCTs can elevate ketone levels without the need for carbohydrate restriction, making KTO-360™ Powder a great choice for keto dieters as well as those not on strict ketogenic diets but who enjoy the distinct effects of MCTs.

Collagen Peptides

The protein in KTO-360™ Powder is provided as collagen peptides. Collagen is the most abundant protein in the human body. The body can synthesize collagen, but it's important to have the right building blocks for this. Collagen-rich animal tissues contain a higher proportion of amino acids needed for human collagen synthesis, but North Americans typically favor muscle meats from animal proteins, which have less collagen than richer cuts such as oxtails, chicken feet, or broths made from bones and joints. Collagen peptides may be beneficial for supporting bone and joint structure as well as supporting healthy connective tissue, hair, skin, nails and muscle tissue.*

Recommended Use:

Mix 40 grams (approx. two scoops) with 8-10 ounces of water or other liquid per day, or as directed by your health care practitioner.

This product may also be blended into coffee and other hot or cold beverages for a creamy MCT boost.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.