



Directions for the use of KetoCitra™

Work with your healthcare professional: As a medical food for the dietary management of mild to moderate stages of autosomal dominant polycystic kidney disease (ADPKD), KetoCitra is to be taken under medical supervision. We recommend to work with your doctor and your dietitian, as a team, to guide you. Your healthcare professional may recommend a different serving size or frequency from the standard recommendation based on clinical assessment, including your blood electrolyte levels. Please follow the specific advice of your healthcare professional including any follow-up visits or any monitoring they may order. ***If you have any questions or concerns about using KetoCitra, please ask your healthcare professional.***

Directions:

- Unless directed differently by your healthcare professional, the recommended adult serving amount is two rounded scoops, taken two times per day, for a total of four rounded scoops (13 g/day).
- Twice per day, shake or stir vigorously two rounded scoops (approx. 6.5 g) of KetoCitra™ with 8-16 oz of water.
- Drink the dissolved KetoCitra mixture slowly over at least one hour, preferably during the course of a meal. Do not rush drinking the mixture.
- For example, you can drink the KetoCitra mix slowly with your breakfast and your dinner.
- You can dissolve KetoCitra in refrigerated water or room temperature water, as you prefer.
- Once dissolved in water, any unused mixture should be refrigerated and consumed within 24 hours.

First time users:

- Begin with half a serving (one rounded scoop, approx. 3.3 g) or less twice per day for one week to assess tolerance and gradually increase to the recommended serving size.
- In case of gastrointestinal discomfort or any other signs of intolerance, reduce serving size or discontinue use of product, and consult your physician.

Tamper Evident: Do not use if safety seal is missing or broken or if package is damaged or open.

Storage: Keep container with dry powder tightly closed in a cool, dry place. The powder attracts moisture from the air. Container contains a packet of desiccant to prevent clumping by moisture. Please keep the desiccant packet in the container for the entire time. Do not eat the desiccant.

To reorder KetoCitra™, or to change your subscription order, or to obtain the latest package insert, scan the QR code below or visit the following website: santabarbaranutrients.com/products/ketocitra

More questions about your KetoCitra order? Send an email to info@SBnutrients.com.

