

Q: Do ZonePerfect products contain artificial sweeteners?

A: Many ZonePerfect products contain no artificial sweeteners, including all Keto products, Classic bars and Kidz bars. Check out our [All Products page](#) to sort by this preference and see a full list!

Q: Are ZonePerfect products vegetarian-friendly?

A: ZonePerfect products do not contain any meat which makes them a great choice for many vegetarians. All of our ingredient lists are available to view on the individual product pages of this site.

Q: Are any ZonePerfect products Kosher or Halal certified?

A: Yes! All ZonePerfect products are certified Kosher and many are certified Halal.

Q: How much sugar is in ZonePerfect products?

A: The total sugar content across all our products ranges from 1 – 16 grams. Our shakes and powders all have 3 grams of sugar or less and contain no added sugars. Our Classic bars range from 5 – 16 grams of sugar and contain no artificial sweeteners, and our new Macros bars contain 1 – 2 grams of sugar. We strive to make amazing-tasting products for every preference and lifestyle!

Q: Is there caffeine in any ZonePerfect products?

A: The only product with a notable amount of caffeine is our Keto Shake in Butter Coffee flavor which contains 50mg of caffeine (equivalent to about half a cup of coffee). Other products that contain chocolate or cocoa, such as our Fudge Graham Classic Bar or our Carb Wise Chocolate Marshmallow Shake, may contain caffeine but in very small amounts.

Q: What are MCTs?

A: MCTs (short for medium-chain triglycerides) are found in certain ingredients such as coconut, butter and MCT oil. They are a source of fuel for the brain while in ketosis, as they are easily digestible and efficiently converted to ketones. All ZonePerfect Keto products contain MCTs to give you optimal nutrition for a keto lifestyle.

Q: Are there any ZonePerfect products that do not contain nuts?

A: Yes, there are many ZonePerfect products that do not contain nuts. To be sure a product meets your needs, please review the ingredient list and allergen statement which are listed on the packaging and the individual product pages on this site.

Q: How does ZonePerfect avoid cross-contamination?

A: Our manufacturing lines are cleaned and inspected following best-in-class manufacturing procedures to assure allergens are not transferred to another product.

Q: I love ZonePerfect! How can I partner with you?

A: Awesome! We'd love to hear from you. Please fill out the contact form below and we'll get back to you!

Q: I have questions about keto, low carb, macros and more! Can you help?

A: We'd love to help! Our nutrition experts live for this stuff. Ask us your question using [this form](#). We can't wait to hear from you!