

# Shaklee Life Shake™



## WHAT IS LIFE SHAKE™?

Life Shake is the most delicious, clinically proven shake to help create the foundation for a longer, healthier life.

- Increased energy and satiety. Feel fuller longer with 20 grams of ultra-pure, non-GMO protein with precise ratios of all 9 essential amino acids.
- Clinically proven support to help you reach and maintain your healthy weight. Powered by Leucine® to help you build lean muscle, burn fat, and improve metabolism.†
- Easy-to-digest, promotes regularity and digestive comfort. Our proprietary prebiotic comes from an ancient grains blend. Plus added digestive enzymes for improved protein digestion.
- Includes 23 essential vitamins and minerals clinically proven to support heart, brain, vision, bone, immune, and overall health. Includes 200 mg of calcium plus ALA, an essential omega-3 fatty acid, and more.
- Low glycemic. Supports healthy blood sugar levels with zero added sugar.

## WHAT IS LEUCINE AND WHY IS IT IMPORTANT?

Leucine is the most effective branched-chain amino acid for preserving muscle mass. It helps your body preserve lean muscle mass while you lose weight. Simply put, it helps ensure the weight you lose is fat and not muscle.

## AS THERE IS NO ADDED SUGAR, WHAT IS LIFE SHAKE™ SWEETENED WITH?

Life Shake is sweetened with stevia. Native to South America, the stevia plant is a small shrub from which an extract (Reb-A) has been created that is 200-300 times sweeter than sugar and is used as a natural, zero-calorie sweetener.

## DOES LIFE SHAKE™ CONTAIN PREBIOTICS?

Yes, Life Shake contains prebiotics from an organic ancient grains blend of amaranth, buckwheat, millet, quinoa, and chia.

## HOW DO PREBIOTICS WORK?

As prebiotics travel through the digestive system, they nourish the good bacteria along the way and help them grow and multiply. The result? More good bacteria in the gut, which means better digestive health and a stronger natural defense system.

## WHAT IS THE ANCIENT GRAINS BLEND?

Our organic ancient grains blend consists of amaranth, buckwheat, millet, quinoa, and chia. This organic, gluten-free blend contains protein and natural prebiotic fibers to support digestive health.

## WHAT ARE THE PROTEIN SOURCES IN THE PLANT PROTEIN LIFE SHAKE™?

A proprietary Shaklee blend including pea protein, organic chia seed protein, and organic pumpkin seed protein.

## CAN I MIX MY LIFE SHAKE™ WITH WATER?

Yes, you can mix with water or your favorite cold beverage.

## CAN LIFE SHAKE™ BE USED AS A MEAL REPLACEMENT?

Yes. We recommend one shake per day as a meal replacement and two shakes per day as part of a weight loss program.

## WHY IS LIFE SHAKE™ PART OF THE SHAKEE 180® PROGRAM?

Life Shake is a delicious meal replacement shake and the foundation of the clinically proven Shaklee 180 Program to help you lose the weight and keep it off.

In a published clinical weight loss study, Life Shake helped participants lose fat, weight and inches, while retaining lean muscle.†

People who take Life Shake as part of the Shaklee 180 Program are clinically proven to lose the weight and keep it off.†

- Clinically proven to help retain lean muscle
- Clinically proven to support healthy blood pressure and healthy blood sugar levels

Please see the Shaklee 180 Program for more information.

## WHO SHOULD USE THIS PRODUCT AND WHY?

Life Shake™ is an excellent meal replacement or snack for the entire family. A source of both macro- and micronutrients, Life Shake is designed to increase energy, help you preserve lean muscle and achieve a healthier weight, and support digestive, immune, heart, and brain health.

## CAN I GIVE LIFE SHAKE™ TO MY CHILDREN?

Yes, to children ages 3 and up. Life Shake is not intended to be nor should it be used as an infant formula. For younger children, we would suggest 1 scoop (1/2 serving) mixed in 6 oz. of your milk of choice.

†As part of the Shaklee 180 Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 40-minute exercise program twice weekly. See full details of Life Shake clinical studies at [healthsource.shaklee.com](http://healthsource.shaklee.com).

# Shaklee Life Shake™



## **CAN I USE LIFE SHAKE™ AS A SNACK?**

Yes. Use 1 scoop of Life Shake mixed in 4-6 oz. of your beverage of choice for a healthy snack.

## **CAN I USE LIFE SHAKE™ IF I AM NURSING?**

Yes, Life Shake can be part of a healthy diet during pregnancy and nursing, but we always recommend that you consult with a physician prior to use. Life Shake is a source of healthy protein and prebiotic fiber as well as ALA, an essential omega-3 fatty acid, plus vitamins, minerals, and added leucine. Please see the Shaklee 180® Program if you are interested in weight loss after pregnancy.

## **ARE THERE ANY MEDICAL CONDITIONS THAT WOULD PRECLUDE OR LIMIT USAGE OF LIFE SHAKE™?**

As a general comment, people under a physician's care for any chronic condition(s) should always let their physician know what foods and supplements they use or if they are making significant changes to their diet. People with type 1 or type 2 diabetes, serious kidney or liver disease, or inflammatory bowel diseases such as Crohn's should discuss the use of Life Shake with their physician.

## **CAN I USE LIFE SHAKE™ IF I AM DIABETIC?**

All diabetics should be under the care of a medical doctor and should discuss any weight loss program with their doctor. If you have type 2 diabetes, calorie control and weight loss tend to be critical to the prevention of potential long-term health complications. Replacing two meals per day with Life Shake may help you to reach your weight loss goals. Please see the Shaklee 180® Program for more details. Your doctor should evaluate you over time as you lose weight to assess whether your medications need adjustment.

## **IS LIFE SHAKE™ LOW GLYCEMIC?**

Yes. All Shaklee 180® products, including Life Shake, are low glycemic.

## **IS LIFE SHAKE™ KOSHER?**

Yes.

## **IS LIFE SHAKE™ VEGAN?**

Yes.

## **IS LIFE SHAKE™ GLUTEN FREE?**

Yes.

## **IS LIFE SHAKE™ LACTOSE FREE AND DAIRY FREE?**

Yes.

## **IS LIFE SHAKE™ KETO-COMPATIBLE?**

Yes. It should be noted that this compatibility does not represent an endorsement of this diet.

## **DOES LIFE SHAKE™ CONTAIN ANY ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES?**

No.

## **WHAT IS THE STEVIA FREE LIFE SHAKE™?**

We choose stevia for our Life Shakes because we believe it's the best available zero-calorie sweetener. Since we understand that there is a small percentage of people who do not care for the taste of stevia and prefer sugar in their shake, we also offer Life Shake in a Stevia Free Soy Protein formula in vanilla and chocolate flavors.

## **IS THE STEVIA FREE LIFE SHAKE™ AVAILABLE IN BOTH PLANT AND SOY PROTEIN FORMULAS?**

No, the Stevia Free Life Shake is available in Soy Protein only, in vanilla and chocolate flavors.

## **HOW MUCH SUGAR IS IN THE STEVIA FREE SOY PROTEIN LIFE SHAKE™?**

The Stevia Free Life Shake contains 10 grams of added sugar per serving.