

Naturally Nourishing Delightfully Decadent

Life Shake™

Our new shake formula is indulgently flavor forward and a complete meal in a glass with 20 g protein, 6 g fiber, and 24 essential vitamins & minerals. Richer and smoother texture with an improved fiber blend, and perfectly sweetened with our new sweetener system (Reb M + 5 g natural cane sugar).

It takes just 2 Scoops to get:

Energy and Satiety

20 g ultra-pure, non-GMO protein with precise ratios of all 9 essential amino acids.

24 Essential Vitamins and Minerals

Supports heart, brain, vision, bone, immune, and overall health. Includes 120 mg of calcium plus ALA, an essential omega-3 fatty acid, and more.

Digestive Health and Regularity

6 g dietary fiber and our proprietary prebiotic from an ancient grains blend.

A Perfectly Sweetened, Low-Glycemic Meal

Features our new sweetener system (Reb M + 5 g natural cane sugar) for low impact on already healthy blood sugar levels.

Healthy Weight and Maintenance

Powered by Leucine® to help build lean muscle, burn fat, and support metabolism.†



†As part of the Shaklee 180 Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily along with a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at healthresource.shaklee.com.



The Shaklee Difference®

Life Shake is a clinically proven meal replacement. In a published clinical weight loss study, Shaklee 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

Powered by Leucine®

Leucine is the most effective branched chain amino acid for preserving muscle mass.

Helps you:†

- Build lean muscle
- Burn fat
- Support metabolism

Beyond Organic is our philosophy that Shaklee quality standards go beyond how and where an ingredient is grown. We look to confirm the purity and potency of ingredients AFTER harvest to guarantee that the final finished product is free of hundreds of chemical contaminants. [See Shaklee.com/beyondorganic](http://Shaklee.com/beyondorganic)

4 Delicious Flavors

Our new clinically proven Life Shake™ comes in Plant Protein and Soy formulas to meet your specific needs.

Choose between a 14-serving canister or 28-serving resealable pouch.



Life Shake™ with Plant Protein ☆

Life Shake Plant Protein formula with pea protein plus a proprietary blend of chia and pumpkin protein.

Canister/14 Servings

French Vanilla #21333 | Rich Chocolate #21335

Suggested Retail Price: \$57.05 | Member Price: \$48.50 | PV: 27

Pouch/28 Servings

French Vanilla #21334 | Rich Chocolate #21336

Suggested Retail Price: \$102.95 | Member Price: \$87.50 | PV: 50

Life Shake™ with Soy Protein ☆

Life Shake Soy Protein formula plus a proprietary blend of chia and pumpkin protein.

Canister/14 Servings

French Vanilla #21321 | Rich Chocolate #21324 | Strawberry #21327 | Café Latte #21329

Suggested Retail Price: \$57.05 | Member Price: \$48.50

PV: French Vanilla 30.00 | Rich Chocolate 30.50 | Strawberry 31.50 | Café Latte 32.00

Pouch/28 Servings

French Vanilla #21322 | Rich Chocolate #21325 | Strawberry #21328 | Café Latte #21330

Suggested Retail Price: \$102.95 | Member Price: \$87.50

PV: French Vanilla 56.00 | Rich Chocolate 56.00 | Strawberry 57.00 | Café Latte 57.00

Making better choices is easier.

Life Shake™ nutritional facts compared to popular daily choices.

	STARBUCKS® CLASSIC COFFEE CAKE & ALMOND MILK LATTE (16-OZ. GRANDE)	SHAKLEE LIFE SHAKE™ PLANT PROTEIN VANILLA WITH 8 OZ. COLD WATER
PROTEIN	17 g	20 g
SUGAR	39 g	5 g
CALORIES	520	160
FAT	22 g	4 g
SODIUM	540 mg	400 mg
CARBOHYDRATES	62 g	16 g
PRICE/SERVING	\$7.80	\$3.13

Life Shake™ and the additional meal listed in this chart provide nutrients beyond those listed. Detailed nutritional values for Life Shake can be found on the label. Price per serving based on member price per serving of 28-serving pouch. The nutrition information and price for the other meal listed above was obtained from the official website of the above company June 3, 2020. All trademarks are the property of their respective owners.

Meet Reb M

Reb M (Rebaudioside M) is a breakthrough in the world of zero-calorie natural sweeteners.

It's sustainably made via sugarcane fermentation, tastes like sugar, and leaves no aftertaste. Combining Reb M with 5 g natural cane sugar allows us to create our delicious low-glycemic Life Shakes with 20 grams of protein and 6 grams of fiber to help minimize normal blood sugar spikes and crashes, so you can feel satisfied for hours.

Frequently asked questions

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, for 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.

Can I use the Life Shake™ as a snack?

Yes. Use 1 scoop of Life Shake™ mixed in 4-6 oz. nonfat milk or low-fat soy milk for a healthy snack.

Complete Nutrition Plan:

For ongoing daily nutrition support, start your day with Life Shake, and follow with our clinically supported multivitamin strips to get you ready to take on anything life throws your way.



Life Shake is also the foundation of the clinically proven Shaklee 180 program.

The Shaklee 180® program helps you achieve and maintain a healthy weight. It has helped people all over the world to **lose more than 2 million pounds and over 1 million inches & counting!***

Shaklee 180® Turnaround® Kit

Everything you need for your first month.



Life Shake™ Soy Protein

French Vanilla

Nutrition Facts		Amount per serving	% DV*	Amount per serving	% DV*
14 servings per container					
Serving size 2 scoops (42 g)					
Amount per serving (mix alone)					
Calories		150			
		% Daily Value*			
Total Fat	3 g		4%	Vitamin B12	0.83 mcg 35%
Saturated Fat	0.5 g		3%	Biotin	10.5 mcg 35%
Trans Fat	0 g			Pantothenic Acid	1.8 mg 35%
Polyunsaturated Fat	0.5 g			Phosphorus	230 mg 20%
Monounsaturated Fat	1.5 g			Magnesium	90 mg 20%
Cholesterol	0 mg		0%	Zinc	4 mg 35%
Sodium	420 mg		18%	Selenium	13 mcg 25%
Total Carbohydrate	14 g		5%	Thiamin	0.42 mg 35%
Dietary Fiber	6 g		21%	Riboflavin	0.45 mg 35%
Total Sugars	5 g			Niacin	5.6 mg 35%
Includes 5 g Added Sugars			10%	Vitamin B6	0.6 mg 35%
Protein	20 g		40%	Folate	138 mcg DFE (83 mcg folic acid) 35%

INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, ORGANIC PUMPKIN SEED PROTEIN, ORGANIC CHIA SEED PROTEIN), NATURAL CANE SUGAR, SUNFLOWER OIL POWDER, PROPRIETARY FIBER BLEND (SOLUBLE CORN FIBER, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA)), NATURAL FLAVORS, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN D3, VITAMIN B12, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), SODIUM CHLORIDE, MILLED GOLDEN FLAXSEED, REBAUDIOSIDE M, GUAR GUM, DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



Life Shake™ Plant Protein

Rich Chocolate

Nutrition Facts		Amount per serving	% DV*	Amount per serving	% DV*
14 servings per container					
Serving size 2 scoops (47 g)					
Amount per serving (mix alone)					
Calories		170			
		% Daily Value*			
Total Fat	4 g		5%	Vitamin B12	0.83 mcg 35%
Saturated Fat	1 g		5%	Biotin	10.5 mcg 35%
Trans Fat	0 g			Pantothenic Acid	1.8 mg 35%
Polyunsaturated Fat	1 g			Phosphorus	240 mg 20%
Monounsaturated Fat	1.5 g			Magnesium	100 mg 25%
Cholesterol	0 mg		0%	Zinc	4 mg 35%
Sodium	400 mg		17%	Selenium	28 mcg 50%
Total Carbohydrate	17 g		6%	Copper	0.3 mg 35%
Dietary Fiber	6 g		21%	Riboflavin	0.45 mg 35%
Total Sugars	5 g			Niacin	5.6 mg 35%
Includes 5 g Added Sugars			10%	Vitamin B6	0.6 mg 35%
Protein	20 g		40%	Folate	138 mcg DFE (83 mcg folic acid) 35%

INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (PEA PROTEIN, L-LEUCINE, ORGANIC CHIA SEED PROTEIN, ORGANIC PUMPKIN SEED PROTEIN), PROPRIETARY FIBER BLEND (SOLUBLE CORN FIBER, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA)), CANE SUGAR, NATURAL FLAVORS, SUNFLOWER OIL POWDER, COCOA PROCESSED WITH ALKALI, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN D3, VITAMIN B12, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), SODIUM CHLORIDE, GUAR GUM, REBAUDIOSIDE M, MILLED GOLDEN FLAXSEED, DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



STARTING AT 150 CALORIES, LIFE SHAKE IS A HEALTHY BASE TO BUILD ON:

Customize with your favorite ingredients, including fruit, vegetables, or nut butters. Find healthy recipes on our Naturally Blog at go.shaklee.com/naturally

*Based on cumulative sales of Shaklee 180 shakes and the expected average weight loss.