

# Shaklee Life Shake™



## WHAT IS THE LIFE SHAKE™?

Life Shake™ is the most delicious, clinically proven shake. It contains 20 grams of ultra-pure, non-GMO energizing protein with precise ratios of all 9 essential amino acids and no added sugar.

- Easy to digest, promotes regularity and digestive comfort, with a proprietary prebiotic from an ancient grains blend and added digestive enzymes for improved protein absorption
- 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
- Low glycemic

## WHAT ARE THE PRIMARY DIFFERENCES BETWEEN THE NEW SOY-FREE LIFE SHAKE™, CALLED THE PLANT PROTEIN LIFE SHAKE™, AND THE CURRENT SOY-FREE LIFE ENERGIZING SHAKE®?

- Improved flavor profile due to a pea protein-based formula
- 25% more protein (now 20g per serving vs. 16g)
- No added sugar
- For regularity and digestive comfort, now contains a proprietary prebiotic from an ancient grains blend of amaranth, buckwheat, millet, quinoa, and chia. Plus added digestive enzymes for improved protein absorption.
- Now has 140 calories per serving of Vanilla Life Shake™ (vs. 170) so you can customize with your favorite ingredients, and still meet your specific calorie goals
- Now approximately 20% lower price. This is a change made so that both Plant Protein and Soy Protein Life Shake™ now have the same price.

## WHAT ARE THE PRIMARY DIFFERENCES BETWEEN THE NEW SOY PROTEIN LIFE SHAKE™ AND THE CURRENT SOY PROTEIN LIFE ENERGIZING SHAKE®?

- 25% more protein (now 20g per serving vs. 16g)
- No added sugar
- For regularity and digestive comfort, now contains a proprietary prebiotic from an ancient grains blend of amaranth, buckwheat, millet, quinoa, and chia. Plus added digestive enzymes for improved protein absorption.
- Now has 130 calories per serving of Vanilla and Chocolate Life Shake™ (vs. 170) so you can customize with your favorite ingredients, and still meet your specific calorie goals
- The new benefits come at the same price as the current Soy Life Energizing Shake®

## CAN WE STILL MAKE THE SAME CLINICALLY PROVEN WEIGHT LOSS CLAIMS IN THE SHAKLEE 180® PROGRAM, GIVEN THE NEW LIFE SHAKE™ FORMULAS?

- Yes! Because the key ingredients that make up our Life Shake™ proprietary formulas—the ones that have helped people around the world lose over 2 million pounds and 1 million inches\*—have not changed. There is no change to any weight loss claim in the Shaklee 180® program.

## WHAT IS LEUCINE AND WHY IS IT AN IMPORTANT INGREDIENT?

Leucine is the best, most effective branched-chain amino acid used in the biosynthesis of proteins. It signals your muscles to stimulate protein synthesis. 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.

## IS LIFE SHAKE™ LOW GLYCEMIC?

Yes. The Glycemic Index is a measure used to assess the rate at which carbohydrates in the foods you eat raise blood sugar. 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.

\*Calculation based on Shaklee historical sales and multiple product Field studies with positive results.

# Shaklee Life Shake™



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

No.

## **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.

## **HOW MUCH CAFFEINE IS IN THE CHOCOLATE LIFE SHAKE™ AND CAFÉ LATTE LIFE SHAKE™?**

The caffeine content is very low, less than 2 mg in both products.

## **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.

## **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 digestion and a stronger natural defense system.

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

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

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

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

## **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.

## **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 provide energy, help 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 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 prior to beginning the Shaklee 180® Program.

## **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.