

# Life Shake™



## How is the new Life Shake different from the previous Life Shake?

Shaklee is committed to being at the forefront of innovation and consumer trends. Based on extensive consumer research and feedback, we've launched a richer, creamier shake that tastes absolutely delicious. These two new formulas provide rich, enhanced flavours and a smoother texture with an improved fibre system. In addition, they're now stevia free and instead include a blend of the non-nutritive sweetener Reb M and a small amount of sugar.

## Has the fibre changed?

We've replaced the oat fibre with non-GMO, soluble corn fibre and reduced the organic ancient grains blend for a smoother consistency and an improved taste profile. The amount of fibre remains unchanged: total of 6 grams of healthy prebiotic, dietary fibre that helps support digestive health and, along with the rich protein content, makes Life Shake low glycemic.

## Is Life Shake stevia free? What's the new sweetener system?

Yes, the new Life Shake is stevia free. We're using a new sweetener system: Reb M (rebaudioside M) plus 5 grams of natural cane sugar. Reb M is a new natural, non-GMO, zero-calorie sweetener that tastes great and is sustainably made via sugarcane fermentation. It tastes more like sugar than stevia and has no aftertaste.

## Are the new formulas still low glycemic?

Yes. These new Life Shake formulations contain a tiny amount of sugar (5 grams, which is 20 calories and equivalent to about 1/4 of a medium apple) that, combined with 20 grams of protein and 6 grams of fibre, delivers a hunger-satisfying, low-glycemic meal replacement.

## Why is "low glycemic" so important?

Maintaining steady blood sugar levels is an important aspect of hunger management and feeling energetic. Pure sugar (in apple juice or a soft drink, for example) will give you a burst of energy only to lead to an energy slump 45 minutes later. Having a low-glycemic option means that the proper amounts of protein and fibre balance the carbohydrates (sugar), so there's no spike of blood sugar but rather a slight rise maintained over a few hours. Make sure the amount of protein and fibre significantly exceeds the amount of sugar/added sugar — or look for "low glycemic" on the label.

## If Reb M is a zero-calorie sweetener that tastes more like sugar, why did Shaklee add cane sugar?

We did extensive testing with consumer taste panels looking to find the stevia-free formulation with the broadest appeal. The clear winner was the combination of Reb M and a small amount of pure cane sugar. Adding a tiny amount of sugar (5 grams, which is 20 calories and equivalent to about 1/4 of a medium apple) allowed us to use a smaller amount of Reb M and deliver a clean sweetness without any aftertaste. This combination was overwhelmingly preferred — and it's perfectly fine for those watching their sugar intakes.

## What is leucine and why is it important?

Leucine is the most effective branched-chain amino acid for building muscle. Leucine in combination with adequate protein helps your body preserve lean muscle mass as you lose weight. Simply put, it helps ensure the weight you lose is fat and not muscle.

## Does Life Shake contain prebiotics?

Yes. Life Shake contains prebiotics from soluble corn fibre and 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.

## What are the protein sources in the plant protein Life Shake?

Life Shake Plant Protein contains a proprietary Shaklee blend including pea protein, organic chia seed, and organic pumpkin seed.

## Can Life Shake be used as a meal replacement?

Yes. Life Shake is designed to be a meal replacement. Enjoy one shake per day as a healthy meal or replace two meals a day with Life Shake as part of the Shaklee 180® Program. To ensure that Life Shake is an effective meal replacement, we recommend mixing 2 scoops in 8 ounces (237 mL) of skim milk or soy milk. Other non-dairy alternatives such as unsweetened pea or almond milk are also acceptable, although they have little protein (1–2 grams) compared with soy milk (7 grams) and skim milk (9 grams). If you want a meal replacement that's mixed with water, we suggest using 3 scoops of Life Shake.

## Can I mix my Life Shake with water?

Yes. To ensure that Life Shake is an effective meal replacement, we suggest using 3 scoops of Life Shake when mixing with water.

## Why is Life Shake part of the Shaklee 180 Program?

Life Shake is the foundation of the clinically proven Shaklee 180 Program, which is designed to help you lose fat and preserve muscle mass. Preserving muscle mass helps protect your metabolism so that you're better able to keep the weight off!

In a published clinical weight-loss study, one group of participants replaced two meals a day with Life Shake, followed calorie targets, and did a 45-minute workout twice weekly. They lost more fat, weight, and inches while retaining lean muscle than participants in the group who did only exercise alone.\*

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 visit the Shaklee 180 Program for more information.

## Who should use this product and why?

Life Shake is an excellent meal replacement or snack for adults. It's designed to help build strong muscles and protective antibodies, help you preserve lean muscle and achieve a healthier weight, and support cardiovascular, brain, bone, immune, digestive, and overall health.

## Can I give Life Shake to my children?

No. This product is designed for adults over the age of 18. However, overweight teenagers (ages 13 to 17) can take it as part of the Shaklee 180® Program with permission and supervision from their health care practitioners to assure they're following the program as it's designed.

## Can I use Life Shake as a snack?

Yes. Use 1 scoop of Life Shake mixed with 120–175 mL (4–6 oz) of your beverage of choice as a healthy snack for adults.

## Can I use Life Shake I'm nursing?

Life Shake can be part of a healthy diet during pregnancy and nursing, but we always suggest discussing your nutrition and supplement routines with your physician. Life Shake is a source of healthy protein and dietary fibre plus the essential omega-3 fatty acid ALA (alpha-linolenic acid), vitamins, minerals, and added leucine. Please see the Shaklee 180 Program if you're 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 s know what foods they eat and supplements they take, or if they're making significant changes to their diets. 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 physicians.

## Can I use Life Shake if I'm diabetic?

All diabetics should be under the care of a medical doctor and should discuss any weight-loss program with their doctors. If you have type 2 diabetes, calorie control and weight loss are important aspects of blood sugar management and tend to be critical to the prevention of potential long-term health complications. Replacing two meals a day with Life Shake may help you 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 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 the keto diet.

## Does Life Shake contain any artificial flavours, sweeteners, colours, or preservatives?

No.

## Is Life Shake non-GMO?

Yes.

\*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](http://healthresource.shaklee.com).