

FREQUENTLY ASKED QUESTIONS

Shaklee Life Shake™



WHAT IS LIFE SHAKE?

Life Shake is our most delicious, clinically proven shake. It contains 20 grams of ultra-pure, non-GMO protein per serving (dry mix).

- Easy to digest; promotes digestive comfort with added digestive enzymes
- Features 23 essential vitamins and minerals clinically proven to support cardiovascular, brain, bone, immune, and overall health
- Includes 200 mg of calcium plus ALA (alpha-linolenic acid), an essential omega-3 fatty acid
- Low glycemic

WHAT ARE THE PRIMARY DIFFERENCES BETWEEN THE NEW STEVIA-SWEETENED SOY PROTEIN LIFE SHAKE AND THE PREVIOUS SOY PROTEIN LIFE SHAKE?

- 25% more protein per serving (20 grams per serving vs. 16 grams)
- Zero added sugar
- For digestive comfort, contains added digestive enzymes
- All four flavours now have 130 calories per serving (dry mix) vs. 170 calories, so you can customize with your choice of beverage and favourite ingredients and still meet your specific calorie goals
- The new benefits come at the same price as the previous soy protein Life Shake

WHAT ARE THE PRIMARY DIFFERENCES BETWEEN THE NEW STEVIA-SWEETENED SOY-FREE LIFE SHAKE, CALLED THE PLANT PROTEIN LIFE SHAKE, AND THE PREVIOUS SOY-FREE LIFE SHAKE, KNOWN AS THE SACHA INCHI BLEND?

- Improved flavour profile due to a pea protein-based formula
- 25% more protein per serving (20 grams per serving vs. 16 grams)
- Zero added sugar
- For digestive comfort, contains added digestive enzymes
- Vanilla flavour now has 140 calories per serving (dry mix) vs. 170 calories, and chocolate flavour has 150 calories per serving (dry mix) vs. 170 calories, so you can customize with your choice of beverage and favourite ingredients and still meet your specific calorie goals
- Lower price; Plant Protein Life Shake now costs the same as Soy Protein Life Shake (Sacha Inchi Blend was more expensive)

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

- Yes! The key ingredients that make up our Life Shake proprietary formulas – the ones that have helped people around the world lose more than 2 million pounds and 1 million inches* – are the same. There's 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 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.

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 (i.e., the dry mix).

DOES LIFE SHAKE CONTAIN ANY ARTIFICIAL FLAVOURS, SWEETENERS, OR PRESERVATIVES?

No.

WHAT'S LIFE SHAKE SWEETENED WITH?

Two of our formulas – Soy Protein Life Shake and Plant Protein Life Shake – are sweetened with stevia. Native to South America, the stevia plant is a small shrub from which an extract (Reb-A) has been created that's 200 to 300 times sweeter than sugar and is used as a natural, zero-calorie sweetener.

Our Stevia-Free Soy Protein Life Shake is sweetened with natural cane sugar.

Shaklee Life Shake™



WHAT ARE THE PROTEIN SOURCES IN THE NEW PLANT PROTEIN LIFE SHAKE?

The protein sources are 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 doesn't represent an endorsement of the keto 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 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 skim milk or low-fat soy milk as a healthy snack for adults.

CAN I USE LIFE SHAKE IF I'M PREGNANT OR NURSING?

Yes. Life Shake can be part of a healthy diet during pregnancy and nursing, but we always recommend you consult with a physician prior to use. Life Shake is a source of healthy protein and 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 USING LIFE SHAKE?

As a general comment, people under a physician's care for any chronic condition(s) should always let their physicians 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 prior to beginning the Shaklee 180 Program.

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 tend to be critical to the prevention of potential long-term health complications. Replacing two meals per day with Life Shake may be able to 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.

WHAT IS THE STEVIA-FREE LIFE SHAKE?

We chose stevia for our Life Shakes because we believe it's the best available zero-calorie sweetener. Since we understand that there's a small percentage of people who don't care for the taste of stevia and prefer sugar in their shakes, we also offer Life Shake in a stevia-free soy protein formula in vanilla and chocolate flavours.

IS THE STEVIA-FREE LIFE SHAKE AVAILABLE IN BOTH PLANT AND SOY PROTEIN FORMULAS?

No. The stevia-free Life Shake is available in a soy protein formula only, in vanilla and chocolate flavours.

HOW MUCH SUGAR IS IN THE STEVIA-FREE SOY PROTEIN LIFE SHAKE?

The Stevia-Free Soy Protein Life Shake contains 10 grams of added natural cane sugar per serving. Each serving of vanilla or chocolate flavour has 170 calories (dry mix).

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