



Life Shake™ Ingredient Guide

Life Shake is clinically proven for a reason: clean ingredients. We use only high-quality, clean ingredients with guaranteed purity and potency due to our “Beyond Organic” program.* Here’s a little “cheat sheet” to help you understand why we thoughtfully include each ingredient in Life Shake.

LABEL	COMMON NAME	WHY IT'S GOOD FOR YOU
Shaklee proprietary non-GMO soy protein blend with L-leucine	Soy protein	Our protein blend is a plant-based, non-GMO, high-quality, complete protein containing soy protein, L-leucine, organic pumpkin seed, and organic chia seed. It's also a source of insoluble fibre, which is important for digestive health. Added leucine helps preserve lean muscle and achieve healthier weight loss. Protein helps build and repair body tissues. Leucine is involved in muscle protein synthesis.
Shaklee proprietary non-GMO plant protein blend with L-leucine	Plant protein	Our plant protein blend is a non-GMO, high-quality, complete protein containing pea protein, L-leucine, organic chia seed protein, and organic pumpkin seed protein. Added leucine helps preserve lean muscle and achieve healthier weight loss. Protein helps build and repair body tissues. Leucine is involved in muscle protein synthesis.
Dicalcium phosphate	Calcium	Calcium is an essential mineral necessary for the development and maintenance of healthy bones and teeth. It also helps build strong muscles and support immune function.
Milled golden flaxseed		Flaxseed is a rich source of the essential omega-3 fatty acid ALA (alpha-linolenic acid).
Potassium chloride	Potassium	As a major electrolyte, potassium helps maintain a normal balance and distribution of fluid throughout the body. It's necessary for muscle contraction and nerve transmission and contributes to healthy muscle and nerve function in general.
Magnesium oxide	Magnesium	Magnesium is an essential mineral that helps in the development and maintenance of bones and teeth. In addition, it helps maintain proper muscle function (including the heart muscle) and the body's ability to metabolize nutrients, and it helps in tissue formation.
Organic ancient grains blend: amaranth, buckwheat, millet, quinoa, chia		These ancient grains are gluten-free and rich in protein.
Ascorbic acid	Vitamin C	Vitamin C helps in the development and maintenance of bones, cartilage, teeth, and gums. It also helps in connective tissue formation, wound healing, maintaining immune function, and maintaining the body's ability to metabolize nutrients.
Selenium yeast	Selenium	Selenium is an antioxidant trace mineral that contributes to the maintenance of good health and normal growth and development. It also helps maintain normal function of the thyroid gland.
Rebaudiana A (stevia extract) (leaf)	Stevia	Native to South America, the stevia plant is a small shrub that has been used as a source of natural, zero-calorie sweetness for hundreds of years.
D-alpha-tocopheryl acetate	Vitamin E	Vitamin E is a powerful antioxidant that protects cells from damage caused by free radicals.
Molybdenum yeast	Molybdenum	Molybdenum helps maintain the body's ability to metabolize nutrients.
Niacinamide	Vitamin B ₃	Niacinamide helps in energy metabolism and tissue formation. And, like all B vitamins, it helps maintain the body's ability to metabolize nutrients.
Zinc oxide	Zinc	Zinc is an essential trace mineral that helps in connective tissue formation, helps with immune function, and helps maintain the body's ability to metabolize nutrients. It also helps maintain healthy bones, hair, nails, and skin.
Copper gluconate	Copper	Copper is an essential mineral that helps form red blood cells and produce and repair connective tissue.
Calcium pantothenate	Vitamin B ₅ / pantothenic acid	Pantothenic acid helps in energy metabolism and tissue formation. And, like all B vitamins, it helps maintain the body's ability to metabolize nutrients.
Vitamin A palmitate	Vitamin A	Vitamin A helps maintain eyesight, skin, membranes, and immune function. It also helps build strong bones and teeth.
Vitamin B ₁₂	Vitamin B ₁₂	Vitamin B ₁₂ helps form red blood cells, helps in the normal function of the immune system and in energy metabolism, and, like all B vitamins, helps maintain the body's ability to metabolize nutrients.
Manganese sulphate	Manganese	Manganese is an essential trace mineral that helps in the development and maintenance of bones and helps maintain the body's ability to metabolize nutrients.
Vitamin D ₂	Vitamin D ₂	Vitamin D helps in the development and maintenance of bones and teeth, helps maintain immune function, and aids in the absorption and use of calcium and phosphorus. It may reduce the risk of developing osteoporosis when combined with calcium intake, a healthy diet, and regular exercise.
Chromium nicotinate	Chromium	Chromium is an essential trace mineral that helps maintain normal blood glucose levels and the body's ability to metabolize nutrients.
Pyridoxine hydrochloride	Vitamin B ₆	Vitamin B ₆ helps in energy metabolism and tissue formation, helps form red blood cells, and, like all B vitamins, helps maintain the body's ability to metabolize nutrients.
Riboflavin	Vitamin B ₂	Vitamin B ₂ helps in energy metabolism and tissue formation and helps maintain healthy mucous membranes, red blood cells, and normal metabolism of iron. And, like all B vitamins, it helps maintain the body's ability to metabolize nutrients.
Thiamine mononitrate	Vitamin B ₁ / thiamine	Thiamine helps in energy production and normal growth. And, like all B vitamins, it helps maintain the body's ability to metabolize nutrients.
Folic acid	Vitamin B ₉	Folic acid helps form red blood cells and, like all B vitamins, it helps maintain the body's ability to metabolize nutrients.
Biotin	Vitamin B ₇	Vitamin B ₇ helps maintain healthy hair, nails, mucous membranes, and skin. And, like all B vitamins, it helps maintain the body's ability to metabolize nutrients.
Digestive enzymes (papain, bromelain)	Digestive enzymes	Bromelain is a protease enzyme found in the juice and stem of pineapple. Papain is another protease enzyme derived from the latex of papaya. Both enzymes support protein digestion.
Natural flavour	Vanilla bean extract	Vanilla makes it taste yummy.
Soy lecithin		Soy lecithin is a natural source of the essential fatty acid linolenic acid as well as choline and inositol. Lecithin supports healthy liver function.
Sunflower oil powder	Sunflower oil	This oil is considered to be heart healthy due to its high concentration of monounsaturated fatty acids.

Green = essential vitamin or mineral. *Learn more at ca.shaklee.com/beyondorganic.

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