

Shaklee  
Life  
Shake™

# Making Better Choices Is Easier.

See how the leucine-powered Life Shake™ stacks up to a popular daily choice.

**\$8.70\***  
Meal cost per serving†



**\$3.15\***  
Like Shake cost per serving



	Starbucks® Classic Coffee Cake and Almond Milk Latte, Grande (473 mL/16 U.S. oz)	Vanilla Shaklee Plant Protein Life Shake™ With 296 mL/10 oz Cold Water
PROTEIN	8 g	20 g
SUGAR	36 g	<1 g
CALORIES	490	140
FAT	22 g	3.5 g
SODIUM	560 mg	320 mg
CARBOHYDRATES	66 g	10 g

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.

\*Before taxes.

†The nutrition information for the other meal listed above was obtained from the official Website of the above company on November 20, 2018.

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