

# Shaklee®

# Life Shake™

**RICH CHOCOLATE**

## Plant Protein

Delicious, all-in-one meal. Clinically proven to help create the foundation for a longer, healthier life.



**20g**  
PROTEIN

**6g**  
FIBER

**24**  
VITAMINS &  
MINERALS

**GF**  
GLUTEN  
FREE

**V**  
VEGAN

**NON**  
GMO

**LG**  
LOW  
GLYCEMIC

*Dr Shaklee*

14 SERVINGS | NET WEIGHT 1 LB. 7 OZ. (657 g)

## Good Health. Great Taste.

**Boosts Energy & Satiety** Contains 20 g ultra-pure protein with precise essential amino acid ratios to help you stay energized and satisfied.

**Supports Heart, Brain, Vision, Immune, Bone & Overall Health** Packed with 24 essential vitamins and minerals, ALA (an essential omega-3 fatty acid), and other nutrients to benefit your whole body.

**Promotes Digestive Health & Regularity** Provides 6 g of fiber, a proprietary prebiotic from organic ancient grains, and digestive enzymes to help keep your gut happy.

**A Delicious, Low-Glycemic Meal** Features our zero-calorie natural sweetener.

**Clinically Proven to Help You Lose Excess Weight and Keep It Off** Powered by Leucine® to support metabolism, burn fat, and help you build lean muscle.†

**Need Some Healthy Ideas?** Add fruits, vegetables, or nut butters to customize with your favorite ingredients. Find healthy recipes at [go.shaklee.com](http://go.shaklee.com)



**NO Artificial Flavors, Sweeteners, or Preservatives**

Life Shake™ is an integral part of the clinically proven Shaklee 180® program.



Shaklee quality standards go beyond how and where an ingredient is grown. We look to confirm the purity and potency of ingredients after harvest to guarantee that the final finished product is free of hundreds of chemical contaminants.

Manufactured in a facility that may also process peanuts, tree nuts, milk, egg, soy, wheat, sesame, shellfish, and fish. Product sold by weight only, not by volume. Settling will occur during shipping and handling.

†When used as part of the Shaklee 180 Program. Patent # US 7,744,930 B2

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**DIRECTIONS:** Blend or shake 2 scoops with 8 oz. of your favorite beverage for a healthy meal replacement.

### Nutrition Facts

14 servings per container	
<b>Serving size</b>	<b>2 Scoops (47 g)</b>
Amount per serving (mix alone)	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Polysaturated Fat 1 g	
Monounsaturated Fat 1.5 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 400 mg	17%
<b>Total Carbohydrate</b> 17 g	6%
Dietary Fiber 6 g	21%
Total Sugars 5 g	
Includes 5 g Added Sugars	10%
<b>Protein</b> 20 g	<b>40%</b>
Vitamin D 3.5 mcg (140 IU)	20%
Calcium 120 mg	10%
Iron 6 mg	35%
Potassium 180 mg	4%
Vitamin A 90 mcg	10%
Vitamin C 21 mg	25%
Vitamin E 5.2 mg	35%
Thiamin 0.42 mg	35%
Riboflavin 0.45 mg	35%
Niacin 5.6 mg	35%
Vitamin B <sub>6</sub> 0.6 mg	35%
Folate 138 mcg DFE (83 mcg folic acid)	35%
Vitamin B <sub>12</sub> 0.83 mcg	35%
Biotin 10.5 mcg	35%
Pantothenic Acid 18 mg	35%
Phosphorus 240 mg	20%
Magnesium 100 mg	25%
Zinc 4 mg	35%
Selenium 28 mcg	50%
Copper 0.3 mg	35%
Manganese 0.4 mg	15%
Chromium 30 mcg	90%
Molybdenum 25 mcg	60%
Chloride 165 mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Shaklee Proprietary Protein Blend (Pea Protein, L-Leucine, Organic Chia Seed Protein, Organic Pumpkin Seed Protein), Proprietary Fiber Blend (Soluble Corn Fiber, Organic Ancient Grains Blend (Organic Amaranth, Organic Buckwheat, Organic Millet, Organic Quinoa, Organic Chia)), Cane Sugar, Natural Flavors, Sunflower Oil Powder, Cocoa Processed With Alkali, Proprietary Vitamin And Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, D-alpha-tocopheryl Acetate, Nicotinamide, Zinc Oxide, Calcium Pantothenate, Vitamin A Palmitate, Vitamin D<sub>3</sub>, Vitamin B<sub>6</sub>, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin), Salt, Guar Gum, Rebudioside M, Milled Golden Flaxseed, Digestive Enzyme Blend (Papain, Bromelain).

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