



Delicious, Healthy, Shakes

“Meal in a Minute” ... OR ... “Lunch on the Go”

Available in:

- Soy : Vanilla, Chocolate, Café Late and Strawberry ... *Plant Base*—Chocolate & Vanilla
- **Increased energy and satiety.** Feel fuller longer with **20 grams of ultra-pure, non-GMO protein** with precise ratios of all 9 essential amino acids.
- **Clinically proven support to help you reach and maintain a healthy weight.**[†] Powered by Leucine to help you preserve muscle mass, helping to build lean muscle, burn fat, and improve metabolism.[†]
- **Easy to digest, promotes regularity and digestive comfort.** Our proprietary prebiotic comes from an ancient grains blend. Plus added digestive enzymes for improved protein digestion.
- **23 essential vitamins and minerals clinically proven to support heart, brain, vision, bone, immune, and overall health.** Includes 200 mg of calcium plus ALA, an essential omega-3 fatty acid, and more.
- **Low glycemic.** Supports healthy blood sugar levels with **zero added sugar** (stevia-free option has 10 grams added sugar but is still low glycemic).

Life Shake is non-GMO, vegan, gluten-free, kosher, and keto-friendly. With 130–140 calories per serving, it's a healthy base to build on. Customize your Life Shake with your choice of milk or water and your favorite ingredients, including fruit, vegetables, or nut butters.