



VEGAN SHAKE

We collected the highest quality, garden-fresh ingredients for this vegan indulgence. Every scoop delivers your daily recommended amounts of fruits and vegetables along with nutrient-rich superfoods like chia, flax and quinoa to help you power through your day. Sourced from peas, brown rice and hemp, the 22 grams of premium plant-based protein enriched with enzymes help you naturally build lean muscle and support proper digestion.

DIRECTIONS:

Add one scoop of IDLife Vegan Shake to 12-14 ounces of cold water or beverage of your choice, shake or blend and enjoy! For best results, allow IDLife Vegan Shake to sit for 2-3 minutes after mixing to allow ingredients to fully activate before drinking.

AVAILABLE FLAVORS:

- Vanilla

EACH SCOOP CONTAINS:

- Natural Flavors & Sweeteners
- Protein Sources: Peas, Brown Rice & Hemp
- Superfoods: Chia Seeds, Flax Seeds, Quinoa
- 14% Daily Value of Fiber
- 2 Servings of Fruits and Vegetables

FAQs:

IF I'M NOT VEGAN SHOULD I STILL DRINK THE VEGAN SHAKE?

If you struggle with meeting the recommended daily servings for fruits and vegetables or are one of the 30-50 million Americans who suffer from a milk allergy, the Vegan Shake is a great option for you. The 22 grams of protein and 2 servings of fruits and vegetables, along with the fiber, antioxidants and nutrient-packed Superfoods make the Vegan Shake not only an option for vegans and vegetarians, but a healthy option for anyone looking to improve the quality of their diet.

WHAT SOURCES OF PROTEIN ARE IN THE VEGAN SHAKE?

Peas, brown rice, and hemp.

WHAT ARE PREBIOTICS?

Prebiotics are natural and non-digestible ingredients that are linked to promoting the growth of beneficial bacteria in your gut. They promote "good" bacteria which help fight issues in the G.I. tract and digestive system, as well as help improve the immune system.*

WHY IS THERE CHIA IN THE VEGAN SHAKE?

Chia is rich in nutrients, fiber, and Omega-3 fatty acids. Chia helps promote blood health, mental health, bone health, anti-aging, weight loss and joint health.* Therefore, when it interfuses with the protein and liquid, it creates a Superfood

that stimulates your metabolism, nourishes your body and satisfies your hunger so you can reach your slimming goals.

WHY IS THERE FLAXSEED?

The flaxseed offers a rich source of Omega-3 fatty acids and helps with a range of health benefits, including cardiovascular and immune system health. Flaxseed is low in carbohydrates and high in dietary fiber, helping with weight maintenance.*

WHY IS THERE QUINOA?

Quinoa is a nutrient-packed, gluten-free seed that provides all nine essential amino acids, antioxidants and dietary fiber. Research shows that consuming quinoa on a regular basis can help lower cholesterol, manage glucose levels and help with weight management.* The iron in quinoa helps enhance red blood cell health and helps increase brain function, while the lysine assists with tissue growth and repair. Other nutrients in quinoa can help maintain healthy blood sugar, increase bone and teeth health and improve energy metabolism.*

WHAT ARE THE NATURAL FLAVORS AND FRUITS IN THE VEGAN SHAKE?

These ingredients are listed on the Nutrition Facts label.

IS THIS SAFE TO CONSUME WHILE PREGNANT?

Pregnant or nursing mothers should consult their physician and the Pregnancy Guide located in the back office.

IS THERE A CHANCE THE SHAKE IS CROSS-CONTAMINATED WITH OTHER INGREDIENTS DURING THE MANUFACTURING PROCESS?

The manufacturing facility producing IDLife Vegan Shake ensures cross contamination does not occur through the quality procedures utilized and testing that is performed on both the room and the machines utilized prior to any material encountering them. Within those procedures, our partners adhere to the cGMP compliance standards mandated for manufacturers of dietary and nutritional supplements. Because the top two protein sources sold in the U.S. are whey and soy, this top-notch facility produces these formulas, as does every other premier facility in the country. However, following the cGMP standards of

manufacturing and the IDLife QC site visits and auditing, together, we ensure no cross-contamination with the other products in the facility. In addition, as is standard on all IDLife products, process testing at each step in the manufacturing of Vegan shake ensures no cross-contamination has occurred. In the end, we have the best tasting Vegan Shake on the market and that consistency is validated every time it is made.

DOES THE HEMP PROTEIN CONTAIN THC?

Our manufacturer follows all FDA and cGMP guidelines for trace levels of tetrahydrocannabinol delta-9 (THC). The level of THC in the hemp protein found in the IDLife Vegan Shake is undetectable or less than the measurable threshold of 0.3%, if any detected (300 parts per million or less).

*These statements have not been evaluated by the Food and Drug Administration.

Nutrition Facts

15 Servings Per Container	
Serving Size	1 Scoop (41g)
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 8mg	45%
Potassium 169mg	4%

*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:

Pea Protein, Natural Flavors, Fruit and Vegetable Blend (Kale, Spinach, Broccoli, Cauliflower, Raspberry, Banana, Carrot, Strawberry, Wild Blueberry, Apple, Rice Flour, Silica), Isomalto-oligosaccharide (IMO), Cellulose Gum, Xanthan Gum, Carrageenan, Quinoa Powder, Rice Protein, Hemp Protein, Steviol Glycosides (Rebaudioside M), Monk Fruit Extract, Sodium Chloride, Chia Seed Powder, Ground Flax Seed (Seed-Linum Usitatissimum), Amylase, Protease, Cellulase.