



DIRECTIONS:

Add 2 heaping scoops of NurishID to 12-14 ounces of the beverage of your choice. Shake or blend and enjoy! For best results allow ingredients to fully activate before drinking.

AVAILABLE FLAVORS:

- Brownie Batter
- Vanilla Cookie

BENEFITS:

- Delivers a nutritionally balanced protein-rich meal.*
- High-quality source of complex carbs, super foods, fiber & healthy fats.*
- Supports weight management goals & feelings of fullness.*
- Packed with whole food antioxidants.*
- Helps build muscle & maintain lean muscle.*
- Helps reduce the effects of physical & mental stress.

WHAT KIND OF PROTEIN IS USED?

We use a combination of whey isolate, whey concentrate and whey peptides (not casein) from grass-fed cows. This gives our NurishID a “cleaner” taste and that helps reduce digestion issues such as water retention, stomach cramping, lethargy and a host of other discontenting conditions associated with cheaper protein Ingredients.

DOES YOUR WHEY PROTEIN CONTAIN THE HORMONES RBGH OR BST?

No. Our whey is produced from original herds of cows that are not given recombinant bovine growth hormone (RBGH) or bovine somatotropin. Our protein also comes only from grass-fed cows.

MANY COMPANIES SELL CASEIN PROTEIN AND CLAIM THAT THE BODY ABSORBS IT SLOWER THAN WHEY, STATING THAT IT IS GOOD TO TAKE THROUGHOUT THE DAY AND ESPECIALLY AT NIGHT. IS THIS TRUE?

Whey protein was curated for our NurishID Meal Replacement due to its higher concentration of Leucine and amino acids. The main advantages for why you would choose to use Casein, over whey would be casein's longer lasting delivery of amino acids to combat the breakdown of

NURISHID

You deserve to live your best life, but maintaining a healthy and active lifestyle can be challenging with a busy schedule. That's why NurishID offers a convenient and balanced meal designed to provide essential nutrients that help your body adapt to stress, boost your immune system, maintain lean muscle mass, and manage weight. Try it today and experience the difference for yourself.*

muscle during periods of fasting or sleep. Whey protein is superior in its ability to be absorbed and support proper muscle functioning when cutting back on calories.

IS IT SAFE TO USE STEVIA IN PRODUCTS?

Yes, stevia was approved for sale in the United States in December 2008.

WHY DO YOU ADD CHIA TO YOUR SHAKE?

Chia is rich in nutrients. When it interfuses with the protein and liquid, it creates a SuperFood that helps stimulate your metabolism, nourish your body and satisfy your hunger so you can reach your slimming goals.* Our Chia has gone through a patented micro-milled technology that opens the seed without losing any of the nutritional properties. This micro-milled process makes the nutrition in Chia easier for your body to absorb.

CAN I LOSE WEIGHT EATING CHIA?

Since Chia is highly hydrophilic (it absorbs water), it expands in the stomach giving you a pleasant feeling of satiety or fullness and if you feel full you'll be less likely to overeat.

WHAT IS THE DIFFERENCE BETWEEN SOLUBLE AND INSOLUBLE FIBER?

Soluble fiber dissolves in water and forms a gel-like substance. It is great for moderating blood glucose levels and promotes digestion and heart health. Soluble fiber is found in peas, beans, lentils, oatmeal, and the pectin of fruit. Insoluble fiber does not swell or dissolve in water and passes through the digestive system in much the same way it entered the system.

WHY IS HAVING CHIA DAILY BETWEEN WORKOUTS BENEFICIAL?

Chia is believed to decrease recovery time and fatigue from cardiovascular workouts by promoting muscle tissue repair.*

HOW DOES CHIA HELP ENDURANCE IN ATHLETES?

Chia seeds can help maintain optimal hydration levels since they absorb water and slow down the absorption of food thereby modulating hydration levels. They are also complex carbohydrates and very high in protein, omega -3 fatty acids and several minerals, so these nutrients are supplied to our bodies slowly to help and maintain endurance levels.

DOES THE SHAKE CONTAIN DAIRY?

The Shake contains whey protein that comes from milk; however the process removes 99.9% of the milk byproduct, therefore making the shake virtually casein and lactose free, but technically not dairy-free.

WHAT ARE THE NATURAL FLAVORS IN THE SHAKE?

The natural flavors are listed on the product labels.

IS THIS SAFE TO CONSUME WHILE PREGNANT?

Pregnant or nursing mothers should consult their physician and follow all safety instructions before beginning any exercise program or using any supplement or nutritional product.

WHAT IS RESISTANT MALTODEXTRIN?

Simple maltodextrin is a digestible carbohydrate, while resistant maltodextrin is an indigestible fiber. Resistant maltodextrin also has additional health benefits, like increasing beneficial gut bacteria.

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

Nutrition Facts

15 Servings Per Container

Serving Size 2 Scoops (60g)

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 78mg **26%**

Sodium 230mg **10%**

Total Carbohydrate 28g **11%**

Dietary Fiber 7g **25%**

Total Sugar 4g

Added Sugar 0g **0%**

Protein 22g **44%**

Vitamin D 1mcg **6%**

Calcium 130mg **10%**

Iron 0.4mg **2%**

Potassium 190mg **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: Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Medium Chain Triglycerides, Sweet Potato Powder, Tapioca Starch, Coconut Milk, Inulin, Resistant Maltodextrin, Oat Powder, Natural Vanilla Flavor, Chia Seed Powder, Flax Seed Powder, Peak O2® (Cordyceps, Reishi, King Trumpet, Shiitake, Lion's Mane, and Turkey Tail), Himalayan Pink Salt, Guar Gum, Xanthan Gum, Stevia, Thioxgum, Ticaloid Ultrasmooth, Beet, Kale, and Carrot.

Contains Milk, Soy and Coconut



NURISHID VEGAN

Living your best life might seem challenging amidst the hustle and bustle of everyday routines. But with NurishID® Vegan, you no longer have to compromise on maintaining a healthy and active lifestyle. This plant-based protein source serves as a convenient, balanced meal, designed to cater to your body's nutritional needs. It aids in stress management, boosts your immune system, helps maintain lean muscle mass, and assists in weight management. So why wait? Give NurishID® Vegan a try today and feel the transformative difference yourself.*

DIRECTIONS:

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AVAILABLE FLAVORS:

- Vanilla Ice Cream

BENEFITS:

- Plant based complementing protein design, for a complete amino acid profile.
- Delivers a nutritionally balanced protein-rich meal.*
- High-quality source of complex carbs, super foods, fiber & healthy fats.*
- Supports weight management goals & feelings of fullness.*
- Packed with whole food antioxidants.*
- Helps build muscle & maintain lean muscle.*
- Helps reduce the effects of physical & mental stress.*

WHAT KIND OF PROTEIN IS USED?

The carefully selected blend of 6 different protein sources, including Pea Protein, Brown Rice, Pumpkin Seed, Fava Bean, Mung Bean, and Chia Seed Protein, deliver a nutrient profile much broader so that uptake is optimized and your nutritional resilience.

DO THESE PROTEIN SOURCES HAVE ALLERGEN CONCERNS?

No, these protein sources are free from allergens, but remember that NurishID® contains coconut water powder that can potentially be an allergen.

OTHER BRANDS USE DIFFERENT PLANT SOURCES FOR THEIR PROTEIN. WHY ARE THESE SOURCES SPECIFICALLY USED?

IDLife's Plant Protein Complex combines different plant-based sources to provide a comprehensive range and profile of amino acids that is unmatched. This ensures that your body receives all the building blocks it needs to support muscle growth, repair tissues, and maintain overall wellness.

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DOES THE SHAKE CONTAIN DAIRY?

Vegan products ban all animal derived

products, such as eggs, meat and fish making them dairy free. NurishID® is no different.

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Trans Fat 0g	
Cholesterol 0g	0%
Sodium 410mg	18%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugar 2g	
Added Sugar 0g	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 48mg	270%
Potassium 172mg	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. Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: Vegetable Protein Blend (Pea Protein, Brown Rice Protein, Fava Bean Protein, Mung Bean Protein, Pumpkin Protein), Tapioca Maltodextrin, Sweet Potato, Medium Chain Triglycerides, Coconut Milk, Inulin, Oat, Natural Flavors, Gum Blend (Guar Gum, Acacia Gum, Xanthan Gum), Resistant Maltodextrin, Chia Seed, Flaxseed, Himalayan Pink Salt, Peak O2® (Cordyceps, Reishi, King Trumpet, Shiitake, Lion's Mane, Turkey Tail), Stevia, Vegetable Blend (Beet, Kale, Carrot)	

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