



# SHAKE

IDLife Shake is packed with 26 grams of cold-filtered 100% whey protein and micro-milled chia seed to help boost metabolism, feed lean muscle and curb your appetite. This creamy shake is naturally sweetened and contains no artificial ingredients, making it perfect for breakfast, as a mid-day snack or following a workout.

## DIRECTIONS:

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

For kids under the age of 12, add a half scoop to 12-14 ounces of cold water, milk or beverage of your choice, shake or blend and enjoy! For best results, allow Shake to sit for 2-3 minutes after mixing to allow ingredients to fully activate before drinking.

## AVAILABLE FLAVORS:

- Chocolate
- Vanilla Bean

## BENEFITS:

- Natural Flavors & Sweeteners
- Chia Seeds
- Fiber
- 100% Whey Protein
- BCAAs

## FAQs:

### WHAT KIND OF PROTEIN IS USED?

We use a proprietary blend of whey isolate, whey concentrate and whey peptides. This gives our Shake a “cleaner” taste and reduces digestion issues such as water retention, stomach cramping, lethargy and a host of other disconcerting conditions associated with cheaper protein brands.

### 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.

### 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?

The dictionary states: “Casein is a white, tasteless, odorless, milk and cheese protein that is used to make plastics, adhesives, paints, and foods.” Casein is a very cheap protein used by companies to offer pliability

to protein bars, and to save money on the production of protein powders and other high protein products. Casein is also highly allergenic to many individuals and can be difficult to digest.

### 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 attracts water. When it's mixed with liquid, soluble fiber forms a gel-like substance and swells. It is great for moderating blood glucose levels and lowering cholesterol.\* 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 is hydrophilic and can absorb 10 times its weight in water. This means that Chia increases body hydration, which is especially beneficial for athletes who need

to remain hydrated during long races and endurance activities.\*

### 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?

Vanilla bean in the vanilla flavor and cocoa in the chocolate.

### IS THIS SAFE TO CONSUME WHILE PREGNANT?

Consult your physician.

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

<b>Nutrition Facts</b>	
15 Servings Per Container	
<b>Serving Size</b>	<b>1 Scoop (42.5g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	<b>0%</b>
Calcium 139mg	<b>10%</b>
Iron 4mg	<b>20%</b>
Potassium 301mg	<b>6%</b>
Phosphorus 89mg	<b>8%</b>
Magnesium 21mg	<b>6%</b>
* 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.	
<b>INGREDIENTS:</b>	
Whey Protein Isolate, Whey Protein Concentrate, Cocoa (processed with alkali), Organic Cane Sugar, Natural Chocolate Flavor, Chia Seed Powder, Xanthan Gum, Natural Vanilla Flavor, Stevia Extract (leaves)(80% Rebaudioside A), Sea Salt, Natural Flavor.	

**Nutrition Facts for Chocolate Flavor**



## THE SCIENCE OF SHAKES: PROBLEM & SOLUTION

Protein shakes have been around for decades, but they have not remained the same since day one. Thousands of scientific studies have influenced the development of this nutritional powder to get what we now see in the market today. Unfortunately, not all shakes share the same nutritional value and impact to your health.

### THE PROBLEM:

- All protein is not equal. Many companies use inferior types of protein and fill the product with unnecessary fillers and cheap ingredients. This leads the consumer to believe they are ingesting a certain quantity of protein, but their body may only process a fraction of it.
- Amino spiking is a common practice amongst many companies to artificially inflate the total grams of protein listed on the label by adding amino acids which also register as a protein on the nutritional facts panel, but do not get utilized as a protein in the body. While this practice is legal, it is misleading.
- More grams of protein does not always mean more results. There is a limit to how much protein your body can process daily. This value is determined by a multitude of factors, including, but not limited to your age, weight and activity level.

### THE SOLUTION:

- IDLife Shake is a clean formula, made from the highest quality ingredients available.
- Most people effectively process 26 grams of supplemented protein in their diets, thus making Shake a perfect addition to their daily regimen.
- The protein found in Shake is 100% whey, the highest quality and most effective form of protein.
- Micro-milled chia seeds, known by the Mayan's as "running food", are strategically added to provide additional fiber, which aids in digestion and to help keep you feeling fuller for a longer period of time.
- The finished product is completely hormone free, Non-GMO, and Gluten Free.

**"After having major surgery, the doctors wanted me to eat a lot more protein. But that's really hard when you're recovering from surgery... getting all that food in. So that's when IDLife Shake came in handy for me because I was able to get the nutrients I needed and that extra protein to help my body heal internally." —Stephanie Kelly, lost 100+ lbs.**