



PREWORKOUT

IDLife PreWorkout delivers a powerful boost to help you conquer your workout. Packed with a premium complex blend of targeted amino acids, branched chain amino acids (BCAAs), vitamins, minerals, enzymes and nutrients, this formula will help maximize your physical conditioning and mental focus.*

DIRECTIONS:

Mix one stick into 8-12 ounces of water or beverage of your choice 30 minutes prior to beginning your workout. May consume 1-2 times per day.

AVAILABLE FLAVORS:

- Raspberry Zest

BENEFITS:

- No Artificial Flavors or Sweeteners
- 150 mg Caffeine
- 2000 mg Creatine
- 500 mg Beta Alanine
- 1000 mg BCAAs

FAQs:

CAN I USE PREWORKOUT WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed together.

WHY DID IDLIFE DEVELOP PREWORKOUT?

IDLife identifies products that people already use that can be improved in quality and safety. PreWorkout was created to provide people with an excellent option that does not contain the unnecessary ingredients found in other products.

WHAT MAKES PREWORKOUT BETTER THAN OTHER PERFORMANCE PRODUCTS ON THE MARKET?

This product provides everything you need and avoids ingredients that you don't need, all in the quantities that have scientifically been proven to help attain the desired outcome.

WHAT NATURAL FLAVORS ARE IN PREWORKOUT?

Raspberry Zest has raspberries and lemon.

WHY DO WE USE CREATINE IN PREWORKOUT?

It is one of the most researched supplements available and has been scientifically proven to build muscle.*

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts

Serving Size: 1 Stick (14.2 g)
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	25	
Total Carbohydrate	6 g	2%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin B3 (as Niacinamide)	15 mg	94%
Folate	450 mcg	188%
Vitamin B12 (as Methylcobalamin)	50 mcg	2083%
Biotin	1000 mcg	3333%
Calcium (as Calcium Citrate)	100 mg	8%
Magnesium (as Magnesium Oxide)	75 mg	18%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	3 mg	27%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	571%
Sodium (as Sodium Chloride)	150 mg	7%
Potassium (as Potassium Citrate)	153 mg	3%
Creapure® Creatine Monohydrate	2000 mg	**
D-Ribose	1000 mg	**
Arginine (Alpha- Ketoglutarate Dihydrate 2:1)	1500 mg	**
Glycine	750 mg	**
Beta Alanine	500 mg	**
L-Leucine (AjiPure®)	500 mg	**
L-Glutamine (AjiPure®)	250 mg	**
L-Citrulline	250 mg	**
L-Isoleucine (AjiPure®)	250 mg	**
L-Valine (AjiPure®)	250 mg	**
Caffeine (as Caffeine Anhydrous and N-Dur™)	150 mg	**
Papain 2000 USP units/mg)	25 mg	**
Bromelain (2400 USP units/mg)	25 mg	**
BioPerine® (Black Pepper Extract) (Piper Nigrum)	2 mg	**
Coconut Water Powder	150 mg	**

*Percent Daily Values are Based on a 2,000 Calorie Diet. **Daily Value Not Established.

OTHER INGREDIENTS: Maltodextrin, Citric Acid, Natural Flavors, Malic Acid, Stevia Leaf Extract, Silicon Dioxide, Beet Powder.

Avoid exposure to excessive heat, light & moisture.

Contains tree nuts (from coconut water powder).



POSTWORKOUT

IDLife PostWorkout is an athletic grade, nutritional supplement that supports muscle repair and growth. It provides relief from symptoms of inflammation, soreness and fatigue after intense physical activity, so you can recover faster from your workouts and give your body the essential nutrients it needs.*

DIRECTIONS:

Mix one stick into 8-12 ounces of water or beverage of your choice within 45 minutes after completing your workout. May consume 1-2 times per day.

AVAILABLE FLAVORS:

- Raspberry Zest

BENEFITS:

- No Artificial Flavors or Sweeteners
- 500 mg Glutamine
- 1000 mg Creatine
- 1000 mg D-Ribose
- 2000 mg BCAAs

FAQs:

WHY ISN'T THERE PROTEIN IN POSTWORKOUT?

IDLife has already developed an extremely high quality protein shake. We designed a PostWorkout product that replenishes essential electrolytes and nutrients so the body can recover and repair itself. This allows people to choose their protein source after completing their workout.

CAN I USE POSTWORKOUT WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed together.

WHY DID IDLIFE DEVELOP POSTWORKOUT?

IDLife identifies products that people already use that can be improved in quality and safety. PostWorkout was created to provide people with an excellent option that does not contain the unnecessary ingredients found in other products.

WHAT MAKES POSTWORKOUT BETTER THAN OTHER PERFORMANCE PRODUCTS ON THE MARKET?

This product provides everything you need and avoids ingredients that you don't need, all in the quantities that have scientifically been proven to help attain the desired outcome.

WHAT NATURAL FLAVORS ARE IN POSTWORKOUT?

Raspberry Zest has raspberries and lemon.

WHY DO WE USE CREATINE IN POSTWORKOUT?

It is one of the most researched supplements available and has been scientifically proven to build muscle.*

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts

Serving Size: 1 Stick (11 g)
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	5 g	2%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Folate	100 mcg	25%
Vitamin B12 (as Methylcobalamin)	25 mcg	1042%
Biotin	1000 mcg	3333%
Magnesium (as Magnesium Oxide)	150 mg	36%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	3 mg	27%
Chromium (as TRAACS® Chromium Nicotinate)	100 mcg	286%
Sodium (as Sodium Chloride)	100 mg	4%
Potassium (as Potassium Citrate)	200 mg	4%
D-Ribose	1000 mg	**
L-Leucine (AjiPure®)	1000 mg	**
Creatine MagnaPower® (Magnesium Creatine Chelate)	1000 mg	**
L-Taurine	250 mg	**
L-Glutamine (AjiPure®)	500 mg	**
L-Isoleucine (AjiPure®)	500 mg	**
L-Valine (AjiPure®)	500 mg	**
Quercetin Powder (as Quercetin Dihydrate from Dimorphandra Molle (Bud)	100 mg	**
Co-Enzyme Q10 (as Ubidecarenone)	25 mg	**
Papain (2000 USP units/mg)	25 mg	**
Bromelain (2400 USP units/mg)	25 mg	**
BioPerine® (Black Pepper Extract) (Piper Nigrum)	5 mg	**
Coconut Water Powder	150 mg	**

*Percent Daily Values are Based on a 2,000
Calorie Diet. **Daily Value Not Established.

OTHER INGREDIENTS:

Maltodextrin, Natural Flavors, Citric Acid, Malic
Acid, Stevia Leaf Extract, Beet Powder, Silicon
Dioxide.

**Manufactured in a facility that
processes egg, wheat, milk, soy, tree
nut, peanut, fish & shellfish products.**

**WARNING: Contains tree nuts from
coconut water powder.**



COLLAGEN+

Made with only the highest quality ingredients available, IDLife Collagen+ is a flavorless formula which provides your body the building blocks needed to support healthy joints, skin, hair, nails, gut, and more!

DIRECTIONS:

Mix the contents of one heaping scoop into at least 8 ounces of a hot or cold beverage or recipe. For best results, consume one or more times per day.

BENEFITS:

- The Best Daily Boost to Your Anti-Aging Strategy
- Supports Healthy Hair, Skin, Nails, Joints, and Gut
- 4 Premium & Responsibly Sourced Forms of Collagen Peptides
- 5 Collagen Types: I, II, III, V, and X
- Made With Patented ACTiValue® and Fulvic Acid to Help Maximize the Absorption of Collagen and Support a Healthy Gut
- Helps Trigger the Body's Production of Hyaluronic Acid Which Helps Lubricate and Hydrate Connective Tissue

FAQs:

WHY IS COLLAGEN SO IMPORTANT?

Collagen is the most abundant protein in the body; it is a major component of tendons, ligaments, skin, muscles, and bones. As we age we produce less collagen and begin to notice the effects such as joint pain, fine lines, osteoporosis, brittle nails, and other signs of aging. Studies have linked supplementing with high quality collagen products to triggering the body's natural production of collagen.

THE FULL BODY BENEFITS

Both men and women can experience the benefits of Collagen+ when incorporated into their daily health regimen as their best anti-aging strategy. While Collagen+ does provide 9 grams of protein per serving, the combination of ACTiValue® and Fulvic Acid helps maximize its absorption.

THE 4 SOURCES OF COLLAGEN

- Hydrolyzed Bovine Collagen Peptides (Type I & III)
- Hydrolyzed Fish Collagen Peptides (Type I & III)
- Egg Shell Membrane (Type I, V & X)
- Chicken Collagen (Type II)

WHAT ARE THE DIFFERENT COLLAGEN TYPES?

- Type I - Forms the scaffolding of bone, skin, tendons, and other connective tissues.
- Type II - Supports joint strength and elasticity.
- Type III - The second most abundant collagen, it is found to provide elasticity to skin and intestinal walls.
- Type V - Essential for the fibrillation of types I and III.
- Type X - A rare form of collagen that contributes to new bone formation.

WHAT IS THE "PLUS DIFFERENCE"?

The "Plus Difference" comes from the inclusion of patented ACTiValue® and Fulvic Acid ingredients. ACTiValue® is the only aloe vera on the market to guarantee the retention of all the healthy benefits of aloe vera. Aloe vera has been used for centuries for its significant health benefits, including its ability to support digestion. Combined with Fulvic Acid, ACTiValue® helps support a healthy gut and helps maximize your body's ability to absorb the collagen peptides.

IS COLLAGEN+ RIGHT FOR ME?

If you are searching for a product to fight the signs of aging, this product can help support your goals. Collagen+ is a foundational part of your daily regimen of supplementation and pairs very well with all other IDLife products.

WHAT KIND OF RESULTS CAN I EXPECT?

Results may vary based on your genetic makeup and desired effects, but you may see a difference in fine lines, wrinkles, hair, nails, joint support, improved digestion, reduced recovery time after strenuous workouts, and more!

HOW MUCH COLLAGEN SHOULD I TAKE PER DAY?

Each serving is one heaping scoop; for best results, consume one or more times per day.

IS THIS PRODUCT FOR MEN AND WOMEN?

Collagen+ is a foundational supplement that supports your best anti-aging strategy independently of your gender. A common misconception about collagen products is that they are only marketed for women, because of the focus on skin, nails and hair benefits. IDLife formulated a product that also provides support for healthy joints, strong bones, more mobile ligaments and tendons, improved athletic performance, and overall gut health.

CAN KIDS TAKE COLLAGEN+?

Children under 18 should consult a physician before using Collagen+ or any dietary supplement.

IS IT OKAY TO TAKE COLLAGEN+ WHILE PREGNANT OR BREASTFEEDING?

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

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts

Serving Size: 1 Heaping Scoop (10g)
Servings Per Container: 20

Amount Per Scoop	%DV
Calories	35
Protein	9 g
Sodium	45 mg 2%

Multi Collagen Gut Repair Blend 10 mg **
Hydrolyzed Bovine Collagen Peptides, Hydrolyzed Fish Collagen Peptides, Aloe Vera (leaf) Powder, Organic Fulvic Acid Powder, Chicken Collagen Type II, Egg Shell Membrane.

*Percent Daily Values are Based on a 2,000 Calorie Diet.
**Daily Value Not Established.

CAUTION: Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult a physician before using this or any other dietary supplement.

Manufactured in a facility that processes egg, wheat, milk, soy, tree nuts, peanut, fish & shellfish products.

KEEP OUT OF REACH OF CHILDREN.



SHAKE

IDLife Shake is packed with 100% grass-fed, cold-filtered 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

BENEFITS:

- Natural Flavors & Sweeteners
- 100% Whey Protein

FAQs:

WHAT KIND OF PROTEIN IS USED?

We use a proprietary blend of whey isolate, whey concentrate and whey peptides (not casein) from hormone-free, grass-fed cows. 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. 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?

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?

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 the Pregnancy Guide located in the back office.

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

Nutrition Facts

Serving size 1 Scoop (37.3g)

Amount per serving

Calories **140**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 230mg **10%**

Total Carbohydrate 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

Protein 24g

Vitamin D 0mcg **0%**

Calcium 127mg **10%**

Iron 0mg **0%**

Potassium 104mg **2%**

Phosphorus 86mg **6%**

Magnesium 20mg **4%**

*The % Daily Value 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.

OTHER INGREDIENTS: Whey Protein Isolate, Whey Protein Concentrate, Organic Cane Sugar, Natural Vanilla Flavor, Chia Seed Powder, Xanthan gum, Natural Vanilla Flavor, Stevia Extract(leaves)(80% Rebaudioside A), Sea Salt.

Nutrition Facts for Vanilla Flavor



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
- 7% 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 160

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 7mg	40%
Potassium 162mg	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:

Organic Pea Protein Isolate, Organic Vanilla Flavors, Organic Vegan Blend (Organic Kale, Organic Spinach, Organic Broccoli, Organic Cauliflower, Organic Raspberry, Organic Banana, Organic Carrot, Organic Strawberry, Organic Wild Blueberry, Organic Apple, Rice Flour, Silicon Dioxide, Sunflower Lecithin), Isomaltooligosaccharide (VitaFiber™), Monk Fruit Extract, Organic Guar Gum (TICALOID® OG ULTRASMMOOTH CL), Organic Quinoa Powder (QuinoaTrim™), Organic Cream Flavor (non dairy), Organic Brown Rice Protein, Organic Hemp Protein Powder, Salt, Natural Flavor, Organic Chia Seed Protein Powder, Titanium Dioxide, Flaxseed powder (BevGrad®), Protease (Aspergillus oryzae) 100,000 HUT/g, Amylase 100,000 SKB/g, Cellulase 100,000 CU/g.