

FREQUENTLY ASKED QUESTIONS

Shaklee Life Energizing Shake™



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WHAT IS THE SHAKLEE LIFE ENERGIZING SHAKE?

The life shake is a delicious meal replacement shake that contains 24 grams of protein when prepared as directed as well as prebiotic fibers, patented probiotics, and omega-3's from ALA. Key ingredients include:

- 24 grams of protein when made as directed, including 16 grams of proprietary, ultra-pure, plant-based, non-GMO protein with precise ratios of all 9 essential amino acids, optimized for high protein quality
- Added leucine to help preserve lean muscle and achieve a healthier weight
- Powerful combination of prebiotics and one billion CFU of patented probiotics to support digestive and immune health
- Contains omega-3 (ALA), an essential fatty acid that supports heart and brain health.

The life shakes come in four soy flavors, vanilla, chocolate, strawberry and café latte and two non-soy flavors, vanilla and chocolate, and are suitable for the whole family.

WHO SHOULD USE THIS PRODUCT AND WHY?

Life shakes are an excellent meal or snack for the entire family. They are designed to provide energy, help preserve lean muscle and achieve a healthier weight, and support digestive, immune, heart, and brain health.

WHAT IS THE PURPOSE OF THE PREBIOTICS AND PROBIOTICS IN THE LIFE SHAKE?

Probiotics are live microorganisms that provide health benefits to the body. Prebiotics are ingredients that support beneficial microorganisms in the colon by providing them nutrients that encourage their growth and multiplication. The Life Energizing Shake contains 1 billion CFU of the patented probiotic *Bacillus coagulans* along with the prebiotics, soluble corn fiber, and digestive health.

WHY IS THE PROBIOTIC IN THE LIFE ENERGIZING SHAKE AND NOT IN THE LIFE-STRIP?

The probiotic used in the life shake has a natural protective coating that allows it to survive passage through the stomach and be delivered to the intestines where it will be most active. Shaklee scientists determined that the shake was the best delivery system to provide the 1 billion CFU dose of *Bacillus coagulans*.

WHAT IS THE DIFFERENCE BETWEEN THE NEW LIFE ENERGIZING SHAKE AND THE SHAKLEE 180® ENERGIZING SMOOTHIE?

The Shaklee Life Energizing Shake contains all the benefits of the Shaklee 180 Energizing Smoothie as well as a powerful combination of prebiotics and one billion CFU of patented probiotics to support digestive and immune health. The life shake also contains alpha-linolenic acid (ALA), an essential omega-3 fatty acid that supports heart and brain health. The life shake comes in two new Non-Soy options not previously available with Shaklee 180 Smoothies.

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CAN I GIVE LIFE ENERGIZING SHAKES TO MY CHILDREN?

Yes, although it is not intended to nor should it be used as an infant formula.

IS THE LIFE ENERGIZING SHAKE KOSHER?

Yes, the Soy and Non-Soy formulas are certified by the Star-K kosher certification agency.

IS THE LIFE ENERGIZING SHAKE GLUTEN-FREE?

The products are gluten-free.

ARE ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES ADDED TO LIFE ENERGIZING SHAKE?

No, artificial flavors, sweeteners, or preservatives are added to Life Shake.

WHY ARE STEVIA AND NATURAL CANE SUGAR USED?

We use cane sugar and stevia to provide a sweet, great tasting product consumers want to use while minimizing the amount of sugar in the product.

IS THE LIFE ENERGIZING SHAKE AVAILABLE IN A NON-SOY VERSION?

Yes, there are two flavors of life shake Non-Soy—vanilla and chocolate—which is made from an exclusive blend of non GMO, non-soy protein from sacha inchi, potato, rice, pea, and leucine.

IS THE LIFE ENERGIZING SHAKE LACTOSE FREE?

Yes, the life shake is lactose free. However, it is recommended to mix with 1 cup nonfat milk to achieve the full 24 grams of protein.

CAN I MIX THE LIFE ENERGIZING SHAKE WITH WATER?

We recommend nonfat milk or low-fat soy milk for the best nutritional profile and to provide you with the full amount of protein and leucine. If desired, you may mix the life shake Mix with water, using THREE scoops of powder in eight ounces of water. This provides about the same amount of protein and calories as when prepared with nonfat milk or low-fat soy milk.

CAN I USE THE LIFE ENERGIZING SHAKE AS A SNACK?

Yes. Use 1 scoop of life shake mixed in 4-6 oz. nonfat milk or low-fat soy milk for a healthy snack.

HOW MUCH CAFFEINE IS IN THE CHOCOLATE LIFE ENERGIZING SHAKE AND CAFÉ LATTE LIFE ENERGIZING SHAKE?

The caffeine is very low, less than 2 mg in both products.

CAN I USE LIFE ENERGIZING SHAKE TO LOSE WEIGHT?

Yes, the life shake can be used as a direct replacement of the Shaklee 180® Smoothee in the Shaklee 180 weight-management program.

CAN I TAKE MORE THAN 2 LIFE ENERGIZING SHAKES A DAY?

Yes.

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ARE THERE ANY MEDICAL CONDITIONS THAT WOULD PRECLUDE OR LIMIT ONE'S USAGE OF LIFE ENERGIZING SHAKE?

As a general comment, people under a physician's care for any chronic condition(s) should always let their physician know what supplements they use. There are no specific medical conditions that preclude the use of life shake, although we would add the following: People with serious kidney or liver disease should discuss the use of life shake with their physician prior to beginning the program as they may need to make an adjustment in the amount of protein consumed.

CAN A DIABETIC USE THE LIFE ENERGIZING SHAKE?

All diabetics should be under the care of a medical doctor and should discuss any weight-loss program with their doctor. If you have type 2 diabetes, calorie control and weight loss tend to be critical to the prevention of potential long-term sequela. Replacing two meals per day with the life shake may be able to help you reach your weight-loss goals. Please see the Shaklee 180® Program for more details. Your doctor should evaluate you over time as you lose weight as to whether your medications need adjustment.

CAN I USE THE LIFE ENERGIZING SHAKE IF I AM PREGNANT OR NURSING?

The life shake can be part of a healthy diet during pregnancy and nursing but we always recommend you consult with a physician prior to use. Life shake is a source of healthy protein and prebiotic fiber as well as essential omega-3 fatty acids, vitamins, minerals, added leucine, prebiotics, and probiotics. Please see the Shaklee 180® Program if you are interested in weight loss after pregnancy.

I AM A VEGETARIAN/VEGAN; CAN I USE THE LIFE ENERGIZING SHAKE?

Lacto-ovo vegetarians can use the life shake, which can be mixed with nonfat milk or your favorite beverage.

WHAT IS SACHA INCHI?

The sacha inchi plant is native to tropical South America. It produces seeds that are high in protein and healthy oils. It has a mild nutty taste and is allergen-free, highly digestible, and vegan.

IS THERE A WHEY VERSION OF THE LIFE ENERGIZING SHAKE?

There will be a Whey version coming soon. In the meantime, the Whey Shaklee 180® Energizing Smoothee is available on Shaklee.com.