

THE MOST DELICIOUS, CLINICALLY PROVEN SHAKE.

NEW

Shaklee
Life
Shake

SHAKLEE LIFE SHAKE™

Clinically proven to help you thrive and create the foundation for a longer, healthier life*

Increased energy and satiety.

Feel fuller longer with 20 grams of ultra-pure, non-GMO protein with precise ratios of all 9 essential amino acids.

Clinically proven support to help you reach and maintain your perfect healthy weight.

Powered by Leucine® to help you build lean muscle, burn fat, improve metabolism, and reduce cravings.

Easy-to-digest, promotes regularity and digestive comfort.

Our proprietary prebiotic comes from an ancient grains blend, enjoyed by humans for millennia. Plus added digestive enzymes for improved protein absorption.

23 essential vitamins and minerals clinically proven to support heart, brain, vision, bone, immune, and overall health.

Includes 200 mg of calcium plus ALA, an essential omega-3 fatty acid, and more.

Low glycemic.

Supports healthy blood sugar levels with zero added sugar.



THE SHAKLEE DIFFERENCE®

In a published clinical weight loss study, Shaklee Life Shake™ helped participants lose fat, weight and inches, while retaining lean muscle.†

People who take Life Shake™ as part of the Shaklee 180 Program are clinically proven to lose the weight and keep it off.†

- Clinically proven to help retain lean muscle
- Clinically proven to support healthy blood pressure and healthy blood sugar levels

POWERED BY LEUCINE®

Leucine is the best, most effective branched chain amino acid used in the biosynthesis of proteins. Helps you:

- Build lean muscle
- Burn fat
- Improve metabolism
- Reduce cravings

MORE MUSCLE MEANS A STRONGER, LEANER LOOKING YOU.



Beyond Organic is our philosophy that Shaklee quality standards go beyond how and where an ingredient is grown. We look to confirm the purity and potency of ingredients AFTER harvest to guarantee that the final finished product is free of hundreds of chemical contaminants.

See Shaklee.com/beyondorganic

*Study participants replaced two meals with Shaklee Life Shakes daily along with a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at healthresource.shaklee.com.

4 DELICIOUS FLAVORS

OUR NEW CLINICALLY PROVEN LIFE SHAKE™ COMES IN PLANT PROTEIN AND SOY FORMULAS TO MEET YOUR SPECIFIC NEEDS.

New and improved easy-to-reseal 30 serving pouch preserves freshness and flavor.

LIFE SHAKE™ WITH SOY PROTEIN

Life Shake Soy Protein formula plus a proprietary blend of chia and pumpkin protein.

FLAVOR	CANISTER (15 SERVINGS)	POUCH (30 SERVINGS)
VANILLA	#21321	#21322
CHOCOLATE	#21324	#21325
STRAWBERRY	#21327	#21328
CAFÉ LATTE	#21329	#21330

Canister/15 Servings: Suggested Retail Price: \$50.35 | Member Price: \$42.80 | PV: \$29.59
 Pouch/30 Servings: Suggested Retail Price: \$91.20 | Member Price: \$77.50 | PV: \$53.62

LIFE SHAKE™ WITH PLANT PROTEIN

Life Shake Plant Protein formula with pea protein plus a proprietary blend of chia and pumpkin protein.

FLAVOR	CANISTER (15 SERVINGS)	POUCH (30 SERVINGS)
VANILLA	#21333	#21334
CHOCOLATE	#21335	#21336

Canister/15 Servings: Suggested Retail Price: \$50.35 | Member Price: \$42.80 | PV: \$26.84
 Pouch/30 Servings: Suggested Retail Price: \$91.20 | Member Price: \$77.50 | PV: \$48.64

MAKING BETTER CHOICES IS EASIER.

Life Shake™ nutritional facts compared to popular daily choices.

	STARBUCKS® CLASSIC COFFEE CAKE & ALMOND MILK LATTE (16-OZ. GRANDE)	SHAKLEE PLANT PROTEIN LIFE SHAKE™ WITH 10 OZ. COLD WATER
PROTEIN	8	20
SUGAR	36	< 1
CALORIES	490	140
FAT	22	3.5
SODIUM	560	320
CARBOHYDRATES	66	10
PRICE/SERVING	\$6.90	\$2.58

Life Shake™ and the additional meal listed in this chart provide nutrients beyond those listed. Detailed nutritional values for Life Shake can be found on the label. The nutrition information for the other meal listed above was obtained from the official website of the above company June 15, 2018. All trademarks are the property of their respective owners.

A HEALTHY 140-CALORIE BASE TO BUILD ON:

Customize with your favorite ingredients, including fruit, vegetables, or nut butters.

Find healthy recipes on our Naturally Blog at go.shaklee.com/naturally



FREQUENTLY ASKED QUESTIONS

WHO SHOULD USE THIS PRODUCT AND WHY?

Life Shake™ is an excellent meal or snack for the entire family.

Designed to provide energy, help preserve lean muscle and achieve a healthier weight, and support digestive, immune, heart, and brain health.

CAN I GIVE LIFE SHAKE™ TO MY CHILDREN?

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

CAN I USE THE LIFE SHAKE™ AS A SNACK?

Yes. Use 1 scoop of Life Shake™ mixed in 4-6 oz. nonfat milk or lowfat soy milk for a healthy snack.



The Shaklee 180® program has helped people all over the world lose more than 2 million pounds and over 1 million inches and counting!

LIFE SHAKE IS THE FOUNDATION OF THE CLINICALLY PROVEN SHAKLEE 180 PROGRAM.

The Shaklee 180 program helps you achieve and maintain a healthy weight, including meal replacement shakes and bars, snacks, teas, and metabolic support, plus recipes, healthy tips, exercise programs, and more.

SHAKLEE 180® TURNAROUND® KIT

Everything you need for your first month.



Life Shake™ - Soy Protein Vanilla

Nutrition Facts			
Serving Size: 2 Scoops (35 g)			
Servings Per Container: 15			
Amount Per Serving		% DV*	% DV*
Calories	130	Iron	15%
Calories from Fat	30	Vitamin D	35%
	% Daily Value*	Vitamin E	35%
Total Fat	3 g 5%	Thiamin	35%
Saturated Fat	0 g 0%	Riboflavin	35%
Trans Fat	0 g	Niacin	35%
Polyunsaturated Fat	0.5 g	Vitamin B ₆	35%
Monounsaturated Fat	1 g	Folate	35%
Cholesterol	0 mg 0%	Vitamin B ₁₂	35%
Sodium	320 mg 13%	Biotin	35%
Potassium	250 mg 7%	*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Carbohydrate	8 g 3%	Calories	2,000 2,500
Dietary Fiber	6 g 24%	Total Fat	Less than 65 g 80 g
Total Sugars	<1 g	Saturated Fat	Less than 20 g 25 g
Added Sugars	0 g	Cholesterol	Less than 300 mg 300 mg
Protein	20 g 40%	Sodium	Less than 2,400 mg 2,400 mg
Vitamin A	10%	Potassium	3,500 mg 3,500 mg
Vitamin C	35%	Total Carbohydrate	300 g 375 g
Calcium	20%	Dietary Fiber	25 g 30 g
		Protein	50 g 65 g

INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, ORGANIC PUMPKIN SEED PROTEIN, ORGANIC CHIA SEED PROTEIN), OAT FIBER, SUNFLOWER OIL POWDER, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, VITAMIN D₂ FROM AGARICUS BISPORUS ORGANIC MUSHROOM POWDER, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₁₂, MANGANESE SULFATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), MILLED GOLDEN FLAXSEED, NATURAL FLAVOR, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), REBAUDIANA A (STEVIA EXTRACT) (LEAF), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



Life Shake™ - Plant Protein Vanilla

Nutrition Facts			
Serving Size: 2 Scoops (36 g)			
Servings Per Container: 15			
Amount Per Serving		% DV*	% DV*
Calories	140	Iron	20%
Calories from Fat	30	Vitamin D	35%
	% Daily Value*	Vitamin E	35%
Total Fat	3.5 g 6%	Thiamin	35%
Saturated Fat	0.5 g 3%	Riboflavin	35%
Trans Fat	0 g	Niacin	35%
Polyunsaturated Fat	1.5 g	Vitamin B ₆	35%
Monounsaturated Fat	1 g	Folate	35%
Cholesterol	0 mg 0%	Vitamin B ₁₂	35%
Sodium	320 mg 13%	Biotin	35%
Potassium	50 mg 1%	*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Carbohydrate	10 g 3%	Calories	2,000 2,500
Dietary Fiber	6 g 24%	Total Fat	Less than 65 g 80 g
Total Sugars	<1 g	Saturated Fat	Less than 20 g 25 g
Added Sugars	0 g	Cholesterol	Less than 300 mg 300 mg
Protein	20 g 40%	Sodium	Less than 2,400 mg 2,400 mg
Vitamin A	10%	Potassium	3,500 mg 3,500 mg
Vitamin C	35%	Total Carbohydrate	300 g 375 g
Calcium	20%	Dietary Fiber	25 g 30 g
		Protein	50 g 65 g

INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (PEA PROTEIN, L-LEUCINE, ORGANIC CHIA SEED PROTEIN, ORGANIC PUMPKIN SEED PROTEIN), OAT FIBER, MILLED GOLDEN FLAXSEED, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, VITAMIN D₂ FROM AGARICUS BISPORUS ORGANIC MUSHROOM POWDER, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₁₂, MANGANESE SULFATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), NATURAL FLAVOR, SUNFLOWER OIL POWDER, REBAUDIANA A (STEVIA EXTRACT) (LEAF), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).

