

NATURALLY
NOURISHING
Delightfully Decadent

The New Life Shake™
is indulgently flavor
forward and a complete
meal in a glass.

IT JUST TAKES
2 SCOOPS to get

24 Essential vitamins
and minerals

Supports heart, brain, vision,
bone, immune, and overall
health. Includes 120 mg of
calcium plus ALA, an essential
omega-3 fatty acid, and more.

Digestive health
and regularity

6 g Dietary fiber and our
proprietary prebiotic from an
ancient grains blend.

Energy and satiety

20 g Ultra-pure, non-GMO
protein with precise ratios of
all 9 essential amino acids.

A perfectly sweetened,
low-glycemic meal

Features our new sweetener
system (Reb M + 5 g natural
cane sugar) for low impact on
already healthy blood sugar.

Healthy weight and
maintenance

Powered by Leucine® to help
build lean muscle, burn fat,
and support metabolism.*



NEW &
IMPROVED

Shaklee Life Shake™
Clinically proven† to help you
thrive and create the foundation
for a longer, healthier life

20g
PROTEIN

6g
FIBER

24
VITAMINS &
MINERALS

NON
GMO

V
VEGAN

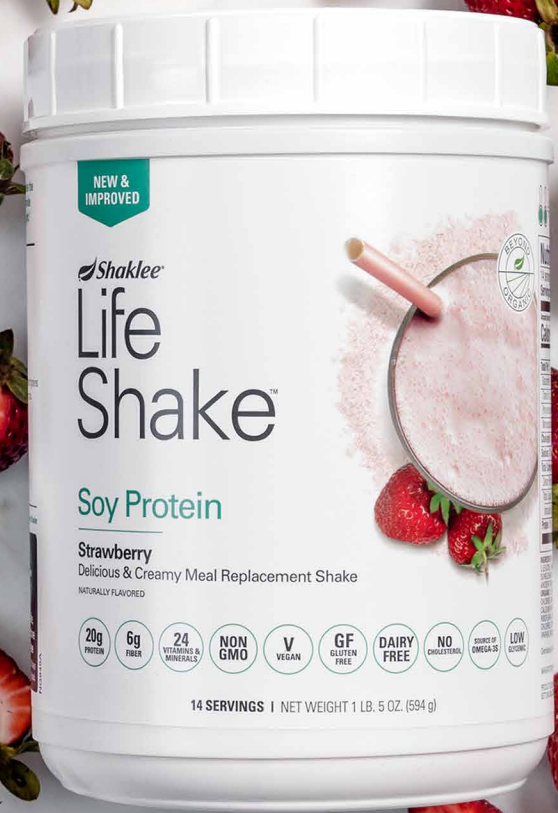
GF
GLUTEN
FREE

DAIRY
FREE

NO
CHOLESTEROL

SOURCE OF
OMEGA-3S

LOW
GLYCEMIC



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.

Sweet Story
MEET REB M

Reb M (Rebaudioside M) is a
breakthrough in the world of zero-
calorie natural sweeteners.

It's sustainably made via sugarcane fermentation,
tastes like sugar, and leaves no aftertaste. Combining
Reb M with 5 g natural cane sugar allows us to
create our delicious low-glycemic Life Shakes with
20 grams of protein and 6 grams of fiber to help
minimize normal blood sugar spikes and crashes, so
you can feel satisfied for hours.

MAINTAIN or
LOSE WEIGHT†

Maintain a healthy weight with
1 Life Shake a day

Lose weight† with
2 Life Shakes a day

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

Support metabolism
Reduce cravings

†As part of the Shaklee 180® Program. Clinical study participants
replaced two meals with Shaklee Life Shakes daily and followed a
45-minute exercise program twice weekly. See full details of Life Shake
clinical studies at healthresource.shaklee.com.

Wholesome Nutrition with
a Whole Lot of Flavor

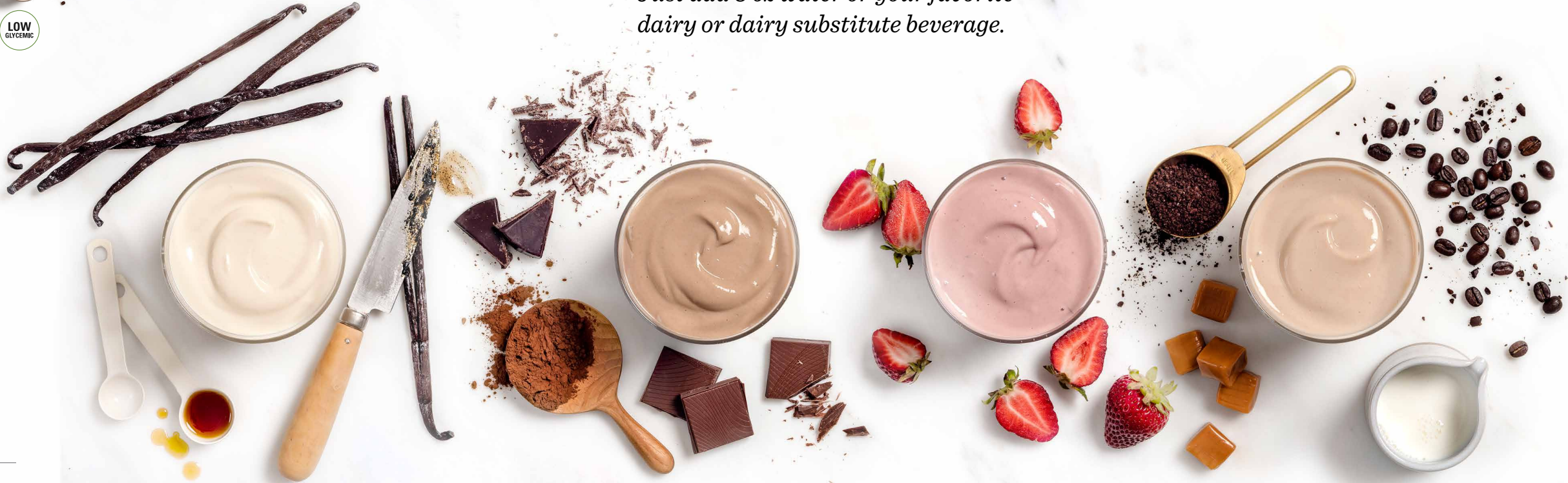


Pure, Safe, and Effective Guarantee
Feel better in 30 days or your money back.

CONTACT YOUR SHAKLEE
INDEPENDENT DISTRIBUTOR.

4 PREMIUM FLAVORS

Just add 8 oz water or your favorite
dairy or dairy substitute beverage.



French Vanilla
Creamy and Delicious

14 SERVINGS
SOY #21321
PLANT #21333

28 SERVINGS
SOY #21322
PLANT #21334

Rich Chocolate
Velvety and Indulgent

14 SERVINGS
SOY #21324
PLANT #21335

28 SERVINGS
SOY #21325
PLANT #21336

Strawberry
Juicy and Sun-Sweetened

14 SERVINGS
SOY #21327

28 SERVINGS
SOY #21328

Café Latte
Toasted and Smooth

14 SERVINGS
SOY #21329

28 SERVINGS
SOY #21330

RECIPE IDEAS

Vanilla Chai Tea Shake

INGREDIENTS

- 2 scoops Life Shake
- 1/3 cup unsweetened brewed tea, chilled
- Pinch of cinnamon
- Pinch of nutmeg
- Pinch of cardamom powder (optional)
- 8 oz milk of choice

Chocochip Cookie Shake

INGREDIENTS

- 2 scoops Life Shake
- 1 Tbsp unsweetened cacao nibs
- 1 tsp almond butter
- 8 oz beverage of choice

Strawberry Breakfast Shake

INGREDIENTS

- 2 scoops Life Shake
- 1/2 banana
- 1/4 cup rolled oats
- 3—4 fresh strawberries
- 8 oz milk of choice

Pumpkin Spice Latte

INGREDIENTS

- 2 scoops Life Shake
- 1/2 cup pumpkin puree
- 1 tsp pumpkin spice
- 1/2 tsp instant coffee
- 1/2 tsp vanilla extract
- 8 oz beverage of choice

Life Shake™ Soy Protein French Vanilla

Nutrition Facts

14 servings per container
Serving size 2 scoops (42 g)

Amount per serving (mix alone)

Calories 150

% Daily Value*

Total Fat 3 g	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 1.5 g	
Cholesterol 0 mg	0%
Sodium 420 mg	18%
Total Carbohydrate 14 g	5%
Dietary Fiber 6 g	21%
Total Sugars 5 g	
Includes 5 g Added Sugars	10%
Protein 20 g	40%

Amount per serving	% DV*	Amount per serving	% DV*
Vitamin D 3.5 mcg (140 IU)	20%	Vitamin B12 0.83 mcg	35%
Calcium 120 mg	10%	Biotin 10.5 mcg	35%
Iron 2.7 mg	15%	Pantothenic Acid 1.8 mg	35%
Potassium 150 mg	4%	Phosphorus 230 mg	20%
Vitamin A 90 mcg	10%	Magnesium 90 mg	20%
Vitamin C 21 mg	25%	Zinc 4 mg	35%
Vitamin E 5.2 mg	35%	Selenium 13 mcg	25%
Thiamin 0.42 mg	35%	Copper 0.3 mg	35%
Riboflavin 0.45 mg	35%	Manganese 0.3 mg	15%
Niacin 5.6 mg	35%	Chromium 8 mcg	25%
Vitamin B6 0.6 mg	35%	Molybdenum 25 mcg	60%
Folate 138 mcg DFE	35%	Chloride 270 mg	10%
(83 mcg folic acid)			

*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: SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, **ORGANIC** PUMPKIN SEED PROTEIN, **ORGANIC** CHIA SEED PROTEIN), NATURAL CANE SUGAR, SUNFLOWER OIL POWDER, PROPRIETARY FIBER BLEND (SOLUBLE CORN FIBER, **ORGANIC** ANCIENT GRAINS BLEND (**ORGANIC** AMARANTH, **ORGANIC** BUCKWHEAT, **ORGANIC** MILLET, **ORGANIC** QUINOA, **ORGANIC** CHIA)), NATURAL FLAVORS, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN D3, VITAMIN B12, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), SODIUM CHLORIDE, MILLED GOLDEN FLAXSEED, REBAUDIOSIDE M, GUAR GUM, DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



Life Shake™ Plant Protein Rich Chocolate

Nutrition Facts

14 servings per container
Serving size 2 scoops (47 g)

Amount per serving (mix alone)

Calories 170

% Daily Value*

Total Fat 4 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 1.5 g	
Cholesterol 0 mg	0%
Sodium 400 mg	17%
Total Carbohydrate 17 g	6%
Dietary Fiber 6 g	21%
Total Sugars 5 g	
Includes 5 g Added Sugars	10%
Protein 20 g	40%

Amount per serving	% DV*	Amount per serving	% DV*
Vitamin D 3.5 mcg (140 IU)	20%	Vitamin B12 0.83 mcg	35%
Calcium 120 mg	10%	Biotin 10.5 mcg	35%
Iron 6 mg	35%	Pantothenic Acid 1.8 mg	35%
Potassium 180 mg	4%	Phosphorus 240 mg	20%
Vitamin A 90 mcg	10%	Magnesium 100 mg	25%
Vitamin C 21 mg	25%	Zinc 4 mg	35%
Vitamin E 5.2 mg	35%	Selenium 28 mcg	50%
Thiamin 0.42 mg	35%	Copper 0.3 mg	35%
Riboflavin 0.45 mg	35%	Manganese 0.4 mg	15%
Niacin 5.6 mg	35%	Chromium 30 mcg	90%
Vitamin B6 0.6 mg	35%	Molybdenum 25 mcg	60%
Folate 138 mcg DFE	35%	Chloride 165 mg	8%
(83 mcg folic acid)			

*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: SHAKLEE PROPRIETARY PROTEIN BLEND (PEA PROTEIN, L-LEUCINE, **ORGANIC** CHIA SEED PROTEIN, **ORGANIC** PUMPKIN SEED PROTEIN), PROPRIETARY FIBER BLEND (SOLUBLE CORN FIBER, **ORGANIC** ANCIENT GRAINS BLEND (**ORGANIC** AMARANTH, **ORGANIC** BUCKWHEAT, **ORGANIC** MILLET, **ORGANIC** QUINOA, **ORGANIC** CHIA)), CANE SUGAR, NATURAL FLAVORS, SUNFLOWER OIL POWDER, COCOA PROCESSED WITH ALKALI, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN D3, VITAMIN B12, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), SODIUM CHLORIDE, GUAR GUM, REBAUDIOSIDE M, MILLED GOLDEN FLAXSEED, DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



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