

Suggested Use: Add one (1) full scoop (37.45g) of VShake to eight (8) ounces of cold water and mix well. VShake can also be used in a blender with milk, soy milk or almond milk to make a refreshing and satisfying smoothie. Or use as recommended by your healthcare professional.

VShake™ – Your most ENERGIZING meal of the day.

This powerhouse meal-replacement drink gives you all the proteins, energy-building carbohydrates and super nutrients to help you achieve and maintain your ideal weight. You'll eat less, but gain greater strength and immune response while also securing optimal health and wellness like never before.*

The most nutrient-dense food you'll find anywhere including:

- Adaptogens
- Proanthocyanins
- Chlorophylls
- Polyphenols
- Probiotics
- Prebiotics

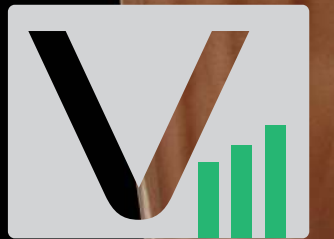


*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Before you take any supplement, please consult your physician or other licensed healthcare professional to determine if it's appropriate for you.

KEEP OUT OF REACH OF CHILDREN

Pregnant or lactating women should consult a healthcare professional prior to use.



SHAKE™

**YOUR MOST ENERGIZING
MEAL OF THE DAY***



DIETARY SUPPLEMENT • NET WT. 2LB, 7.63 OZ

Supplement Facts

Serving Size: 37.45 GM (approx.) Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	140	Spirulina Powder	200mg +
Calories from Fat	15	Acerola Berry Juice Powder	200mg +
Total Fat	1.5g 2%	Camu Camu Fruit Powder	200mg +
Saturated Fat	1g 5%	Pomegranate Fruit Powder	200mg +
Trans Fat	0g	Rhodiola Root Powder	200mg +
Cholesterol	0mg 0	Ashwagandha Root Powder	200mg +
Sodium	120mg 5%	Eleuthero Root Powder	200mg +
Total Carbohydrate	16g 5%	Apple Pectin Cellulose Powder	155mg +
Dietary Fiber	8g 32%	Blue Green Algae Powder	140mg +
Sugars	4g	Barley Grass Powder	140mg +
Protein	16g 32%	Astragalus Root Powder	140mg +
Vitamin A (as Beta Carotene)	3500IU 70%	Spinach Leaf Powder	140mg +
Vitamin C (as Ascorbic Acid)	150mg 250%	Goji Berry Fruit Powder	140mg +
Vitamin D (as Cholecalciferol)	500IU 125%	Acai Fruit Powder	120mg +
Vitamin E (as D-Alpha Tocopheryl Succinate)	25IU 83%	Probiotic (Dairy Free) Blend:	120mg +
Thiamine (as Thiamine HCl)	1.3mg 87%	Bifidobacterium Breve, Lactobacillus Casei, Bifidobacterium Longum, Lactobacillus Acidophilus, Lactobacillus Lactis	
Vitamin B2 (as Riboflavin)	15mg 88%	Kamut Grass Powder	80mg +
Niacin	3.5mg 18%	Cordyceps Mushroom Powder	80mg +
Vitamin B6 (as Pyridoxine HCl)	1.3mg 65%	Maitake Mushroom Powder	80mg +
Folic Acid	100mcg 25%	Reishi Mushroom Powder	80mg +
Vitamin B12 (as Cyanocobalamin)	5mcg 83%	Oat Grass Powder	50mg +
Biotin	62mcg 21%	Holy Basil Leaf Powder	30mg +
Pantothenic Acid (as Calcium-D-Pantothenate)	5mg 50%	Citrus Bioflavonoids Peel Powder	30mg +
Calcium (as Dicalcium Phosphate)	300mg 30%	Rose Hips Fruit Powder	30mg +
Iron (as Ferrous Fumarate)	3mg 17%	Green Tea Leaf Extract	30mg +
Phosphorus (as Dicalcium Phosphate)	227.5mg 23%	Schizandra Berry Powder	30mg +
Iodine (from Kelp Powder)	30mcg 20%	Grape Seed Extract	30mg +
Magnesium (as Magnesium Oxide)	50mg 13%	Cassia Bark Powder	30mg +
Zinc (as Zinc Oxide)	4mg 27%	Ginkgo Leaf Powder	20mg +
Copper (as Copper Oxide)	0.5mg 25%	Amylase	18.5mg +
Manganese (as Amino Acid Chelate)	1mg 50%	Protease	12.5mg +
Chromium (as Amino Acid Chelate)	40mcg 33%	Lipase	12.5mg +
Molybdenum (as Sodium Molybdate)	20mcg 27%	Lactase	12.5mg +
Whey Protein Concentrate	8400mg +	Cellulase	12.5mg +
Whey Protein Isolate	4500mg +	Papain	12.5mg +
Flax Seed Milled Powder	300mg +		
Maca Root Powder	250mg +		

%Daily Values are based on a 2000 calorie diet.
+Daily Value not established

Other Ingredients: Cocoa Powder, Fructose, Maltodextrin, Natural Flavors, Xanthan Gum Powder, Natural and Artificial Flavors, Stevia Leaf Extract
Allergen Alert: Contains: Soy, Milk

Formulated for: **INSTITUTE FOR VIBRANT LIVING**
P.O. BOX 3840 Camp Verde AZ, 86322

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