

The IN.FORM™ Metabolic Age Support Whey Protein Shake blends heart-healthy phytosterols*** with ultra-filtered, undenatured whey protein isolate in a unique formula that is easily digested to promote muscle recovery after physical exercise and build lean muscle mass.*

The IN.FORM Metabolic Age Support Shake is the convenient, tasty and satisfying cornerstone of the clinically studied IN.FORM program* to support and maintain healthy body composition and metabolic age.*

- Helps to promote muscle recovery after physical exercise and aids the buildup of lean muscle mass*
- Promotes healthy body composition when combined with exercise and a healthy diet*
- Provides 2 grams of phytosterols per serving to support cardiovascular health***
- Makes an ideal high-protein snack or meal replacement*
- Provides 20g of 18 amino acids per serving
- Provides 30% daily value or more of 17 vitamins and minerals

***Diets low in saturated fat and cholesterol that include 2 grams per day of phytosterols eaten with meals or snacks may reduce the risk of heart disease. A serving of IN.FORM Chocolate Whey Protein Shake supplies 2 grams of phytosterols.

#Controlled human clinical study of IN.FORM program for improving key health indicators, including metabolic age, healthy body composition, weight management, and cardiovascular health by supporting gut health, NSP 2015.



IN.FORM™



NEW!
METABOLIC AGE
SUPPORT
WHEY PROTEIN SHAKE

- Provides 2 grams of phytosterols per serving which may reduce the risk of heart disease***
- Supports weight management and healthy body composition*
- 20 grams of protein per serving

CHOCOLATE

15 PACKETS

NATURE'S SUNSHINE®



WHAT IS THE IN.FORM PROGRAM?

IN.FORM is a proprietary, clinically studied program* that combines positive lifestyle changes with cutting-edge foods and supplements. By supporting a healthy gut microbiome, the IN.FORM program offers a path to healthy metabolic age and function by supporting healthy body composition, weight management, and cardiovascular function all in one easy-to-follow program.*

Learn more about the IN.FORM program and the complete line of products at NaturesSunshine.com/INFORM

For best results use in conjunction with other IN.FORM products as recommended by a certified IN.FORM coach.

Recommendation: Mix one packet with 9 ounces of cold water or mix to taste.

*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.

Nutrition
Facts

15 servings per container
Serving size
1 Packet (51g)

Calories
per serving

Amount per serving	% Daily Value**	Amount per serving	% Daily Value**
Total Fat 5g	6%	Thiamin (Vitamin B1) 0.75mg	60%
Saturated Fat 1g	5%	Riboflavin (Vitamin B2) 0.85mg	70%
Trans Fat 0g		Niacin 10mg	60%
Cholesterol 10mg	3%	Vitamin B6 0.8mg	45%
Sodium 390mg	17%	Folate 200mcg DFE	50%
Total Carbohydrate 17g	6%	(120mcg folic acid)	
Dietary Fiber 0g	0%	Vitamin B12 0.9mcg	40%
Total Sugars 7g		Biotin 75mcg	250%
Includes 7g Added Sugars	14%	Pantothenic Acid 2.5mg	50%
Protein 20g	40%	Phosphorus 100mg	8%
Vitamin D 1mcg	6%	Iodine 75mcg	50%
Calcium 300mg	25%	Magnesium 120mg	30%
Iron 2.7mg	15%	Zinc 5.25mg	50%
Potassium 370mg	8%	Selenium 21mcg	40%
Vitamin A 300mcg	35%	Copper 0.5mg	60%
Vitamin C 21mg	25%	Manganese 0.7mg	30%
Vitamin E 5mg	35%	Chromium 18mcg	50%
**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.			
Calories per gram:			
Fat 9	•	Carbohydrate 4	•
		Protein 4	

Ingredients: Whey protein isolate, milk protein isolate, natural flavors, cane sugar, cocoa powder, inulin, phytosterols, acacia gum, sunflower oil, tricalcium phosphate, xanthan gum, sea salt, potassium citrate, magnesium oxide, stevia extract, ascorbic acid, d-alpha tocopherol (vitamin E), zinc citrate, niacinamide, sodium selenate, biotin, ferrous fumarate, vitamin A palmitate, manganese citrate, d-calcium pantothenate, chromium nicotinate, folic acid, potassium iodide, copper citrate, thiamine hydrochloride, pyridoxine hydrochloride (vitamin B6), riboflavin, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12).
Contains Milk, Soy.

NATURE'S SUNSHINE®

Distributed Exclusively by:
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Stock No. 21574