IN.FORM™

CLINICALLY STUDIED PROGRAM

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

NATURE'S SUNSHINE®

Net Wt. 1 lb 11 oz (765g)

****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 Whey Protein Shake supplies 2 grams of phytosterols.*

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IN.FORM™

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 18 vitamins and minerals

Recommendation: Mix two level scoops (51g) with approximately 9 ounces of cold water, or mix to taste.

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.

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‡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.

This bag has been sealed for your protection. Do not use if seal is open or damaged. The weight stated on this bag is correct; product settles during shipping. Nature's Sunshine uses natural source materials that are subject to color and texture variation.

**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 **2 scoops (51g)**

Amount per serving

Calories **190**

	% Daily Value**
Total Fat 5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 390mg	**17%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 7g	
Includes 7g Added Sugars	**14%**
Protein 20g	**40%**
Vitamin D 1mcg	5%
Calcium 300mg	25%
Iron 2.7mg	15%
Potassium 370mg	8%
Vitamin A 300mcg	35%
Vitamin C 21mg	25%
Vitamin E 5mg	35%
Thiamin (Vitamin B_1) 0.75mg	60%
Riboflavin (Vitamin B_2) 0.85mg	70%
Niacin 10mg	60%
Vitamin B_6 0.8mg	45%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B_{12} 0.9mcg	40%
Biotin 75mcg	250%
Pantothenic Acid 2.5mg	50%
Phosphorus 100mg	8%
Iodine 75mcg	50%
Magnesium 120mg	30%
Zinc 5.25mg	50%
Selenium 21mcg	40%
Copper 0.5mg	60%
Manganese 0.7mg	30%
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.

When used as part of the IN.FORM program, this product:

Supports healthy metabolic age* | Supports healthy body composition* | Supports cardiovascular health* | Is clinically studied‡

NATURE'S SUNSHINE®

Distributed Exclusively by:
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