IN.FORM™

CLINICALLY STUDIED PROGRAM

METABOLIC AGE SUPPORT

WHEY PROTEIN SHAKE

- Provides 2 grams of phytosterols per serving to support cardiovascular health†
- Supports weight management and healthy body composition†
- 20 grams of protein per serving

VANILLA

NATURE'S SUNSHINE®

Net Wt. 1 lb 9 oz (705 g)

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IN.FORM™

The IN.FORM™ Metabolic Age Support Whey Protein Shake blends heart-healthy phytosterols with ultra-filtered 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 protein per serving

WHAT IS THE IN.FORM PROGRAM?

IN.FORM is a proprietary, clinically studied program† that combines positive lifestyle changes with cutting-edge 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 two level scoops (47g) with approximately 9 ounces of cold water, or mix to taste.

†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.

†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.

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.

Nutrition Facts

15 servings per container

Serving size **2 scoops (47g)**

Amount per serving

Calories **180**

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 230mg	**10%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 8g	
Includes 7g Added Sugars	**14%**
Protein 20g	**40%**
Vitamin D 1mcg	6%
Calcium 400mg	30%
Iron 2.7mg	15%
Potassium 150mg	4%
Vitamin A 300mcg	35%
Vitamin C 21mg	25%
Vitamin E 5mg	35%
Thiamin 0.75mg	60%
Riboflavin 0.85mg	70%
Niacin 10mg	60%
Vitamin B6 0.8mg	45%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B12 0.9mcg	40%
Biotin 75mcg	250%
Pantothenic Acid 2.5mg	50%
Phosphorus 150mg	10%
Iodine 75mcg	50%
Magnesium 120mg	30%
Zinc 5.3mg	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.

Ingredients: Whey protein isolate, milk protein isolate, sunflower oil, cane sugar, inulin, phytosterols, acacia gum, natural flavors, xanthan gum, tricalcium phosphate, sea salt, potassium citrate, magnesium oxide, steviol glycosides, ascorbic acid, d-alpha tocopherol, zinc citrate, niacinamide, sodium selenate, biotin, ferrous fumarate, retinyl palmitate, manganese citrate, d-calcium pantothenate, chromium nicotinate, folic acid, potassium iodide, copper citrate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, cholecalciferol, cyanocobalamin.

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:

NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660
1-800-223-8225 www.naturessunshine.com

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