



# EXTREME SHAKE

MEAL REPLACEMENT

WITH PATENTED SENSORIL® ASHWAGANDHA

## PROTEIN BLEND AND MULTI-COLLAGEN

DUTCH CHOCOLATE

DIETARY SUPPLEMENT  
15 SERVINGS ♦ 30 SCOOPS  
NET WT. 16.93 OZ. (480G)

110  
Calories/  
per serving

15.6  
grams  
Protein  
Blend

3.3  
grams  
MULTI-  
COLLAGEN

2.52  
grams  
Prebiotic/  
Probiotic Blend

### Supplement Facts

Serving Size: 2 scoops (32g)  
Servings Per Container: 15

|                                                                                                                  | Amount Per Serving     | % Daily Value |
|------------------------------------------------------------------------------------------------------------------|------------------------|---------------|
| Calories                                                                                                         | 110                    |               |
| Total Fat                                                                                                        | 4 g                    | 5%            |
| Saturated Fat                                                                                                    | 3 g                    | 15%           |
| Cholesterol                                                                                                      | 7 mg                   | 2%            |
| Total Carbohydrates                                                                                              | 7 g                    | 3%            |
| Dietary Fiber                                                                                                    | 3 g                    | 11%           |
| Total Sugars                                                                                                     | 3 g                    |               |
| Protein                                                                                                          | 15 g                   | 30%           |
| Vitamin A (Palmitate)                                                                                            | 900 mcg RAE            | 100%          |
| Vitamin C (Ascorbate Acid)                                                                                       | 180 mg                 | 200%          |
| Vitamin D-3 (Cholcalciferol)                                                                                     | 20 mcg                 | 100%          |
| Vitamin E (Alpha-tocopherol)                                                                                     | 15 mg alpha-tocopherol | 100%          |
| Vitamin B-1 (Thiamin)                                                                                            | 1.2 mg                 | 100%          |
| Vitamin B-2 (Riboflavin)                                                                                         | 1.3 mg                 | 100%          |
| Niacin (Niacinamide)                                                                                             | 16 mg NE               | 100%          |
| Vitamin B-6 (Pyridoxine)                                                                                         | 1.7 mg                 | 100%          |
| Folate/Folic Acid                                                                                                | 400 mcg DFE            | 100%          |
| Vitamin B-12 (Methyl-Cyanocobalamin)                                                                             | 2.4 mcg                | 100%          |
| Biotin                                                                                                           | 30 mcg                 | 100%          |
| Pantothenic Acid (D-Calcium Pantothenate)                                                                        | 5 mg                   | 100%          |
| Calcium (Citrate/Carbonate)                                                                                      | 239 mg                 | 18%           |
| Phosphorus (Whey Protein)                                                                                        | 62 mg                  | 5%            |
| Iodine (Kelp)                                                                                                    | 75 mcg                 | 50%           |
| Magnesium (Ascorbate)                                                                                            | 70 mg                  | 17%           |
| Zinc (Ascorbate)                                                                                                 | 11 mg                  | 100%          |
| Selenium (Chelate)                                                                                               | 55 mcg                 | 100%          |
| Copper (Chelate)                                                                                                 | 1 mg                   | 110%          |
| Manganese (Ascorbate)                                                                                            | 2.3 mg                 | 100%          |
| Chromium (Nicotinate)                                                                                            | 61 mcg                 | 175%          |
| Molybdenum (Ascorbate)                                                                                           | 38 mcg                 | 85%           |
| Potassium (Citrate)                                                                                              | 322 mg                 | 7%            |
| Sodium (Chloride)                                                                                                | 349 mg                 | 15%           |
| Protein Blend                                                                                                    | 15.6 g                 | *             |
| Whey Protein Concentrate, Milk Protein Isolate                                                                   |                        |               |
| Collagen Blend                                                                                                   | 3.3 g                  | *             |
| Hydrolyzed Collagen (Grass-Fed Beef), Hydrolyzed Collagen (Chicken), Hydrolyzed Collagen (Fish), Hyaluronic Acid |                        |               |
| Prebiotic/Probiotic Blend                                                                                        | 2.52 g                 | *             |
| Tricaloid® Ultrasmooth CL, Inulin, Fibersol, Lactobacillus (6 billion/GM)                                        |                        |               |
| CTFO Extreme Shake Proprietary Blend                                                                             | 1.82 g                 | *             |
| MCT (Medium Chain Triglycerides), Coconut Powder, Sensoril® (Ashwagandha Leaf and Root Extract).                 |                        |               |
| * Daily Value not established                                                                                    |                        |               |
| % Daily Value are based upon a 2,000 calorie diet                                                                |                        |               |
| Other Ingredients: Dutch Cocoa Powder, Erythritol, Stevia Extract, Silica                                        |                        |               |



KETO  
FRIENDLY



GLUTEN  
FREE



GMO  
FREE



GOOD  
MANUFACTURING  
PRACTICE

High Protein Milk. Ingredients Derived From Milk.

Suggested Use: Add 2 scoops (32g) to 8 ounces of water.

Delivers 15g of Bio Available Ptoein. 3 grams net carbs.

We formulated our PROTEIN & MULTI-COLLAGEN EXTREME SHAKE fortified w/Sensoril® Ashwagandha and a gut-enhancing Prebiotic & Probiotic Blend for people who want a true meal replacement shake with the age-defying properties of collagen.

Collagen is not a complete protein by itself. Combining whey with multi-collagen (grass-fed beef, chicken and fish) delivers the 9 essential amino acids that our body cannot produce on its own to make collagen into a complete protein.

Make Extreme Shake™ a part of your GO-TO healthy lifestyle routine when you absolutely have to be the best version of yourself.

Notice: For weight reduction, use only as directed in CTFO's Low-Carb Lifestyle Plan & Food Guide at [www.myctfo.com](http://www.myctfo.com). Do not use in diets supplying less than 400 calories per day without medical supervision.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

- Store at 15-30°C (59-86°F).
- Protect from heat, light and moisture.
- Do not purchase if bag is open or torn.

This product may be manufactured and packaged in a facility which may also process, milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish. Keep out of Reach of Children

Sensoril® is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478, and is a registered trademark of Natreon, Inc.

CTFO® is a registered trademark of CTFO, Inc.

Made in USA in FDA registered facility

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