

THE
KOACHE
APPROACH

1 CLEAN · 2 · 3 · 4

YOUR WAY TO WEIGHT LOSS & WELLNESS
CREATED BY LISA SAFF KOACHE, M.D. & SPECTRA WELLNESS SOLUTIONS

HEALTHY & LITE SHAKE
VANILLA

NET WT. 32.6 OZ. (2 LB. 0.6 OZ.) 927 G.

DIETARY SUPPLEMENT

Supplement Facts		
Serving Size: 1 Level Scoop		
Servings Per Container: 30		
Each Level (30.9 g) Scoop Contains:		% DV
Calories	120	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	2%*
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Sodium	400 mg	16%*
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Sugars	1 g	**
Protein	24 g	48%*
Proprietary Blend	28 g	
Pea Protein Isolate		**
Rice Protein		**
* Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value (DV) not established.		

Other Ingredients: Flavors, Stevia extract (leaf) (Rebaudioside A 95%), Silicon Dioxide.

Suggested Use: Mix one level scoop of powder with 10 oz. of water, juice, or preferred beverage daily or as recommended by your health-care practitioner.

Typical Amino Acid Amounts (g)

Per Serving:	
Alanine	1.0
Arginine	2.0
Aspartic Acid	2.7
Cysteine	0.2
Glutamic Acid	3.9
Glycine	0.9
Histidine	0.6
Isoleucine ▲	1.2
Leucine ▲	1.9
Lysine ▲	1.7
Methionine ▲	0.3
Phenylalanine ▲	1.3
Proline	1.0
Serine	1.1
Threonine ▲	0.9
Tyrosine	0.9
Valine ▲	1.2
▲ Essential Amino Acid	

Manufactured For:
Spectra Wellness Solutions
509 S. Armenia Suite 302
Tampa, FL 33609
(813) 319-0911
www.spectracomplete.com

Tamper Evident: Use only if bottle is sealed.

If pregnant consult your health-care practitioner
before using this product.

Store tightly sealed in a cool, dry place.



KOCSP673_02