



#### COMPLETE NUTRITION

**Alive! Ultra-Shake** is nutrition you can feel—packed with vitamins, minerals, fruits, vegetables, protein, fiber, green foods, omega 3/6/9 fatty acids, mushrooms, antioxidants, enzymes and more!

#### PREMIUM SOY PROTEIN

**Alive! Ultra-Shake** contains heart-healthy, easy-to-digest soy protein isolate complete with 18 amino acids. 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, **may reduce the risk of heart disease**. A serving of Alive! Ultra-Shake supplies 15 grams of soy protein.

#### WHOLE BODY BENEFITS

**Alive! Ultra-Shake** provides an abundance of essential daily nutrients to support healthy:

| ENERGY & METABOLISM* |           |
|----------------------|-----------|
| BONES*               | COLON*    |
| DIGESTION*           | EYES*     |
| HEART*               | IMMUNITY* |

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



LS15389-401 (7/15/04)

**SOY  
PROTEIN**



Non-GMO  
Vegetarian

# Alive!

## ultra-Shake™

### Vanilla

### NATURAL FLAVOR

### WHOLE FOOD ENERGIZER™

**Vitamins • Minerals • Protein • Fiber**  
**Fruits • Vegetables • Green Foods • EFAs**  
**Mushrooms • Enzymes • Antioxidants**

NET WT. 20 OZ (1.3 lbs / 567 g) • DIETARY SUPPLEMENT

**Recommendation:** As a dietary supplement, add 1 heaping scoop to 8 fluid ounces of cold water, milk or juice (scoop included). Shake or stir until smooth. Mixes instantly, no blender required. Intended to be taken once daily. As with any supplement, if you are taking medication consult your doctor before use. Do not exceed recommended use. **Keep tightly sealed and out of reach of children.** Store in a cool, dry place.

## Supplement Facts

Serving Size 1 Scoop (37 g)  
Servings per Container 15

| Amount Per Serving                                                                |           | % DV  |
|-----------------------------------------------------------------------------------|-----------|-------|
| Calories                                                                          | 120       |       |
| Calories from Fat                                                                 | 5         |       |
| Total Fat                                                                         | 1 g       | 2%†   |
| Total Carbohydrate                                                                | 15 g      | 5%†   |
| Dietary Fiber                                                                     | 4 g       | 16%†  |
| Sugars                                                                            | 8 g       | **    |
| Protein                                                                           | 15 g      | 30%†  |
| Vitamin A (33% [5,000 IU] as retinol palmitate, 67% [10,000 IU] as beta carotene) | 15,000 IU | 300%  |
| Vitamin C (ascorbic acid)                                                         | 1 g       | 1667% |
| Vitamin D (as ergocalciferol)                                                     | 1,000 IU  | 250%  |
| Vitamin E (as d-alpha tocopheryl succinate)                                       | 200 IU    | 667%  |
| Vitamin K (as phytonadione)                                                       | 80 mcg    | 100%  |
| Thiamin (as thiamin mononitrate)                                                  | 25 mg     | 1667% |
| Riboflavin (Vitamin B2)                                                           | 25 mg     | 1471% |
| Niacin (as niacinamide)                                                           | 125 mg    | 625%  |
| Vitamin B6 (as pyridoxine HCl/pyridoxal 5-phosphate)                              | 50 mg     | 2500% |
| Folic Acid                                                                        | 400 mcg   | 100%  |
| Vitamin B12 (as cyanocobalamin)                                                   | 200 mcg   | 3333% |
| Biotin                                                                            | 325 mcg   | 108%  |
| Pantothenic Acid (as d-calcium pantothenate)                                      | 125 mg    | 1250% |
| Calcium (as citrate/carbonate)                                                    | 250 mg    | 25%   |
| Iron (from soy protein)                                                           | 2 mg      | 11%   |
| Iodine (as potassium iodide, from kelp/bladderwrack powder)                       | 150 mcg   | 100%  |
| Magnesium (as citrate/oxide)                                                      | 125 mg    | 31%   |
| Zinc (as amino acid chelate)                                                      | 15 mg     | 100%  |
| Selenium (as L-selenomethionine)                                                  | 200 mcg   | 286%  |
| Copper (as amino acid chelate)                                                    | 2 mg      | 100%  |
| Manganese (as amino acid chelate)                                                 | 5 mg      | 250%  |
| Chromium (as picolinate)                                                          | 250 mcg   | 208%  |
| Molybdenum                                                                        | 75 mcg    | 100%  |
| Sodium                                                                            | 190 mg    | 8%    |
| Potassium (as amino acid chelate, from soy protein/xanthan gum/kelp)              | 110 mg    | 3%    |

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                      |         | % DV |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|------|
| Soy Protein (Solae™ non-GMO isolate) providing amino acids: Glutamic acid, Aspartic acid, Leucine, Arginine, Lysine, Phenylalanine, Serine, Proline, Valine, Isoleucine, Alanine, Glycine, Tyrosine, Threonine, Histidine, Tryptophan, Cysteine, Methionine                                                                                                             | 15 g    | **   |
| Multi-Fiber Blend: Oat Fiber; Chicory (root) Extract; Xanthan Gum                                                                                                                                                                                                                                                                                                       | 3.5 g   | **   |
| Green Food/Spirulina Blend: Spirulina (microalgae); Kelp/Bladderwrack (whole thallus); Alfalfa (leaf, stem); Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf) | 550 mg  | **   |
| Citrus Bioflavonoid Complex (from lemon, sweet orange, bitter orange, grapefruit) providing: Hesperidin, Naringin, Narirutin, Eriocitrin, Flavonols and Flavones                                                                                                                                                                                                        | 100 mg  | **   |
| Garden Veggies™ Juice Powder Blend: Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic                                                                                                                                                                                                               | 100 mg  | **   |
| Orchard Fruits™ Blend: Pomegranate (seed); Açaí (whole palm fruit) Extract; Juice Powders: Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Grape; Pineapple                                                                                                                                                              | 100 mg  | **   |
| Organic Mushroom Defense Blend: Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima                                                                                                                                                                                                             | 100 mg  | **   |
| Digestive Enzyme Blend: Concentrated Enzyme formula (Protease I, Protease II, Peptizyme SP, Amylase, Lactase, Invertase, Lipase, Cellulase, Alpha Galactosidase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)                                                                                                                                         | 100 mg  | **   |
| Omega 3/6/9 Fatty Acid Seed Blend: Flax Seed Powder (dry, cold pressed); Sunflower Seed Powder (dry, cold pressed)                                                                                                                                                                                                                                                      | 100 mg  | **   |
| Siberian Eleuthero (root)                                                                                                                                                                                                                                                                                                                                               | 50 mg   | **   |
| Inositol                                                                                                                                                                                                                                                                                                                                                                | 50 mg   | **   |
| Choline (as choline bitartrate)                                                                                                                                                                                                                                                                                                                                         | 30 mg   | **   |
| Rutin                                                                                                                                                                                                                                                                                                                                                                   | 25 mg   | **   |
| Boron (as amino acid chelate)                                                                                                                                                                                                                                                                                                                                           | 1 mg    | **   |
| Lutein (from marigold)                                                                                                                                                                                                                                                                                                                                                  | 200 mcg | **   |

†Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

Other ingredients: 100% Pure crystalline fructose, Natural flavors, Luo han guo extract.

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