



COMPLETE NUTRITION
Alive! Ultra-Shake® is packed with Vitamins, Minerals, Orchard Fruits™ and Garden Veggies™+ Protein, Fiber, Green Foods, Omega 3/6/9 Fatty Acids, Enzymes, Mushrooms, Antioxidants and more!

PREMIUM SOY PROTEIN
Contains easy-to-digest Soy Protein Isolate complete with naturally-occurring 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 14 grams of soy protein.

WHOLE BODY BENEFITS
Provides an abundance of essential daily nutrients to help 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.	



UN16393A01 781 0A

+200 mg fruit/vegetable powder, extract and dried juice

NON-GMO
SOY
PROTEIN



Vegetarian
Formula

Alive!

ultra-Shake®

Vanilla

DELICIOUS FLAVOR

WHOLE FOOD ENERGIZER™
Vitamins • Minerals • Protein • Fiber
Orchard Fruits™ & Garden Veggies™+ • Green Foods
EFAs • Mushrooms • Enzymes • Antioxidants

NET WT. 20 OZ (1.3 lbs / 563 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. If pregnant, nursing or taking any medications, consult a healthcare professional before use. Do not exceed recommended use. This product contains the amino acid phenylalanine. **Keep tightly sealed and out of reach of children.** Store in a cool, dry place.

Supplement Facts		Amount Per Serving	% DV
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 retinyl acetate, 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)		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)		50 mg	1%
Soy Protein (Solae™ non-GMO isolate) providing amino acids: Glutamic acid, Aspartic acid,		14 g	**
Amount Per Serving			% DV
Leucine, Arginine, Lysine, Phenylalanine, Serine, Proline, Valine, Isoleucine, Alanine, Glycine, Tyrosine, Threonine, Histidine, Tryptophan, Cysteine, Methionine			
Multi-Fiber Blend:		3.5 g	**
Oat Fiber; Chicory (root) Extract; Xanthan Gum			
Green Food/Spirulina Blend:		550 mg	**
Spirulina (microalgae); Alfalfa (leaf); Kelp/Bladderwrack (thallus); Barley Grass (grass); Dandelion (leaf); Lemon Balm (leaf); Wheat Grass (grass); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf)			
Citrus Bioflavonoid Complex (from lemon, sweet orange, bitter orange, grapefruit) providing: Hesperidin, Eriocitrin, Naringin, Narirutin, Flavones and Flavonols		100 mg	**
Garden Veggies™ Powder Blend:		100 mg	**
Parsley; Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic			
Orchard Fruits™ Blend:		100 mg	**
Pomegranate (seed); Açai (whole palm fruit) Extract; Powders: Grape Juice; Plum; Cranberry; Blueberry; Strawberry; Blackberry; Bilberry; Cherry; Apricot; Papaya; Orange; Pineapple			
Organic Mushroom Defense Blend:		100 mg	**
Oyster Hiratake; Reishi; Shiitake; Maitake; Yamabushitake; Agarikon; Chaga; Himematsutake; Kawaratake; Mesima; Zhu Ling			
Digestive Enzyme Blend:		100 mg	**
Concentrated Enzyme formula (Protease I, Protease II, Amylase, Lactase, Peptidase, Cellulase, Invertase, Alpha Galactosidase, Lipase); Betaine HCl; Bromelain (from pineapple); Papain (from papaya)			
Omega 3/6/9 Fatty Acid Seed Blend:		100 mg	**
Flax Seed Powder (dry); Sunflower Seed Powder (dry)			
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 (DV) are based on a 2,000 calorie diet.			
**Daily Value not established.			

Other ingredients: Crystalline fructose, Natural vanilla flavor with other natural flavors, Natural caramel flavor with other natural flavors, Luo han guo extract

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