



# Product Fact Sheet VitaShake®

## THE POWER OF VITAMINS, MINERALS, PROTEIN, AND FIBER IN ONE DELICIOUS SHAKE

VitaShake® satisfies your hunger and powers your body with concentrated whole-food nutrition, including vitamins, minerals, and antioxidants. Each delicious sip helps fill in nutritional gaps in your diet, with the added benefit of whole fiber. Our super shake is also formulated with coix fruit, a powerful antioxidant, and fructooligosaccharide (FOS), a prebiotic soluble-fiber carbohydrate that supports the growth of beneficial bacteria. Healthy carbs and GMO-free soy protein further bolster VitaShake's nutritional profile. Available in Cocoa, Strawberry, and Vanilla (in select countries).

## PHILOSOPHY OF REGENERATION®

In tune with the Philosophy of Regeneration®, VitaShake® features a unique combination of plant-based ingredients to nourish, balance, and cleanse the five systems of the body to support optimal health and wellness.

## INGREDIENT HIGHLIGHTS

### COIX FRUIT

This tropical plant is a rich source of antioxidants, including polyphenols, which have recently been termed "lifespan essentials." The fiber contained in coix plant may decrease how much fat and cholesterol the body absorbs.

### FRUCTOOLIGOSACCHARIDE (FOS)

FOS is a prebiotic, which is a source of food for probiotics to grow, multiply and survive in the gut. FOS cannot be absorbed or broken down by the body and therefore serves as a great food source for probiotics.

## FAQS

**Q:** How is VitaShake® different from other protein shakes and meal-replacement shakes?

**A:** While most protein and meal-replacement shakes are a cocktail of chemical additives, artificial flavors, and artificial sweeteners, VitaShake® is free of those potentially harmful ingredients. It's a unique product in today's shake market with fewer than 100 calories a serving, no cholesterol, very low sodium, and very low sugar. And because we use a whole-food base with natural vitamins and minerals, your body is better able to absorb the nutrients.

**Q:** Is VitaShake® easy to digest?

**A:** Yes. Unlike other brands that contain chemically processed or animal-based protein powders, our soy protein in VitaShake® is similar to super-concentrated tofu. This makes VitaShake® an excellent choice for a nutritious shake for young and old people who require easily digestible food. It's also a good source of fiber to support a healthy digestive tract.

## RECOMMENDATION

Mix one package with 6 to 8 ounces of water, milk, almond milk, or your favorite healthy beverage in a shaker bottle. Drink as is or add crushed ice. Sweeten to taste with SunnyDew®.

For more VitaShake® recipes, visit Sunrider's YouTube channel and watch the video series, *Cooking with Katie*.

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OWNER EXPERTISE  
FORMULATION



KOSHER  
CERTIFIED



SELF-  
MANUFACTURED



HALAL  
CERTIFIED



MADE WITH NATURAL  
INGREDIENTS

## BENEFITS

- Quick, nutritionally balanced meal
- Good meal replacement and between-meal snack
- Easy to digest
- Made from whole-food sources for maximum nutrient absorption
- Fewer than 100 calories per serving, very low in sodium and sugar
- No cholesterol, artificial sweeteners, artificial flavors, or preservatives
- Naturally delicious flavors the whole family loves