Get More Life Out of Your Protein Shake

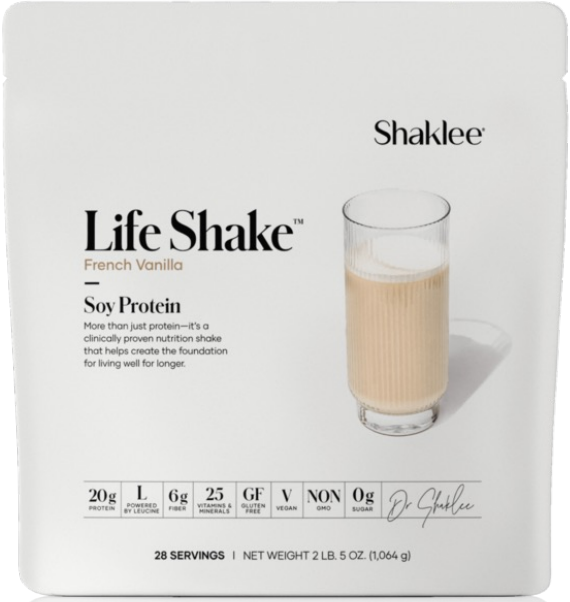
LIFE SHAKE™ SOY PROTEIN

Life Shake™ pairs plant protein with essential nutrition to support lifelong wellness—now with 0 g of sugar.^ With 20 g of high-quality protein and added leucine, it helps build lean muscle, boost metabolism, and burn fat.[†1,2] Its easily absorbed amino acids help your body build and maintain proteins that support metabolism, hormone balance, and immune health. Clinically shown to naturally increase GLP-1, Life Shake curbs cravings and promotes lasting fullness.[‡]

With 25 essential vitamins and minerals, 6 g of fiber, and omega-3s, it also supports gut, heart, immune, and bone health. Delicious and convenient, it's the perfect all-in-one shake to power your health goals.

14 Servings
French Vanilla #21414 | Rich Chocolate #21416 | Strawberry #21420 | Café Latte #21418
RETAIL PRICE: $60.50 | MEMBER PRICE: $51.45
PV: French Vanilla 30.15 | Rich Chocolate 31.00 | Strawberry 32.15 | Café Latte 32.65

28 Servings
French Vanilla #21415 | Rich Chocolate #21417 | Strawberry #21421 | Café Latte #21419
RETAIL PRICE: $109.05 | MEMBER PRICE: $92.65
PV: French Vanilla 56.25 | Rich Chocolate 56.85 | Strawberry 58.15 | Café Latte 58.45



Vegan | Star-K Kosher | Gluten Free | NON DAIRY

NOURISH YOUR WHOLE BODY FOR LIFE

Why We Love It

Complete nutrition made easy with 20 g of high-quality protein, 6 g of fiber, and 25 essential vitamins and minerals

Powered by Leucine® to build lean muscle, boost metabolism, burn fat, and support long-term weight management[†1,2]

Clinically shown to naturally increase GLP-1, promoting fullness and curbing cravings[‡]

Easily absorbed amino acids fuel your body to build and repair body proteins for healthy skin, hair, joints, metabolism, immunity, and more

Convenient and delicious — shake up a satisfying meal or healthy snack

Naturally sweetened with monk fruit and Reb M, with 0 g added sugar^

French Vanilla

Nutrition Facts
28 servings per container
Serving size 2 Scoops (38 g)

Amount per serving (mix alone)
Calories 110

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 0.5 g	
Cholesterol 0 mg	0%
Sodium 510 mg	22%
Total Carbohydrate 9 g	3%
Dietary Fiber 6 g	21%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 20 g	40%
Vitamin D 20 mcg	100%
Calcium 650 mg	50%
Iron 2.7 mg	15%
Potassium 150 mg	4%
Vitamin A 90 mcg RAE	10%
Vitamin C 21 mg	25%
Vitamin E 5.2 mg	35%
Vitamin K 36 mcg	30%
Thiamin 0.42 mg	35%
Riboflavin 0.45 mg	35%
Niacin 5.6 mg	35%
Vitamin B_6 0.6 mg	35%
Folate 138 mcg DFE	35%
Vitamin B_{12} 2.4 mcg	100%
Biotin 10.5 mcg	35%
Pantothenic acid 1.8 mg	35%
Phosphorus 230 mg	20%
Magnesium 90 mg	20%
Zinc 4 mg	35%
Selenium 10 mcg	20%
Copper 0.3 mg	35%
Manganese 0.3 mg	15%
Chromium 7 mcg	20%
Molybdenum 25 mcg	60%
Chloride 270 mg	12%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shaklee Proprietary Protein Blend (Soy Protein Concentrate, Soy Protein Isolate, L-Leucine, **Organic** Chia Seed Protein, **Organic** Pumpkin Seed Protein), Natural Flavors, Proprietary Fiber Blend [Soluble Corn Fiber, **Organic** Ancient Grains Blend (**Organic** Amaranth, **Organic** Buckwheat, **Organic** Millet, **Organic** Quinoa, **Organic** Chia)], Dry MCT Oil, Salt, Rebaudioside M, Milled Golden Flaxseed, Monk Fruit Extract, Digestive Enzyme Blend (Papain, Bromelain).

VITAMINS AND MINERALS: Calcium (Dicalcium Phosphate), Phosphorus (Dicalcium Phosphate), Potassium (Potassium Chloride), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (D-alpha-tocopheryl Acetate), Vitamin D_3, Vitamin B_3 (Nicinamide), Zinc (Zinc Oxide), Vitamin B_5 (Calcium Pantothenate), Vitamin A (Vitamin A Palmitate), Vitamin B_6 (Pyridoxine Hydrochloride), Vitamin B_1 (Thiamine Mononitrate), Vitamin B_2 (Riboflavin), Folate (L-5-methyltetrahydrofolate Calcium), Vitamin K_1, Biotin, Vitamin B_{12} (Methylcobalamin).

Rich Chocolate

Nutrition Facts
28 servings per container
Serving size 2 Scoops (41 g)

Amount per serving (mix alone)
Calories 110

	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 0.5 g	
Cholesterol 0 mg	0%
Sodium 500 mg	22%
Total Carbohydrate 10 g	4%
Dietary Fiber 6 g	21%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 20 g	40%
Vitamin D 20 mcg	100%
Calcium 650 mg	50%
Iron 4.2 mg	25%
Potassium 236 mg	6%
Vitamin A 90 mcg RAE	10%
Vitamin C 21 mg	25%
Vitamin E 5.2 mg	35%
Vitamin K 36 mcg	30%
Thiamin 0.42 mg	35%
Riboflavin 0.45 mg	35%
Niacin 5.6 mg	35%
Vitamin B_6 0.6 mg	35%
Folate 138 mcg DFE	35%
Vitamin B_{12} 2.4 mcg	100%
Biotin 10.5 mcg	35%
Pantothenic acid 1.8 mg	35%
Phosphorus 230 mg	20%
Magnesium 100 mg	25%
Zinc 4 mg	35%
Selenium 13 mcg	25%
Copper 0.4 mg	45%
Manganese 0.4 mg	15%
Chromium 30 mcg	90%
Molybdenum 25 mcg	60%
Chloride 200 mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shaklee Proprietary Protein Blend (Soy Protein Concentrate, Soy Protein Isolate, L-Leucine, **Organic** Chia Seed Protein, **Organic** Pumpkin Seed Protein), Cocoa Pressed with Alkali, Natural Flavors, Proprietary Fiber Blend [Soluble Corn Fiber, **Organic** Ancient Grains Blend (**Organic** Amaranth, **Organic** Buckwheat, **Organic** Millet, **Organic** Quinoa, **Organic** Chia)], Dry MCT Oil, Salt, Rebaudioside M, Milled Golden Flaxseed, Monk Fruit Extract, Digestive Enzyme Blend (Papain, Bromelain).

VITAMINS AND MINERALS: Calcium (Dicalcium Phosphate), Phosphorus (Dicalcium Phosphate), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (D-alpha-tocopheryl Acetate), Vitamin D_3, Vitamin B_3 (Nicinamide), Zinc (Zinc Oxide), Vitamin B_5 (Calcium Pantothenate), Vitamin A (Vitamin A Palmitate), Vitamin B_6 (Pyridoxine Hydrochloride), Vitamin B_1 (Thiamine Mononitrate), Vitamin B_2 (Riboflavin), Folate (L-5-methyltetrahydrofolate Calcium), Vitamin K_1, Biotin, Vitamin B_{12} (Methylcobalamin).

Strawberry

Nutrition Facts
28 servings per container
Serving size 2 Scoops (39 g)

Amount per serving (mix alone)
Calories 140

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 500 mg	22%
Total Carbohydrate 9 g	3%
Dietary Fiber 6 g	21%
Total Sugars 1 g	
Includes 1 g Added Sugars	2%
Vitamin D 20 mcg	100%
Calcium 650 mg	50%
Iron 2.7 mg	15%
Potassium 150 mg	4%
Vitamin A 90 mcg RAE	10%
Vitamin C 21 mg	25%
Vitamin E 5.2 mg	35%
Vitamin K 36 mcg	30%
Thiamin 0.42 mg	35%
Riboflavin 0.45 mg	35%
Niacin 5.6 mg	35%
Vitamin B_6 0.6 mg	35%
Folate 138 mcg DFE	35%
Vitamin B_{12} 2.4 mcg	100%
Biotin 10.5 mcg	35%
Pantothenic acid 1.8 mg	35%
Phosphorus 230 mg	20%
Magnesium 90 mg	20%
Zinc 4 mg	35%
Selenium 10 mcg	20%
Copper 0.3 mg	35%
Manganese 0.3 mg	15%
Chromium 7 mcg	20%
Molybdenum 25 mcg	60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shaklee Proprietary Protein Blend (Soy Protein Concentrate, Soy Protein Isolate, L-Leucine, **Organic** Chia Seed Protein, **Organic** Pumpkin Seed Protein), Natural Flavors, Proprietary Fiber Blend [Soluble Corn Fiber, **Organic** Ancient Grains Blend (**Organic** Amaranth, **Organic** Buckwheat, **Organic** Millet, **Organic** Quinoa, **Organic** Chia)], Dry MCT Oil, Salt, Red Beet Juice Powder For Color, Rebaudioside M, Milled Golden Flaxseed, Citric Acid, Monk Fruit Extract, Digestive Enzyme Blend (Papain, Bromelain).

VITAMINS AND MINERALS: Calcium (Dicalcium Phosphate), Phosphorus (Dicalcium Phosphate), Potassium (Potassium Chloride), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (D-alpha-tocopheryl Acetate), Vitamin D_3, Vitamin B_3 (Nicinamide), Zinc (Zinc Oxide), Vitamin B_5 (Calcium Pantothenate), Vitamin A (Vitamin A Palmitate), Vitamin B_6 (Pyridoxine Hydrochloride), Vitamin B_1 (Thiamine Mononitrate), Vitamin B_2 (Riboflavin), Folate (L-5-methyltetrahydrofolate Calcium), Vitamin K_1, Biotin, Vitamin B_{12} (Methylcobalamin).

Café latte

Nutrition Facts
28 servings per container
Serving size 2 Scoops (39 g)

Amount per serving (mix alone)
Calories 140

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 500 mg	22%
Total Carbohydrate 9 g	3%
Dietary Fiber 6 g	21%
Total Sugars 1 g	
Includes 1 g Added Sugars	2%
Protein 20 g	40%
Vitamin D 20 mcg	100%
Calcium 650 mg	50%
Iron 2.7 mg	15%
Potassium 150 mg	4%
Vitamin A 90 mcg RAE	10%
Vitamin C 21 mg	25%
Vitamin E 5.2 mg	35%
Vitamin K 36 mcg	30%
Thiamin 0.42 mg	35%
Riboflavin 0.45 mg	35%
Niacin 5.6 mg	35%
Vitamin B_6 0.6 mg	35%
Folate 138 mcg DFE	35%
Vitamin B_{12} 2.4 mcg	100%
Biotin 10.5 mcg	35%
Pantothenic acid 1.8 mg	35%
Phosphorus 230 mg	20%
Magnesium 90 mg	20%
Zinc 4 mg	35%
Selenium 10 mcg	20%
Copper 0.3 mg	35%
Manganese 0.3 mg	15%
Chromium 7 mcg	20%
Molybdenum 25 mcg	60%
Chloride 270 mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shaklee Proprietary Protein Blend (Soy Protein Concentrate, Soy Protein Isolate, L-Leucine, **Organic** Chia Seed Protein, **Organic** Pumpkin Seed Protein), Natural Flavors, Proprietary Fiber Blend [Soluble Corn Fiber, **Organic** Ancient Grains Blend (**Organic** Amaranth, **Organic** Buckwheat, **Organic** Millet, **Organic** Quinoa, **Organic** Chia)], Dry MCT Oil, Salt, Cocoa Processed With Alkali, Rebaudioside M, Milled Golden Flaxseed, Monk Fruit Extract, Digestive Enzyme Blend (Papain, Bromelain).

VITAMINS AND MINERALS: Calcium (Dicalcium Phosphate), Phosphorus (Dicalcium Phosphate), Potassium (Potassium Chloride), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (D-alpha-tocopheryl Acetate), Vitamin D_3, Vitamin B_3 (Nicinamide), Zinc (Zinc Oxide), Vitamin B_5 (Calcium Pantothenate), Vitamin A (Vitamin A Palmitate), Vitamin B_6 (Pyridoxine Hydrochloride), Vitamin B_1 (Thiamine Mononitrate), Vitamin B_2 (Riboflavin), Folate (L-5-methyltetrahydrofolate Calcium), Vitamin K_1, Biotin, Vitamin B_{12} (Methylcobalamin).

†As part of the Healthy Weight Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at healthresource.shaklee.com.
‡Based on a randomized, single-blind, crossover pilot trial to assess the effects of proprietary beverages on acute appetite hormone response in healthy adults

^Zero sugar claims exclude Life Shake Soy Strawberry and Café Latte flavors, which have 1 g of sugar. Vegan claims exclude Life Shake Soy Café Latte, which is vegetarian.

Shaklee®

1. Westcott W, Colligan A, Puhala K, Lannutti K, La Rosa Loud R, Vallier S. Journal of Exercise Physiology Online. 2017 Feb 1;20(1).
2. Westcott W, Colligan A, Lannutti K, La Rosa Loud R, Vallier S. Effects of Resistance Exercise and Protein on Body Composition Following Weight Loss. Journal of Clinical Exercise and Physiology 2018;7(2):25-32.

LIFE SHAKE

Get More Life out of Your Protein Shake

FAQS

1. **Who should use Life Shake and why?**
   Life Shake is designed for everyone. Protein is absolutely essential for everybody—at every age and every stage of life—and it's the cornerstone of your health. Your body relies on protein to build and repair everything from structural proteins like collagen, elastin, and keratin, which keep your skin, hair, and joints strong and resilient, to functional proteins such as hormones, enzymes, and antibodies that drive metabolism, boost immune health, maintain energy levels, and more. In fact, nearly every system in your body depends on protein to perform at its best.
   Whether you need a quick, balanced meal, are working toward weight loss or weight maintenance, or simply want an easy way to get more protein into your day, Life Shake delivers the nutrition and support you need with 20 grams of high-quality protein, plus 6 grams of fiber, and 25 essential vitamins and minerals.

2. **What makes Life Shake different from other protein shakes?**
   Life Shake delivers more than just protein. Each serving provides 20 grams of high-quality protein, along with 6 grams of fiber, prebiotics from ancient grains, and digestive enzymes. It also contains ALA, a beneficial omega-3 fatty acid, plus 25 essential vitamins and minerals for complete, balanced nutrition. Added leucine also helps preserve and build lean muscle.[†1,2]
   What truly sets Life Shake apart is the clinical science behind it. It's clinically proven to help you lose weight and keep it off. Research also shows it naturally boosts GLP-1, a hormone that promotes fullness and curbs appetite. Plus, the branched-chain amino acids (BCAAs) in Life Shake are clinically shown to be highly bioavailable, meaning your body effectively absorbs them so they can be used by the body.[‡]

3. **How is the new Life Shake different from the previous Life Shake?**
   The new Life Shake is the next evolution of our original formula. It now contains 0 g of sugar^ and is naturally sweetened with monk fruit and Reb M. We've also increased key nutrients—vitamin D, vitamin B12, and calcium—and added vitamin K for better overall daily health.
   It's also backed by even more clinical evidence.[‡] The new formula is clinically shown to be highly bioavailable, meaning your body can effectively absorb and use the amino acids to support protein building and repair. It's also clinically shown to naturally increase GLP-1, a hormone that helps promote feelings of fullness, reduce cravings, and support healthy appetite regulation throughout the day.

4. **How does Life Shake support healthy aging?**
   Starting in your 30s, your body begins to lose lean muscle, and this process speeds up by your 50s. This muscle loss can slow metabolism, reduce energy, and make everyday activities harder. It also affects balance and mobility, increasing the risk of falls and age-related health concerns.
   Life Shake supports healthy aging by providing 20 grams of high-quality protein, which helps preserve and rebuild lean muscle. Protein is also essential for making structural proteins like collagen and elastin that keep your skin and joints healthy as well as functional proteins like hormones and enzymes that support overall body function. Additionally, with added fiber, vitamins, and minerals, Life Shake also helps support gut, heart, brain, immune, and bone health to support vitality at every stage of life.

5. **Can Life Shake be used as a meal replacement?**
   Yes! Life Shake can be a healthy meal. Mix 2 scoops with 8 oz of nonfat or low-fat milk, or use dairy-free options like soy, almond, oat, or coconut milk. Keep in mind some nondairy milks—especially almond, oat, and coconut—have less protein than nonfat or soy milk.
   To enhance flavor and nutrition, try adding peanut butter, yogurt, or fresh and frozen fruits and vegetables.

†As part of the Healthy Weight Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at healthresource.shaklee.com.
‡Based on a randomized, single-blind, crossover pilot trial to assess the effects of proprietary beverages on acute appetite hormone response in healthy adults

^Zero sugar claims exclude Life Shake Soy Strawberry and Café Latte flavors, which have 1 g of sugar. Vegan claims exclude Life Shake Soy Café Latte, which is vegetarian.

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FAQS

6. Can Life Shake help with weight loss? Weight maintenance?

Yes. Life Shake is the foundation of Shaklee's clinically proven Healthy Weight Program, designed to help you lose fat while preserving lean muscle.[†1,2] Maintaining muscle mass is important because it supports your metabolism, making it easier to keep weight off long term.

In a published clinical study, participants who replaced two meals per day with Life Shake, followed personalized calorie targets, and exercised twice a week lost more fat, weight, and inches—and gained more lean muscle—compared to those who only exercised. In a 6-month follow-up study focused on weight maintenance, participants continued to lose fat and inches while gaining additional lean muscle.

7. Other than protein, what other nutrients are in Life Shake?

Life Shake delivers more than protein—it's packed with 6 grams of soluble fiber to support digestive and heart health and help you feel full. It also includes digestive enzymes to aid nutrient absorption and promote healthy digestion. Added leucine helps build and preserve lean muscle,[†1,2] and omega-3 fatty acids and 25 essential vitamins and minerals help support your heart, brain, immune system, bones, and more.

8. What is leucine? Why is leucine important?

Leucine is a key branched-chain amino acid (BCAA) that signals your body to build and preserve lean muscle. While protein provides the necessary building blocks (amino acids), leucine acts like a switch that tells your body to start building muscle. Without enough leucine, your body won't effectively use amino acids to build muscle—even if they're available. That's why Life Shake contains the right amount of leucine to help maintain and build lean muscle.[†1,2]

9. What are methylated B vitamins?

B vitamins can be either methylated or non-methylated. Folic acid and cyanocobalamin, the standard forms of folate and vitamin B12 commonly found in supplements, are not methylated. In contrast, methylfolate and methylcobalamin are the methylated forms of folate and vitamin B12, respectively. The methylated forms, methylfolate and methylcobalamin, have gained attention because genetic testing has become more common. Certain variants of the MTHFR gene, identified through these tests, are believed to decrease the efficiency of methylating folate and vitamin B12. However, research has confirmed that both methylated and standard B vitamin formulations are equally effective. Despite genetic variations that may affect how efficiently certain individuals metabolize these vitamins, the use of methylated B vitamins is not necessary, regardless of genetic background. Folic acid and cyanocobalamin, known for their safety, efficacy, and stability, remain excellent options for individuals across all genetic backgrounds.

That said, because some people specifically seek methylated B vitamins, we offer options containing the methylated forms of vitamin B9 and B12 in select products, including our Plant and Soy Life Shake and Vita-Lea Methylated.

10. Is Life Shake clinically tested?

Yes. Life Shake is clinically proven to support weight loss and weight maintenance. In one study, participants who replaced two meals a day with Life Shake, followed a reduced-calorie plan based on their starting weight, and exercised 40 minutes twice a week for six months lost significantly more weight, fat, and inches—and gained more lean muscle—compared to those who only exercised.

In a follow-up study, participants who replaced one meal a day with Life Shake and exercised for 40 minutes twice weekly lost more fat and inches, gained more lean muscle, and maintained their weight loss over time.

Life Shake has also been clinically tested for its effect on GLP-1, a hormone that promotes fullness. Results showed that Life Shake naturally increased GLP-1 levels, helping people feel more satiated after drinking it. Blood tests also confirmed that amino acid levels increased, indicating that the building blocks for muscle protein synthesis are available after consumption.[‡]

†As part of the Healthy Weight Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at healthresource.shaklee.com.
‡Based on a randomized, single-blind, crossover pilot trial to assess the effects of proprietary beverages on acute appetite hormone response in healthy adults

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Shaklee®

Get More Life out of Your Protein Shake

FAQS

11. **Does Life Shake help increase GLP-1 levels? Does it affect fullness and satiety?**
    Yes. Life Shake has been clinically shown to naturally increase GLP-1, a hormone that signals your brain to feel full after eating.‡ This boost in GLP-1 helps reduce hunger and promotes a feeling of satiety.

12. **What does non-inflammatory mean?**
    Non-inflammatory means a product is formulated so it doesn't trigger food-related inflammation. Life Shake contains 20 grams of protein and 0 grams of added sugar^ — a combination that supports healthy blood sugar and insulin levels. This helps to avoid the spikes that can contribute to food-related inflammation after eating.

13. **What does "low-glycemic" mean? Why is "low-glycemic" important?**
    "Low glycemic" refers to how slowly a food affects your blood sugar levels after eating. Foods are ranked on the Glycemic Index (GI) from 0 to 100, and those with a GI of 55 or less are considered low-glycemic. These foods lead to a slower, more steady rise in blood sugar, helping support sustained energy without the sharp spikes and crashes that can follow consumption of high-sugar foods. Life Shake is low-glycemic and contains 0 g of sugar^—plus protein and fiber, key nutrients that help support balanced blood sugar levels.

14. **Is Life Shake non-GMO?**
    Yes. The protein used in Life Shake is non-GMO.

15. **How is Life Shake sweetened?**
    Life Shake contains 0 g of sugar and is naturally sweetened with monk fruit and Reb M.

16. **Can I give Life Shake to my kids?**
    Yes, Life Shake is safe for children ages 3 and up. Toddlers can have 1 scoop (½ serving) mixed with 4-6 ounces of the milk of your choice as a healthy snack—once daily. Please note, Life Shake is NOT intended to be used as infant formula.

17. **Can I use Life Shake if I'm pregnant or nursing?**
    Yes, Life Shake can be part of a healthy eating plan during pregnancy and nursing. It provides an excellent source of protein, prebiotic fiber, and the extra calories often recommended during these times (about 300 calories per day during pregnancy and 500 calories per day while nursing). We recommend discussing any supplement use with your OB professional.

18. **Can I use Life Shake if I'm on any medications?**
    If you have a medical condition, are taking prescription medications, or have concerns about how Life Shake might affect you, please consult your physician before using the product.

19. **Is Life Shake vegan?**
    Yes, Life Shake is vegan.^

20. **Is Life Shake gluten-free?**
    Yes, Life Shake is gluten-free.

21. **Is Life Shake kosher certified?**
    Yes, Life Shake is Star-K kosher certified.

22. **Is Life Shake nondairy?**
    Yes, Life Shake is nondairy

23. **Does Life Shake contain tree nuts?**
    Life Shake does not contain tree nuts as an ingredient.

‡Based on a randomized, single-blind, crossover pilot trial to assess the effects of proprietary beverages on acute appetite hormone response in healthy adults
^Zero sugar claims exclude Life Shake Soy Strawberry and Café Latte flavors, which have 1 g of sugar. Vegan claims exclude Life Shake Soy Café Latte, which is vegetarian.

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