

Elevate Your Protein

SHAKLEE SPARKLING PROTEIN™

This sparkling protein is crafted with 40 g of clean, ultra-filtered, grass-fed BLG whey protein with boosted leucine and a superior amino acid profile. Features a clinically tested formula designed to help you build and maintain lean muscle mass, while simultaneously neutralizing cravings for longer by naturally raising your GLP-1 levels.† This refreshing lemon-lime, zero-sugar drink is 160 calories, making protein goals easy to meet and enjoy—anytime, anywhere. Available in 12 packs.

12-Pack | #22103

RETAIL PRICE: \$123.55 | MEMBER PRICE: \$105

PV: 45



Kosher D



Gluten Free



BREAKTHROUGH IN NUTRITION SCIENCE

Why We Love It

Superior Protein – 40 g of clean, ultra-filtered BLG whey protein, naturally richer in essential amino acids and boosted with leucine.

Absorbed Quickly and Effectively – Clinically shown to raise amino acid levels fast and keep them elevated for hours so your body can use them.†

Curbs Cravings Naturally – Clinically shown to naturally increase GLP-1, a key hormone that helps you feel full and reduce cravings throughout the day.†

Fuels Longevity – Powered by leucine to preserve lean muscle, support metabolism, and keep your body strong, resilient, and performing at its best.

Clean, Simple, Delicious – Lightly sweetened with natural ingredients; no fillers or artificial sweeteners.

Trusted Quality – Every batch is tested 199 times for safety, purity, and potency.

Sustainably Sourced – Whey from grass-fed cows raised on open pastures, with every step traceable from farm to final product, ensuring animal welfare, environmental sustainability, and naturally richer nutrition.

Convenient Anytime – Just 160 calories, 0 g sugar, naturally flavored, and ready to drink whenever you need a boost.

Nutrition Facts

1 serving per container
Serving size 1 Can (355 mL)

Amount Per Serving
Calories 160

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	< 1%
Total Carbohydrate 1 g	< 1%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 40 g	80%

Not a significant source of vitamin D, calcium, iron, and potassium.

* 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: Carbonated Water, Shaklee Proprietary Protein Blend (Beta-lactoglobulin Whey Protein, L-leucine), L-malic Acid, Natural Flavors, Citric Acid, Monk Fruit Extract, Rebbaudioside M, Mushroom Extract. Contains Milk.

†Based on a randomized, single-blind, crossover pilot trial to assess the effects of proprietary beverages on acute appetite hormone response in healthy adults.

Shaklee®

Shaklee Protein at a Glance

							
	Shaklee Sparkling Protein™	Life Shake™ Plant Protein	Life Shake™ Soy Protein	Performance® Advanced Physique® 100% Grass-Fed Whey Protein	Performance® Physique® Bio-Build®	Shaklee 180® Whey Smoothie	Energizing Soy Protein
Intended Use	Protein boost	Plant-based healthy meal	Soy-based healthy meal	Post-workout boost (whey protein)	Post-workout meal (whey protein)	Whey-based healthy meal	Soy-based snack
Protein Amount & Type	40 g BLG Whey protein	20 g Pea, chia and pumpkin seed protein	20 g Soy, chia, and pumpkin seed protein	20 g Whey protein	14 g Whey & milk proteins	16 g Whey & milk proteins	14 g Soy protein
Product Description	A functional sparkling protein drink with 40g of clean, ultra-filtered BLG whey protein, naturally richer in essential amino acids and boosted with leucine	A daily longevity shake to fuel lifelong wellness with 20 g of leucine-enriched plant protein plus 6 g of fiber, 25 essential vitamins and minerals, and 0 g of sugar		Powered by an intelligent-release blend of whey protein plus all essential amino acids, including key branched chain amino acids, to help repair and build lean muscle	Powered by an intelligent-release blend of protein and carbohydrates clinically proven to naturally activate the body's recovery process	A complete, balanced meal with 16 g of leucine-enriched whey & milk proteins plus 5 g of fiber and 24 essential vitamins and minerals	A high-quality, protein-based snack with 14 g of soy protein plus five essential B vitamins
Form	Sparkling seltzer	Shake	Shake	Shake	Shake	Shake	Shake
Added Leucine To help promote fat loss and preserve lean muscle during weight loss	X	X	X	X		X	
Available Flavors	Lemon-Lime	French Vanilla Rich Chocolate	French Vanilla Rich Chocolate Strawberry Café Latte	Vanilla Chocolate	Banana	Vanilla	Vanilla Cocoa
Product Attributes	 No artificial sweeteners, colors, or flavors	 No artificial sweeteners, colors, or flavors	 No artificial sweeteners, colors, or flavors	 No artificial sweeteners, colors, or flavors	 No artificial sweeteners, colors, or flavors	 No artificial sweeteners, colors, or flavors	
Serving Size	1 Can (355 mL)	2 Scoops	2 Scoops	2 Scoops	3 Scoops	2 Scoops	3 Tablespoons
Calories	160	150	110	110	210	180	110
Total Fat (g)	0	3	1.5	2	0.5	2.5	1
Cholesterol (mg)	0	0	0	60	<5	5	0
Total Carbohydrate (g)	1	11	9	3	38	24	10
Dietary Fiber (g)	0	6	6	0	0	5	0
Total Sugars (g)	0	0	0	1	21	16	8
Added Sugars (g)	0	0	0	0	21	16	8
Protein (g)	40	20	20	20	14	16	14



FAQS

1. Who should use Sparkling Protein and why?

Sparkling Protein is made for adults who want a simple, refreshing way to meet their daily protein needs.

Protein is essential at every age and life stage; it's the foundation of your health. Your body depends on it to build and repair structural proteins like collagen, elastin, and keratin that keep skin, hair, and joints strong, as well as functional proteins such as hormones, enzymes, and antibodies that power metabolism, support immunity, and keep your energy steady. Nearly every system in your body relies on protein to perform at its best.

Whether your goal is weight loss, weight maintenance, muscle recovery, or simply boosting your daily intake, Sparkling Protein makes it easy. Each can provides 40 grams of clean, ultra-filtered, grass-fed whey protein in a light, sparkling format that fits effortlessly into your routine.

2. What is the protein source in Sparkling Protein?

Sparkling Protein is made with beta-lactoglobulin (BLG), a pure, high-quality fraction of whey protein. The whey is sourced from grass-fed dairy cows and carefully filtered through a multi-step system that removes fat and lactose. This results in a crystal-clear, neutral-tasting protein that mixes easily into sparkling drinks. BLG is naturally rich in all essential amino acids, including branched-chain amino acids (BCAAs) like leucine, and contains higher levels than other whey proteins.

3. What is beta-lactoglobulin (BLG)?

Beta-lactoglobulin (BLG) is a protein fraction naturally found in whey, the liquid portion of milk. The BLG in Sparkling Protein is sourced from grass-fed dairy cows and carefully filtered through a multi-step system that uses only water and ultra-fine filters. This process removes fat and lactose while keeping the protein crystal-clear, neutral in taste, and rich in all essential amino acids.

4. Why is whey protein used in Sparkling Protein and not a plant-based protein?

Whey protein is used in Sparkling Protein because it dissolves easily in water, stays clear, and doesn't create cloudiness or a gritty texture. It also has a neutral taste, which works perfectly in lightly flavored sparkling drinks. Plant-based proteins, like pea or soy, behave differently. They don't dissolve as well and can leave tiny particles floating in the drink, making it look cloudy or feel thicker and chalky. They also tend to have a stronger taste, which can be harder to balance in a sparkling beverage.

5. How much protein is in Sparkling Protein? Can your body utilize that much protein in one sitting?

Sparkling Protein provides 40 grams of high-quality, grass-fed whey protein.

It was once thought the body could only use 25–30 grams of protein at a time, with the rest going to waste.

Newer research shows that isn't true. Protein is digested slowly and released into the bloodstream over several hours, so your body can fully use all 40 grams. This steady supply supports muscle protein synthesis, repair, and the production of other vital proteins your body depends on. In other words, none of it goes to waste; your body puts every gram to work.

6. Do I need to drink the whole can of Sparkling Protein at once?

No, you have flexibility in how you enjoy it. You can drink the full can in one sitting, sip it slowly, or spread it out over the day. Either way, you'll still get all the protein and amino acids. That said, drinking it all at once may give slightly stronger satiety benefits, but sipping gradually is perfectly fine if that's more comfortable.

If you don't finish the can, simply refrigerate the rest and enjoy it within 24 hours. Keep in mind that once opened, the carbonation will naturally fade, so the taste and texture may be a little different when you come back to it.



FAQS

7. What makes Sparkling Protein different from other protein seltzers?

Sparkling Protein is made with beta-lactoglobulin (BLG), a next-generation whey protein, and each can delivers 40 grams. BLG is naturally richer in essential amino acids, especially leucine, and it's crystal-clear and neutral-tasting, so it mixes cleanly without cloudiness or grit. Unlike standard whey or other blends that come in lower doses, BLG delivers a superior amino acid profile in a light, refreshing format.

It's also clinically tested. Studies show that Sparkling Protein is rapidly absorbed, so your body can use it efficiently, and it naturally increases GLP-1, the hormone that helps you feel full, for hours after drinking.[†] Quality and safety are priorities as well. The BLG comes from grass-fed dairy cows and is filtered through a multi-step, water-only process that removes fat and lactose. Every batch goes through 199 safety tests (including checks for heavy metals and microbes) and contains no artificial sweeteners, flavors, fillers, or preservatives.

8. How does Sparkling Protein 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.

Sparkling Protein supports healthy aging by providing 40 grams of high-quality, grass-fed whey 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.

9. 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 Sparkling Protein contains the right amount of leucine to help maintain and build lean muscle.^{1,2}

10. Is Sparkling Protein clinically tested?

Yes. Sparkling Protein has been clinically tested for both protein absorption and satiety. In a study conducted by Biofortis Research, participants drank one can of Sparkling Protein while researchers tracked amino acid levels and GLP-1, the hormone that helps you feel full. Amino acid levels in the blood rose quickly, more than doubling in 30 minutes and nearly quadrupling by 90 minutes, and stayed elevated for at least two hours, providing a steady supply that your body can use to build and maintain muscle and other proteins.[†]

GLP-1 also increased steadily, rising 25% at 30 minutes and 47% after two hours, which matched participants' self-reported feelings of fullness. One hour after drinking, all participants reported little to no desire to eat, and after two hours, two-thirds were still comfortably full.

11. Does Sparkling Protein help increase GLP-1 levels? Does it affect fullness and satiety?

Yes. Sparkling Protein has been clinically tested and shown to naturally raise GLP-1, the hormone that helps you feel full. In a study conducted by Biofortis Research, GLP-1 levels went up steadily, 25% in the first 30 minutes and 47% after two hours, and participants' hunger ratings reflected that.[†] One hour after drinking, everyone said they had little to no desire to eat, and after two hours, two-thirds were still comfortably full.

12. What does non-inflammatory mean?

Non-inflammatory means a product is formulated so it doesn't trigger normal food-related inflammation. Sparkling Protein contains 40 grams of protein and 0 grams of added sugar, a combination that supports already healthy blood sugar and already healthy insulin levels.

[†]Based on a randomized, single-blind, crossover pilot trial to assess the effects of proprietary beverages on acute appetite hormone response in healthy adults.

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.



FAQS

13. What does “low-glycemic” mean? Why is “low-glycemic” important?

“Low-glycemic” refers to how slowly a food affects your blood sugar after eating. Foods are measured on the Glycemic Index (GI) from 0 to 100, and those with a GI of 55 or less are considered low-glycemic. These foods cause a slower, steadier rise in blood sugar, helping to support sustained energy without the spikes and crashes that often follow high-sugar foods. Sparkling Protein is low-glycemic, with 0 grams of sugar and 40 grams of protein, a key nutrient that helps support balanced blood sugar levels.

14. What flavor is Sparkling Protein?

Sparkling Protein has a naturally refreshing lemon-lime flavor.

15. How many calories and how much sugar is in Sparkling Protein?

Each can of Sparkling Protein has 160 calories and 0 grams of sugar. It’s naturally sweetened with monk fruit and Reb M, plant-based, zero-calorie sweeteners.

16. Is Sparkling Protein non-GMO?

Yes. The protein used in Sparkling Protein is non-GMO.

17. How is Sparkling Protein sweetened?

Sparkling Protein contains 0 grams of sugar and is naturally sweetened with monk fruit and Reb M, plant-based, zero-calorie sweeteners.

18. Can I give Sparkling Protein to my kids?

Sparkling Protein is designed for people 16 years and older. It’s formulated to provide the right amount of protein and nutrients for adults and teens, so it’s best to wait until your child reaches that age before giving it to them.

19. Can I use Sparkling Protein if I’m pregnant or nursing?

Yes, Sparkling Protein can be part of a healthy eating plan during pregnancy and while nursing. Protein needs increase during these times, and with 40 grams of high-quality protein per can, Sparkling Protein can help meet that need. We still recommend discussing any supplements with your OB or health care provider to ensure it fits your individual nutrition plan.

20. Can I use Sparkling Protein if I’m on any medications?

If you have a medical condition, are taking prescription medications, have any medical conditions such as kidney issues, or have any concerns about how Sparkling Protein might affect you, please consult your physician before using the product.

21. Can Sparkling Protein cause digestive issues like constipation?

For most healthy adults, Sparkling Protein is well-tolerated when used as part of a balanced diet. Some people, however, may experience mild digestive changes, like bloating or constipation, when increasing protein intake, especially if their body isn’t used to higher amounts. Sparkling Protein delivers 40 grams of protein per can, which is more than some people normally consume in a single serving.

To help prevent GI discomfort, it’s important to drink plenty of water throughout the day. Staying well-hydrated supports digestion and helps your body process the extra protein. It can also help to gradually increase protein intake rather than jumping straight to a full serving, giving your digestive system time to adjust.

22. Is Sparkling Protein vegan?

No, Sparkling Protein is not vegan.

23. Is Sparkling Protein gluten-free?

Yes, Sparkling Protein is gluten-free.



FAQS

24. Is Sparkling Protein kosher certified?

Sparkling Protein is kosher dairy.

25. Is Sparkling Protein nondairy?

No, Sparkling Protein contains whey protein, which is derived from milk. However, it does have 0 grams of lactose.

26. Does Sparkling Protein contain casein?

Milk naturally contains two main proteins: whey and casein. Sparkling Protein is made from whey, which is separated from the casein during production. Even so, because both proteins come from the same milk, tiny amounts of casein can remain.

If you have a true casein allergy, it's safest to check with your health care provider before trying Sparkling Protein.

27. Does Sparkling Protein contain tree nuts?

Sparkling Protein does not contain tree nuts as an ingredient.