



# Vegan Protein Shake

**A hypoallergenic, vegetarian, low carbohydrate meal replacement powder suitable for those with food allergies and food sensitivities.**

**Vegan Protein Shake** provides a low carbohydrate meal replacement option that is free from the most common food allergens, including gluten, dairy, and soy. Many protein powders on the market contain common food allergens, making those shakes unsuitable for sensitive individuals.

**Vegan Protein Shake** features pea, rice, and pumpkin as its protein sources, providing a delicious alternative for people on a variety of food programs including weight management, detoxification, low carbohydrate, diabetes, food allergies, or those simply looking to add shakes to their daily routine.

**Vegan Protein Shake** can be mixed easily with water, coconut, rice or almond milk, and juice. Super Shake may be added to a blender with fresh or frozen fruit, coconut, rice or almond milk, ice, nut butter.

### About the Ingredients

Protein Blend includes pea, rice, and pumpkin proteins. These vegetable protein sources provide amino acids required by the body for people who are vegetarians, have food allergies or sensitivities, or who are looking for a hypoallergenic meal replacement. These essential amino acids must be obtained through diet; the human body does not synthesize them.

**Fibersol-2™** is a soluble fiber comprised of a digestion resistant maltodextrin. Fiber serves many purposes, including binding toxins in the intestines to aid in detoxification, helping glucose and lipid control, and supporting proper bowel function, regularity, fecal volume, and beneficial intestinal micro flora. What makes Fibersol®-2 unique is that it is soluble and less dense than other fibers and does not cause bloating or intestinal gas. Fibersol®-2 is well tolerated and results in favorable fermentation in the large bowel and assists in production of short chained fatty acids which are the preferred fuel source of the colon cells. Fibersol®-2 can be mixed with any hot or cold food or beverage.

**Medium Chain Triglycerides (MCTs)** are easily absorbed and easily metabolized fatty acids found in foods like coconut oil and palm oil. MCTs may assist in weight loss because they support the body's ability to process extra calories and provide a quick source of energy. MCT oils are a preferred fuel source and unlike other fats will not be stored in the body.

## SUPPLEMENT FACTS

**Amount per serving: 1 scoop**

**Servings Per Container: 30**

Calories	133
Protein	21g
Total Fat	2g
MCT Oil (Saturated Fat)	2g
Total Dietary Fiber	3g
Fibersol-2™	3g
Total Carbohydrates	5g
Sugar	0g
Cholesterol	0mg
Sodium	197 mg
Trans Fat	0g
Calcium	171mg
Phosphorus	254mg
Potassium	115mg
Iron	4mg
Magnesium	10.38mg

### Chocolate Amino Acid Profile:

Alanine	1053.38mg
Arginine	1532.82mg
Aspartic Acid	2927.35mg
Glutamic Acid	3065.65mg
Glycine	709.94mg
Histidine	795.22mg
Isoleucine	1039.55mg
Leucine	1735.66mg
Lysine	1258.53mg
Methionine	276.6mg
Phenylalanine	1175.55mg
Proline	1071.82mg
Serine	1512.08mg
Tyrosine	1470.59mg
Threonine	965.79mg
Valine	938.13mg

**Other Ingredients:** Protein blend (pea protein isolate, rice protein, and pumpkin), medium chain tryglycerides, Fibersol-2™, natural flavors, stevia, and Cocoa.

**Warning:** Medications should be taken separately from high-fiber supplements like Fibersol®-2. Fiber can theoretically interfere with the absorption of medication taken at the same time. We suggest taking medications 2 hours before or after using the Fibersol®-2 in Vegan Protein Shake.

Manufactured to cGMP standards and

distributed by:

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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