

4LIFE NUTRASHAKE™

To support a healthy weight management program

Ideal supplementation to support your weight management program



Shake Well to Shape Well..

This easy-to-make, utterly delicious health drink is packed with 9 grams of protein, 4 grams of fiber, 12 essential vitamins, and 7 minerals. It has everything that your body needs on a daily basis for metabolism support, cellular growth, repair, and production, and it only takes minutes to make. And it tastes great!

Healthy choices don't always come with the option for great taste...but 4Life Nutrashake comes in to delicious Flavours.

Key Points

- Delicious taste available in vanilla Flavours.
- Less than 80 low carbohydrate calories per serving
- Up to 9 grams of Protein with 4 grams of dietary fiber to make you feel full
- 12 essential vitamins and 7 minerals
- Zero grams of sugar
- Great to combine with fresh fruits and spices in your own recipes

NUTRASHAKE VANILLA

**These statements have not been evaluated by FSSAI. This product is not intended to diagnose, treat, cure, or prevent disease.*

4LIFE NUTRASHAKE™

Nutritional Information (Approximate Values)	Per serving 25 (g)	Per 100 g contains
Energy	78.7kcal	314.8 kcal
Protein	9g	36 g
Fat	0.30g	1.2 g
Carbohydrates	9g	36 g
(Sugar	0g	0 g)
Dietary Fibers	4g	16 g

Vitamins

Vitamin C	25 mg	100 mg
Niacinamide	8.0 mg	32 mg
Vitamin E	3.35 mg	13.4 mg
Pantothenic Acid	2.5 mg	10 mg
Vitamin B6	0.825 mg	3.3 mg
Vitamin B2	0.8 mg	3.2 mg
Vitamin B1	0.5 mg	2 mg
Vitamin A	100 mcg	400 mcg
Folic Acid	33.25 mcg	133 mcg
Vitamin K	25 mcg	100 mcg
Vitamin D	1.325 mcg	5.3 mcg
Vitamin B12	1 mcg	4 mcg

Minerals

Potassium	200 mg	800 mg
Calcium	108.25 mg	433 mg
Magnesium	100 mg	400 mg
Phosphorus	62.5 mg	250 mg
Iron	7 mg	28 mg
Zinc	4 mg	16 mg
Copper	0.5 mg	2 mg

HEALTH SUPPLEMENT:

Net Weight : 500 g

PRIMARY BENEFITS

You don't need to deprive yourself for healthy and effective weight management. 4Life Nutrashake is scientifically formulated to give you the complete nutrition of a hunger-satisfying meal and delicious taste for easy, healthy, and effective weight management.

- Weight management and general wellness
- Great for recovery after exercise
- An instant energy snack

Suggested Usage

As part of your weight management program, combine one scoops or two tablespoons of 4Life Nutrashake Vanilla (25 grams) with 200 ml of beverage of your choice like skim milk, juice or water plus your choice of fresh or frozen fruit, and blend and consume immediately.

For weight loss, replace two meals a day with a shake and have one regular meal. For weight maintenance, replace just one meal a day. For general good health, enjoy one shake a day as a meal replacement, or in addition to your regular meals as a healthy snack.

It is recommended to include Vitamins and Mineral Complex and 4Life Transfer Factor® Products to increase general effectiveness.