

# VEGAN SHAKE

We collected the highest quality, garden-fresh ingredients for this vegan indulgence. Every scoop delivers your daily recommended amounts of fruits and vegetables along with nutrient-rich superfoods like chia, flax and quinoa to help you power through your day. Sourced from peas, brown rice and hemp, the 20 grams of premium plant-based protein enriched with enzymes help you naturally build lean muscle and support proper digestion.\*



## DIRECTIONS:

Add one scoop of IDLife Vegan Shake to 10-12 ounces of cold water or non-dairy beverage of your choice, shake or blend and enjoy! For best results, allow IDLife Vegan Shake to sit for 2-3 minutes after mixing to allow ingredients to fully activate before drinking.

## AVAILABLE FLAVORS:

- Vanilla Bean

## EACH SCOOP CONTAINS:

- Natural Flavors & Sweeteners
- Protein Sources: Peas, Brown Rice & Hemp
- Superfoods: Chia Seeds, Flax Seeds, Quinoa
- 20% Daily Value of Fiber
- 6 Servings of Fruits and Vegetables
- Branched Chain Amino Acids: Leucine, Isoleucine and Valine

## FAQs:

### IF I'M NOT VEGAN SHOULD I STILL DRINK THE VEGAN SHAKE?

If you struggle with meeting the recommended daily servings for fruits and vegetables or are one of the 30-50 million Americans who suffer from a milk allergy, the Vegan Shake is a great option for you. The 20 grams of protein and six servings of fruits and vegetables, along with the fiber, antioxidants and nutrient-packed Superfoods make the Vegan Shake not only an option for vegans and vegetarians, but a healthy option for anyone looking to improve the quality of their diet.

### WHAT SOURCES OF PROTEIN ARE IN THE VEGAN SHAKE?

Peas, brown rice, and hemp.

### WHAT ARE PREBIOTICS?

Prebiotics are natural and non-digestible ingredients that are linked to promoting the growth of beneficial bacteria in your gut. They promote "good" bacteria which help fight issues in the G.I. tract and digestive system, as well as help improve the immune system.

### WHY IS THERE CHIA IN THE VEGAN SHAKE?

Chia is rich in nutrients, fiber, and Omega-3 fatty acids. Chia helps promote blood health, mental health, bone health, anti-aging, weight loss and joint health. Therefore, when it interfuses with the protein and liquid, it creates a Superfood that stimulates your metabolism, nourishes your body and satisfies your hunger so you can reach your slimming goals.

### WHY IS THERE FLAXSEED?

The flaxseed offers a rich source of Omega-3 fatty acids and helps with a range of health benefits, including cardiovascular and immune system health. Flaxseed is low in carbohydrates and high in dietary fiber, helping with weight maintenance.

### WHY IS THERE QUINOA?

Quinoa is a nutrient-packed, gluten-free seed that provides all nine essential amino acids, antioxidants and dietary fiber. Research shows that consuming quinoa on a regular basis can help lower cholesterol, manage glucose levels and help with weight management. The iron in quinoa helps enhance red blood cell health and helps increase brain function, while the lysine assists with tissue growth and repair. Other nutrients in quinoa can help maintain healthy blood sugar, increase bone and teeth health and improve energy metabolism.

### WHAT ARE THE NATURAL FLAVORS IN THE VEGAN SHAKE?

Vanilla Bean.

### IS THIS SAFE TO CONSUME WHILE PREGNANT?

Consult your physician.

### IS THERE A CHANCE THE SHAKE IS CROSS-CONTAMINATED WITH OTHER INGREDIENTS DURING THE MANUFACTURING PROCESS?

The manufacturing facility that produces IDLife Vegan Shake is a professional and highly decorated facility certified by NSF, Informed Choice and several other facility inspection entities. It adheres to the cGMP compliance standards for manufacturing. Because the top two protein sources sold in the U.S. are whey and soy, this top notch facility produces these formulas, as does every other premier facility in the country. However, following the cGMP standards of manufacturing and the IDLife QC protocol, the facility ensures no cross-contamination with the other products in the facility. In addition, as is standard on all IDLife products, three separate tests are performed on the product to ensure purity and quality of the ingredients, as well as to ensure no cross-contamination has occurred. In the end, we have one of the best tasting Vegan Shakes on the market that exceeds the purity standard of most manufacturers.

### DOES THE HEMP PROTEIN CONTAIN THC?

Our manufacturer follows all FDA and cGMP guidelines for trace levels of

tetrahydrocannabinol delta-9 (THC). The level of THC in the hemp protein found in the IDLife Vegan Shake is undetectable or less than the measurable threshold of 0.3%, if any detected (300 parts per million or less).

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

## AMINO ACID PROFILE:

Alanine	4 mg	Lysine	1843 mg
Arginine	3970 mg	Methionine	175 mg
Aspartic Acid	8 mg	Phenylalanine	2057 mg
Cystine	1 mg	Proline	3 mg
Glutamic Acid	14 mg	Serine	4 mg
Glycine	4 mg	Threonine	1336 mg
Histidine	2 mg	Tryptophan	1441 mg
Isoleucine	1390 mg	Tyrosine	3 mg
Leucine	2526 mg	Valine	2111 mg

## Nutrition Facts

15 Servings Per Container	
Serving Size: 1 Scoop (40g)	
Amount Per Serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 5mg	<b>30%</b>
Potassium 3mg	<b>0%</b>
*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.	
Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:**  
Protein Blend (Pea Protein Isolate, Brown Rice Protein Concentrate, Hemp Protein Powder) Natural Flavor, Prebiotic Dietary Fiber (Isomalto-oligosaccharide-VitaFiber™), Non-Dairy Creamer (Sunflower oil (with tocopherols), maltodextrin, modified food starch, mono & diglycerides, and tri-calcium phosphate), QuinoaTrim™ (Quinoa), Greens Blend (Asparagus, Broccoli, Cabbage, Spinach, Kale), Fruit Blend (Apple, Banana, Blackcurrant, Elderberry, Blueberry), Stevia Leaf Extract, Micro-Milled Chia Seed, Flax Seed Powder, Xanthan Gum, Cellulose, Lo Han Guo Extract, Enzyme Blend (Protease, Amylase, Cellulase).



Getting your daily recommended amounts of fruits and vegetables has become a struggle for most Americans. Many turn to supplementation to help fill this gap.

**THE PROBLEM:**

- More than 75% of Americans don't get their daily intake of fruits and vegetables.
- Many plant-based protein products claim to offer the servings of fruits and vegetables you need, but compromise on the taste

**THE SOLUTION:**

- IDLife Vegan Shake offers 6 servings of fruits and vegetables in every serving.
- It offers the perfect blend of the highest quality, garden-fresh ingredients available, 20g of pea, brown rice and hemp protein and nutrient-rich superfoods like chia, flax and quinoa.
- It contains no GMOs and is Soy Free and Gluten Free.
- Beyond the feeling of fullness and protein rich fiber that ingredients like chia, flax and quinoa seeds bring to the Vegan Shake, it is also packed with antioxidants, omega-3 fatty acids and ingredients that support metabolic health

*"IDLife Vegan Shake is the perfect breakfast for me on the go. Whether I'm running to a meeting or the gym, I always have time for this delicious treat." —Laura Andrews*