



## “Fast food” made healthy

Cutting calories while getting proper nutrition can be hard, expensive, and time-consuming. Vi-Shape™ offers you a fast ‘ideal meal’ that can save you money while providing amazing nutrition.

To make a meal, mix 2 rounded scoops of the Vi-Shape® shake mix into non-fat milk or soy milk and blend. Mix with water for a protein snack. For added flavor and nutrition, you can also blend in fresh, frozen or canned fruits. Try our Shape-Up™ Health Flavor mix-ins for flavor and added nutrition.

## Why is our shake better than others?

1. A unique, concentrated and absorbable blend of proteins processed to remove fat, lactose, carbohydrates and isoflavones to provide pure, concentrated protein. When mixed with milk or soy milk, we provide 20-22 grams of protein, the right mix to burn fat and build lean muscle.
2. Low sodium. Lower than other brands!
3. Contains a serving of whole milk, for bone healthy calcium.
4. Contains a full serving of fruit or vegetable fiber, without gas.
5. Contains digestive aids and enzymes, including prebiotic activity for maximum nutrition absorption.
6. Smells and tastes like cake mix! No grit! No metallic aftertaste.

## What’s in Vi-Shape®?

1. A unique blend of proteins that work quickly and provide long-lasting nutrition to help you burn fat and build lean muscle.
2. Heart healthy **non-GMO soy protein**. (No Isoflavones)
3. **Fibersol™**, a new patented fiber blend that helps keep you feeling full, providing benefits of fiber without gas that can be caused by other types of fiber.
4. **Aminogen™** to help your body maximize protein and nutrient absorption.
5. **23 Vitamins and minerals**, along with other ingredients that help you burn fat.

## SUPPLEMENT FACTS

Serving Size: 2 rounded scoops

Ingredient	Amount	% Daily Value
Calories	90	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	15 mg	5%
Sodium	75 mg	3%
Potassium	125 mg	4%
Total Carbohydrate	7 g	2%
Dietary Fiber	5 g	22%
Sugars	<1 g	
Protein	12 g	24%
Vitamin A		30%
Vitamin C		30%
Calcium		30%
Iron		5%
Vitamin D		30%
Vitamin E		30%
Vitamin K		30%
thiamin		30%
Riboflavin		30%
Niacin		30%
Vitamin B6		30%
Folate		30%
Vitamin B12		30%
Biotin		30%
pantothenic acid		30%
Phosphorus		30%
Iodine		30%
Magnesium		30%
Zinc		30%
Selenium		30%
Copper		30%
Manganese		30%
Chromium		30%
Molybdenum		30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Saturated Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g

Calories per gram: Fat 9 • Carbohydrate 4 • protein 4

**Other Ingredients:** Soy Protein Isolate, Digestive Resistant Maltodextrin (from Fibersol™), Whey Protein Hydrolysate, Whey Protein Concentrate, DiCalcium Phosphate, Sunflower Oil, Natural and Artificial Flavor, Medium Chain Triglycerides, Maltodextrin, Gum Arabic, Xanthan Gum, Sodium Caseinate, DiMagnesium Phosphate, Magnesium Oxide, Soy Lecithin, Mono and Diglycerides, Patented Protease (from Aminogen™), DiPotassium Phosphate, Sucralose, Ascorbic Acid, Vitamin E Acetate, Chromium Amino Acid Chelate, Molybdenum Amino Acid Chelate, Selenium Amino Acid Chelate, Biotin, Vitamin A Palmitate, Niacinamide, Potassium Iodide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Cyanocobalamin, Manganese Sulfate, Cholecalciferol, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Phytomenadione and Folic Acid.

**Contains:** Milk and Soy

**Allergen Warning:** Manufactured on equipment that processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

\*\* Daily Value (DV) not established.