



“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 ViSalus Shaper[™] Flavour Mix-Ins for added variety.

Why is our shake better than others?

1. A unique and concentrated blend of proteins processed to remove fat, lactose, carbohydrates and isoflavones. Mixed with milk or soy milk it provides 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 calcium, for bone health.
4. Contains 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 along with diet and exercise to help you burn fat and build lean muscle. Each shake contains a recommended Meal Plan to help you achieve your goals.
2. Heart healthy **non-GMO soy protein**. (No Isoflavones)
3. **Fibersol[™]**, a new ingredient supports health (5.5 grams).
4. **Enzymes** to help your body maximize protein intake.
5. **23 Vitamins and minerals**, along with other ingredients that help you burn fat.

SUPPLEMENT FACTS

Serving Size: 2 rounded scoops

Ingredient	Amount	with 300 ml 1% Milk	Daily Value
Calories	110 (460)	240 (1004)	
Calories from Fat	20	47	
Fat	2.5 g	5.5 g	
Linoleic Acid	900 mg	900 mg	
n-3 Linolenic Acid	100 mg	100 mg	
Saturated	0 g	2 g	
Cholesterol	15 mg	30 mg	
Carbohydrate	9 g	24 g	
Fiber	1.5 g	1.5 g	
Sugar	<1 g	16 g	
Sodium	125 mg	261 mg	
Potassium	151 g	615 mg	
Protein	12 g	22 g	
Vitamin A	225 RE	408 RE	40%
Vitamin D	0	3.3 mcg	66%
Vitamin E	5 mg	5 mg	50%
Vitamin C	18 mg	18 mg	30%
Thiamin	0.45 mg	0.5 mg	38%
Riboflavin	0.5 mg	1 mg	62%
Niacin	6 NE	8.3 NE	36%
Vitamin B6	0.6 mg	0.7 mg	38%
Folate	120 mcg	135 mcg	61%
Vitamin B12	0.6 mcg	2 mcg	100%
Pantothenic Acid	2.5 mg	3.5 mg	50%
Biotin	90 mcg	90 mcg	33%
Calcium	300 mg	668 mg	67%
Phosphorus	300 mg	594 mg	54%
Magnesium	120 mg	154 mg	62%
Iron	4.8 mg	4.8 mg	34%
Zinc	4.5 mg	5.7 mg	63%
Iodine	45 mcg	45 mcg	30%
Selenium	0.02 mg	0.03 mg	60%
Copper	0.6 mg	0.6 mg	30%
Manganese	1 mg	1 mg	50%
Chromium	0.02 mg	0.02 mg	16%
Molybdenum	0.021 mg	0.021 mg	28%

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

Other Ingredients: Soy Protein Isolate, Maltodextrin, Whey Protein Hydrolysate, Whey Protein Concentrate, Soy Lecithin, Corn Bran, DiCalcium Phosphate, Sunflower Oil, Natural and Artificial Flavour, Medium Chain Triglycerides (Coconut Oil), Gum Acacia, Xanthan Gum, DiMagnesium Phosphate, Magnesium Oxide, DiPotassium Phosphate, Sucralose, Bromelain, Papain, Ascorbic Acid, Vitamin E Acetate, Chromium Hydrolyzed Vegetable Protein, Molybdenum Hydrolyzed Vegetable Protein, Selenium Hydrolyzed Vegetable Protein Chelate, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Manganese Sulfate, Ferrous Fumarate, Calcium Pantothenate, Pyridoxine HCL, Thiamine Mononitrate, Riboflavin, Potassium Iodine, Folic Acid, Biotin and Cyanocobalamin.

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.