

VITASHAKE®

Feed your hunger and fuel your body with this nutrient-dense, balanced shake. Made from concentrated whole foods, VitaShake® fills your nutritional gaps with plant protein, vitamins, minerals, antioxidants, fiber, healthy carbs, and more— with low sugar and fewer than 100 calories per serving. Build it into your daily diet as a convenient meal or snack, at home or on the go.

BENEFITS

- Convenient, balanced meal or snack
- Made from whole foods for maximum nutrient absorption
- No cholesterol or artificial sweeteners, flavors, or preservatives
- Low in sugar and sodium
- Fewer than 100 calories per serving



10/25g packages

Cocoa
Strawberry

#10605
#10615

INGREDIENT HIGHLIGHTS

COIX FRUIT

This tropical plant is rich in fiber and antioxidants like polyphenols, which are known as "lifespan essentials," to support digestion, weight loss, and diuresis by helping to decrease fat and cholesterol absorption.

FRUCTOOLIGOSACCHARIDE (FOS)

This prebiotic soluble-fiber carbohydrate supports healthy growth of beneficial bacteria in your gut. FOS cannot be absorbed or broken down by the body and, therefore, is a great food source for probiotics.

FAQs

- Q: How is VitaShake® different from other protein and meal replacement shakes?**
- A:** VitaShake® is free of the harmful ingredients commonly found in other shakes, including chemical additives and artificial flavors and sweeteners. VitaShake® also has fewer than 100 calories per serving and is cholesterol-free and very low in sugar and sodium.
- Q: Is VitaShake® easy to digest?**
- A:** Yes, because it's made from concentrated whole foods and natural vitamins and minerals. Unlike other shakes that contain chemically processed or animal-based protein powders, our soy protein fills nutritional gaps while supporting a healthy digestive tract. VitaShake® is easy-to-digest nutrition without the bloating or discomfort.

HOW TO USE

Mix one package with 6–8 fl. oz. (180 mL–240 mL) of water or Fortune Delight®, in shaker bottle. Drink as is or sweeten to taste.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	*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.
10 servings per container Serving size 1 package (25 g) Calories per serving 90	Total Fat	<1 g	1%	Total Carbohydrate	18 g 6%
	Saturated Fat	0 g	0%	Dietary Fiber	3 g 11%
	Trans Fat	0 g		Total Sugars	5 g
	Cholesterol	0 mg	0%	Incl. 5 g Added Sugars	10%
	Sodium	50 mg	2%	Protein	4 g
Vitamin D 3 mg 15% • Calcium 180 mg 14% • Iron 4 mg 22% • Potassium 285 mg 6% Vitamin A 25% • Vitamin C 25% • Vitamin E 25% • Vitamin K 25% • Thiamin 25% Riboflavin 25% • Niacin 25% • Vitamin B6 25% • Folate 25% • Vitamin B12 25% • Biotin 25% Pantothenic Acid 25% • Phosphorus 20% • Iodine 25% • Magnesium 25% • Zinc 25% Selenium 25% • Copper 25% • Manganese 25% • Chromium 25% • Molybdenum 25%					

CONTAINS MILK AND SOYBEANS

INGREDIENTS

Coix lacryma-jobi seed, fructose, soy protein, alkali processed cocoa powder, fructooligosaccharides, natural flavor, chinese yam, euryale ferox (fox nut) seed, maltodextrin, nelumbo nucifera (lotus) seed, nelumbo nucifera (lotus) root, lilium brownii (waterlily) bulb, potassium phosphate, calcium phosphate, imperata root, magnesium oxide, stearic acid, carrageenan, calcium carbonate, soy lecithin, xanthan gum, manganese (yeast), niacinamide ascorbate, chromium (yeast), iron (fumarate), molybdenum (yeast), selenium (yeast), vegetable oil, vitamin E (tocopheryl acetate), zinc oxide, copper gluconate, calcium pantothenate, vitamin A (beta carotene), vitamin B6 (pyridoxine HCl), thiamin (mononitrate), riboflavin, folic acid, biotin, iodine (potassium iodide), vitamin K (phytonadione), vitamin D (ergocalciferol), and vitamin B12 (cyanocobalamin).



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.