



FAST FACTS ABOUT NOURISHAKE®

Delicious and ideal for the entire family, NouriShake offers naturally good nutrition in every glass. Designed to support optimum cellular nutrition, NouriShake provides a balanced ratio of protein, carbohydrates, and fiber while supplying all 22 amino acids involved in human nutrition, a blend of simple and complex carbohydrates for sustained energy release, and as much fiber per serving as a slice of whole-wheat bread.

Why A Nutritional Drink For Energy?

- Missed meals, a steady diet of fast food, or reduced calorie intake can lead to loss of stamina and vitality. Consuming the proper ratio of protein and carbohydrates can provide sustained energy and prevent the “sugar blues” or between-meal “blahs.”
- Those who have higher-than-average activity levels — including children, physically active people, or people under stress — need high-quality “fuel.” High-quality protein and a balanced blend of simple and complex carbohydrates are required to meet the body’s needs.

Why GNLD NouriShake?

- **Exceptionally high-quality protein.** NouriShake is proven to have a Protein Digestibility Corrected Amino Acid Score (PDCAAS) greater than 1.35.
- **“Glycemic Edge” provides both quick and sustained energy.** NouriShake provides about 65% of its calories from simple and complex carbohydrates to supply important energy for 3 to 5 hours.
- **Three delicious flavors:** Vanilla, Chocolate, and Strawberry.
- **Complete protein.** Supplies the proper ratio of all 22 amino acids involved in human nutrition.
- **Exclusive Protogard Process.** Low-temperature processing and an exclusive plant-derived enzyme blend protect proteins and improve their digestibility.
- **Unique blend of whole-food carbohydrates.** Simple and complex carbohydrates provide quick energy without the “sucrose spike” that can lead to subsequent “sugar blues” (insulin reaction).
- **Low fat, no cholesterol.**
- **Naturally sweetened** with fructose and concentrated grape juice.
- **Plant-derived enzymes** for easy digestion.
- **Low lactose.**
- **Provides 1/3 the protein and 1/2 the calcium needed daily,** when mixed with milk.
- **Protein sparing.** Since long-lasting carbohydrates in NouriShake fuel energy, proteins are spared for the specialized functions of cellular maintenance, repair, and growth — critical functions that only protein can fulfill.



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Vanilla Flavor

VANILLA FLAVOR
NOURISHAKE®
The delicious, nutritious "perfect start"
to an energy-filled day!

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- Exceptionally high quality protein.
- Naturally sweetened with fructose and grape juice concentrate.
- Low in fat and cholesterol.
- No wheat or corn.
- Low lactose (when mixed with juice).
- Natural plant-derived enzyme system to support digestion.
- When mixed with milk, provides approximately 1/2 the Daily Value for protein and 1/2 the Daily Value for calcium.

Tastes so good...and so good for you!
Every creamy, delicious glass of Nourishake is backed by 4 decades of nutritional expertise, scientific research, and consumer testing. Start your day with Nourishake—an important part of GNL's Energy Program!

Directions:

- Using a shaker or blender, mix 2 heaping tablespoons (30 g) of Nourishake in 8 fl. oz. of chilled 1% lowfat milk or your favorite juice. Nourishake is most satisfying when served very cold.
- For more variety, taste, and nutrition, add fresh or frozen fruit. For an even frothier, thicker drink, add a few ice cubes while blending.

INGREDIENTS: NONFAT MILK SOLIDS, FRUCTOSE, CALCIUM SODIUM CASEINATE, RICE AND OAT MALTODEXTRIN, ISOLATED SOY PROTEIN, OAT FIBER, GNL FRUIT BLEND (GRAPE JUICE CONCENTRATE, APRICOT AND PEACH POWDER), RICE PROTEIN, PECTIN, LECITHIN, SAFFLOWER OIL, NATURAL AND ARTIFICIAL FLAVORS, CARRAGEENAN, TRICALCIUM PHOSPHATE, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE.

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PROTEIN SPARING GLYCEMIC EDGE

Simple and complex carbohydrates provide both quick and sustained energy, sparing protein for specialized functions of maintenance, repair, and growth.

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Chocolate Flavor

CHOCOLATE FLAVOR
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INGREDIENTS: NONFAT MILK SOLIDS, FRUCTOSE, CALCIUM SODIUM CASEINATE, COCOA POWDER, ISOLATED SOY PROTEIN, RICE AND OAT MALTODEXTRIN, OAT FIBER, GRAPE JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVORS, RICE PROTEIN, PECTIN, LECITHIN, SAFFLOWER OIL, CARRAGEENAN, TRICALCIUM PHOSPHATE, PAPAIN, BROMELAIN, AMYLASE, LIPASE, LACTASE.

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Strawberry Flavor

STRAWBERRY FLAVOR
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INGREDIENTS: NONFAT MILK SOLIDS, FRUCTOSE, CALCIUM SODIUM CASEINATE, ISOLATED SOY PROTEIN, RICE AND OAT MALTODEXTRIN, OAT FIBER, GNL FRUIT BLEND (GRAPE JUICE CONCENTRATE, STRAWBERRY, RASPBERRY, WILDBERRY AND BLACKBERRY POWDER), RICE PROTEIN, PECTIN, LECITHIN, SAFFLOWER OIL, NATURAL AND ARTIFICIAL FLAVORS, CARRAGEENAN, TRICALCIUM PHOSPHATE, NATURAL COLORS, CITRIC ACID, POTASSIUM CHLORIDE, CARMINE, PAPAIN, BROMELAIN, AMYLASE, LIPASE AND LACTASE.

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Nutrition Facts				
Serving Size: 2 Heaping Tablespoons (30 g)				
Servings Per Container: 18				
Amount Per Serving		Shake Mix	Shake Mix with 8 fl. oz. 1% Lowfat Milk	
Calories		110	220	
Calories from Fat		10	35	
Amount in Mix		% Daily Value*		
Total Fat	Less than 1 g	2%	6%	
Saturated Fat	0 g	0%	8%	
Trans Fat	0 g			
Cholesterol	0 mg	0%	3%	
Sodium	100 mg	4%	9%	
Potassium	150 mg	4%	15%	
Total Carbohydrate	18 g	6%	10%	
Dietary Fiber	2 g	8%	8%	
Sugars	13 g			
Other Carbohydrate	3 g			
Protein	9 g	18%	34%	
Vitamin A		0%	10%	
Vitamin C		0%	4%	
Calcium		20%	50%	
Iron		0%	0%	
Vitamin D		0%	20%	
Thiamine		0%	6%	
Riboflavin		4%	30%	
Vitamin B 6		0%	6%	
Vitamin B12		2%	20%	
Pantothenic Acid		0%	8%	
Phosphorus		20%	35%	
Magnesium		2%	10%	
Zinc		0%	8%	
*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	
Sat. Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Potassium	Less than	3500 mg	3500 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Protein		50 g	65 g	
Made in U.S.A.				

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Amount in Mix		% Daily Value*		
Total Fat	Less than 1 g	2%	6%	
Saturated Fat	0 g	0%	8%	
Trans Fat	0 g			
Cholesterol	0 mg	0%	3%	
Sodium	115 mg	5%	10%	
Potassium	290 mg	8%	19%	
Total				
Carbohydrate	18 g	6%	10%	
Dietary Fiber	2 g	8%	8%	
Sugars	13 g			
Other Carbohydrate	3 g			
Protein	9 g	18%	34%	
Vitamin A		0%	10%	
Vitamin C		0%	4%	
Calcium		20%	50%	
Iron		0%	0%	
Vitamin D		0%	20%	
Thiamine		0%	6%	
Riboflavin		4%	30%	
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