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.

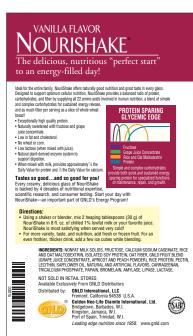
- Complete protein. Supplies the proper ratio of all 22 amino acids involved in human nutrition.
- Exclusive Protogard Process. Low-temperature processing and an exclusive plant-derived enzyme blend protect proteins and improve their digestibility.
- Unique blend of whole-food carbohydrates. Simple and 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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FAST FACTS ABOUT NOURISHAKE®

Vanilla Flavor





Servings Per Co	ontainer: 18	3	
Amount Per Servi	ng	Shake Mix	Shake Mix with 8 fl. oz. 1% Lowfat Milk
Calories		110	220
Calories from Fa	t	10	35
Am	ount in Mix	%	Daily Value*
Total Fat Le	ess 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 Carbohyo	drate 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 values may be highe			
	Calories:	2,00	0 2,500
Total Fat	Less than		5 g 80 g
Sat. Fat	Less than		0 g 25 g
Cholesterol Sodium	Less than	300 i 2400 i	
Potassium	Less than	3500	
Total Carbohydrate		30	
Dietary Fiher		2	5a 30a

Total Carbohydrate Dietary Fiber

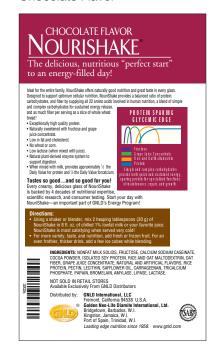
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30 g

25 g

50 a

Chocolate Flavor



Nutrition Facts

Serving Size: 2 Heaping Tablespoons (30 g) Servings Per Container: 18

Servings Fer Co	mamer. 10	,	
Amount Per Servi	ng	Shake Mix	Shake Mix with 8 fl. oz. 1% Lowfat Milk
Calories		110	220
Calories from Fat	t	10	35
Amount in Mix		% Daily Value*	
Total Fat Le	ss 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 Carbohyd			
Protein	9 g	18%	34%
	- v g	,	01,0
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		6%	15%
Zinc		0%	8%
*Percent daily values a	are based on a		
values may be higher			
	Calories:	2,00	
Total Fat	Less than		5 g 80 g
Sat. Fat	Less than		0 g 25 g
Cholesterol	Less than	300	
Sodium	Less than	2400	
Potassium	Less than	3500	
Total Carbohydrate			0 g 375 g
Dietary Fiber			5 g 30 g
Protein		5	0 g 65 g

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Strawberry Flavor



Nutrition Facts

Serving Size: 2 Heaping Tablespoons (30 g) Servings Per Container: 19

Amount Per Ser	ving	Shake Mix	Shake Mix with 8 fl. oz. 1% Lowfat Mill
Calories		110	220
Calories from F	at	10	35
A	mount 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			
Carbohydrat	e 18 g	6%	10%
Dietary Fiber	2 g	8%	8%
Sugars	13 g		
Other Carboh	ydrate 3 g		
Protein	9 g	18%	34%
Vitamin A		0%	10%
Vitamin C		0%	49
Calcium		20%	50%
Iron		0%	0%
Vitamin D		0%	20%
Thiamine		0%	69
Riboflavin		4%	30%
Vitamin B 6		0%	69
Vitamin B12		2%	20%
Pantothenic Aci	d	0%	89
Phosphorus		20%	35%
Magnesium		2%	109
Zinc		0%	89
*Percent daily value values may be hig		nding on your o	
*Percent daily value values may be high Total Fat	her or lower deper	nding on your o	calorie needs. 2,500 2,500
*Percent daily value values may be hig Total Fat Sat. Fat	Calories: Less than Less than	nding on your o	2,500 2,500 5 g 80 g 25 g
*Percent daily value values may be hig Total Fat Sat. Fat Cholesterol	Calories: Less than Less than Less than	nding on your o 2,0 6 2 300	calorie needs. 2,500 2,500 5 g 80 g 0 g 25 g mg 300 mg
*Percent daily value values may be hig Total Fat Sat. Fat	Calories: Less than Less than	2,0 6 2 300 2400	calorie needs. 2,500 2,500 5 g 80 g 0 g 25 g mg 300 mg g 2400 mg
*Percent daily value values may be hig Total Fat Sat. Fat Cholesterol Sodium	her or lower deper Calories: Less than Less than Less than Less than	2,0 6 2 300 2400 3500	calorie needs. 2,500 2,500 5 g 80 g 0 g 25 g mg 300 mg g 2400 mg

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