

- Exceptionally high quality protein
- Naturally sweetened, low in fat and cholesterol and low lactose formula
- Natural plant-derived enzyme system to support digestion

## PROTEIN SPARING GLYCEMIC EDGE



- Fructose
- Grape Juice Concentrate
- Rice and Oat Maltodextrin
- Protein

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

NouriShake® ofrece naturalmente una buena nutrición y un gran sabor en cada vaso. Diseñada para apoyar una nutrición celular óptima, NouriShake provee una proporción balanceada de las proteínas, los carbohidratos y la fibra mediante el suministro de todos los 22 aminoácidos involucrados en la nutrición humana, ¡una mezcla de carbohidratos simples y complejos para una liberación sostenible de energía, y con tanta fibra por porción como para una rebanada de pan de trigo integral!

- Una proteína excepcional de alta calidad
- Endulzada naturalmente, baja en grasa y colesterol y con bajo la fórmula de lactosa
- Planta de derivados naturales sistema de enzimas para apoyar la digestión

Store in a cool, dry place, away from direct sunlight.  
No artificial colors, sweeteners or preservatives added.

**DIRECTIONS:** Using a shaker or blender, mix 2 heaping tablespoons (30g) of NouriShake® in 8 fl. oz. cold 1% lowfat milk or your favorite juice/beverage.

**INSTRUCCIONES:** Usando un agitador o mezclador, mezclar 2 cucharas grandes colmadas (30g) de NouriShake® en 8 oz líquidas de leche fría con 1% de contenido graso o tu jugo favorito/bebida.



N U T R I T I O N A L S

VANILLA / VAINILLA

**NOURISHAKE®**

Quality protein  
for nutrition &  
sustained energy  
*Proteína de calidad  
para la nutrición y  
la energía sostenida*



Net Wt. 19 oz (540g)

## Nutrition Facts

Serving Size: 2 heaping tablespoons (30 g)  
Serving Per Container: 18

|                           |               | Shake Mix<br>with 8 fl. oz. |                |
|---------------------------|---------------|-----------------------------|----------------|
| Amount Per Serving        |               | Shake Mix                   | 1% Lowfat Milk |
| <b>Calories</b>           |               | 110                         | 220            |
| Calories from Fat         |               | 10                          | 35             |
| Amount in Mix             |               | % Daily Value**             |                |
| <b>Total Fat</b>          | Less than 1 g | 2%                          | 6%             |
| Saturated Fat             | 0 g           | 0%                          | 8%             |
| Trans Fat                 | 0 g           |                             |                |
| <b>Cholesterol</b>        | 0 mg          | 0%                          | 3%             |
| <b>Sodium</b>             | 100 mg        | 4%                          | 9%             |
| <b>Potassium</b>          | 150 mg        | 4%                          | 15%            |
| <b>Total Carbohydrate</b> | 18 g          | 6%                          | 10%            |
| Dietary Fiber             | 2 g           | 8%                          | 8%             |
| Sugars                    | 13 g          |                             |                |
| Other Carbohydrate        | 3 g           |                             |                |
| <b>Protein</b>            | 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 <sub>6</sub>    |               | 0%                          | 6%             |
| Vitamin B <sub>12</sub>   |               | 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.

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|                    | 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 | 2,400 mg       | 2,400 mg  |
| Potassium          | Less than | 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 |

**INGREDIENTS:** Nonfat milk solids, fructose, calcium sodium caseinate, rice and oat maltodextrin, isolated soy protein, oat fiber, NeoLife 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 and lactase.



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Leading edge nutrition  
since 1958.

Based in Nature,  
Backed by Science.

Made in U.S.A.



NouriShake® offers naturally good nutrition and great taste in every glass. Designed to support optimum cellular nutrition, NouriShake® provides a balanced ratio of protein, carbohydrates, and fiber by 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!

- Exceptionally high quality protein.
- Naturally sweetened, low in fat and cholesterol and low lactose formula
- Natural plant-derived enzyme system to support digestion.

## PROTEIN SPARING GLYCEMIC EDGE



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No artificial colors, sweeteners or preservatives added.

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**INSTRUCCIONES:** Usando un agitador o mezclador, mezclar 2 cucharas grandes colmadas (30 g) de NouriShake® en 8 oz líquidas de leche fría con 1% de contenido graso y tu jugo favorito/bebida.



NUTRITIONALS

STRAWBERRY / FRESA

# NOURISHAKE®



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for nutrition &  
sustained energy

*Proteína de calidad  
para la nutrición y  
la energía sostenida*



Net Wt. 19 oz (540 g)

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|---------------------------|---------------|-----------------------------|-----------------|
| Amount Per Serving        | Shake Mix     | 1% Lowfat Milk              |                 |
| <b>Calories</b>           | 110           | 220                         |                 |
| Calories from Fat         | 10            | 35                          |                 |
|                           |               | Amount in Mix               | % Daily Value** |
| <b>Total Fat</b>          | Less than 1 g | 2%                          | 6%              |
| Saturated Fat             | 0 g           | 0%                          | 8%              |
| Trans Fat                 | 0 g           |                             |                 |
| <b>Cholesterol</b>        | 0 mg          | 0%                          | 3%              |
| <b>Sodium</b>             | 100 mg        | 4%                          | 9%              |
| <b>Potassium</b>          | 150 mg        | 4%                          | 15%             |
| <b>Total Carbohydrate</b> | 18 g          | 6%                          | 10%             |
| Dietary Fiber             | 2 g           | 8%                          | 8%              |
| Sugars                    | 13 g          |                             |                 |
| Other Carbohydrate        | 3 g           |                             |                 |
| <b>Protein</b>            | 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 <sub>6</sub>    | 0%            | 6%                          |                 |
| Vitamin B <sub>12</sub>   | 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 | 2,400 mg       | 2,400 mg  |
| Potassium                                                                                                                           | Less than | 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 |

**INGREDIENTS:** Nonfat milk solids, fructose, calcium sodium caseinate, isolated soy protein, rice and oat maltodextrin, oat fiber, NeoLife 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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NUTRITIONALS

CHOCOLATE

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| Amount Per Serving                                                                                                                  |               | Shake Mix       | 1% Lowfat Milk |
| <b>Calories</b>                                                                                                                     |               | 110             | 220            |
| Calories from Fat                                                                                                                   |               | 10              | 35             |
| Amount in Mix                                                                                                                       |               | % Daily Value** |                |
| <b>Total Fat</b>                                                                                                                    | Less than 1 g | 2%              | 6%             |
| Saturated Fat                                                                                                                       | 0 g           | 0%              | 8%             |
| Trans Fat                                                                                                                           | 0 g           |                 |                |
| <b>Cholesterol</b>                                                                                                                  | 0 mg          | 0%              | 3%             |
| <b>Sodium</b>                                                                                                                       | 115 mg        | 5%              | 10%            |
| <b>Potassium</b>                                                                                                                    | 290 mg        | 8%              | 19%            |
| <b>Total Carbohydrate</b>                                                                                                           | 18 g          | 6%              | 10%            |
| Dietary Fiber                                                                                                                       | 2 g           | 8%              | 8%             |
| Sugars                                                                                                                              | 13 g          |                 |                |
| Other Carbohydrate                                                                                                                  | 3 g           |                 |                |
| <b>Protein</b>                                                                                                                      | 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 <sub>6</sub>                                                                                                              |               | 0%              | 6%             |
| Vitamin B <sub>12</sub>                                                                                                             |               | 2%              | 20%            |
| Pantothenic Acid                                                                                                                    |               | 0%              | 8%             |
| Phosphorus                                                                                                                          |               | 20%             | 35%            |
| Magnesium                                                                                                                           |               | 6%              | 15%            |
| Zinc                                                                                                                                |               | 0%              | 8%             |
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|                                                                                                                                     | 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     | 2,400 mg        | 2,400 mg       |
| Potassium                                                                                                                           | Less than     | 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      |

**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 and lactase.



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