



*Waarom niet nu*

## Mijn favoriete voedingspoedertje is VITASHAKE

Ik gebruik deze als maaltijdvervanger, knip een hoek van de sachet af en strooi een beetje droog in de mond, ruim tussen 2 maaltijden in op een beetje rare tijd..’s nachts vaak.

Wanneer ik uit mijn laarzen ben drink ik nog 1 glas water en slaap als een roos. Wanneer je lichaam dus het signaal geeft dat het iets nodig heeft, is dit een direct opneembaar hap.

**EAT THIS** >

VitaShake is whole food based, has fewer than 100 calories, no cholesterol, very low sodium.

**NOT THAT**

Egg McMuffin's have 300 calories, high cholesterol and very high sodium. Diet's that are heavy in sodium can cause blood pressure to rise, and high blood pressure is a risk factor for a heart attack.



## SUNRIDER VITASHAKE BENEFITS

- \* Satisfies Hunger
- \* High Fiber
- \* Healthy Plant Protein
- \* Easily Digested
- \* Delicious (in Chocolate or Strawberry)
- \* Meal Replacement
- \* Feel more Energy
- \* Convenient
- \* Easy to include in Weight Management Eating Plan

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## INGREDIENT DETAILS:

- \* Concentrated Whole-food nutrition from plants
- \* Enhanced with food-grade vitamins and minerals that are easily absorbed
- \* Natural Antioxidants
- \* Fewer than 100 calories a serving
- \* Soluble Fiber \*\*FOS Fructooligosaccharides – see note below
- \* Contains Chinese Herbs including Coix Fruit, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb and Imperatus Root \*
- Only 1 gram of fat per serving

### NOTE:

\*\*FOS – Fructooligosaccharides – is a naturally occurring Fiber and Probiotic that is found in foods such as chicory root, barley, onions, and garlic.

## Sunrider Vitashake Does NOT contain:

- \* No Artificial Sweeteners
- \* No Artificial Ingredients
- \* No Chemically Processed ingredients
- \* No Animal-based Protein
- \* No Cholesterol
- \* No “isolated protein”
- \* No “isolated” vitamins and minerals
- \* Very low sodium
- \* Very low sugar
- \* Does not contain Whey Protein or “Isolated” soy protein

**One Serving: \* is a full meal replacement \* Easily digested \* Great for breakfast or afternoon snack**

## Vitashake Sunrider is Unique

It's a unique product in today's "shake" market with fewer than 100 calories a serving, no cholesterol, very low sodium, and very low sugar. And because we use a whole-food base with natural vitamins and minerals in our exclusive formulation, your body is better able to absorb the nutrients. Mix with your favorite Sunrider herbal beverage for a healthy breakfast, snack, or meal supplement. Delicious, nutritious, and convenient, this is the perfect blend for your life. Serving Size 1 package (25g)

**Calories: 95 ~ Total Fat: <1g ~ Sodium: 55mg ~ Dietary Fiber: 3g ~ Protein : 4g~ Sugars: 5g ~ Carbohydrates: 18g**

Percent of Daily Values (DV) are based on a 2,000 calorie diet: Vitamin A 25% \* Vitamin C 25% \* Calcium 20% \* Iron 20% \* Vitamin D 25% \* Vitamin E 25% \* Vitamin K 25% \* Thiamin 25% \* Riboflavin 25% \* Niacin 25% \* Vitamin B6 25% \* Folate 25% \* Vitamin B12 25% \* Phosphorus 20% Iodine 25% \* Magnesium 25% \* Zinc 25% \* Selenium 25% \* Copper 25% \* Manganese 25% \* Chromium 25% \* Biotin 25% \* Pantothenic Acid 25%

Our bodies need: \* Complex Carbohydrates \* Protein \* Vitamins \* Minerals \* Healthy fats  
and these are found in our wonderful, delicious Vitashake!