

VitaShake®

Super Breakfast On-the-Go

VitaShake® is a whole food powder made with concentrated herbs, vitamins, minerals, and antioxidants. It helps fill in any nutritional gaps in your diet with the added benefit of whole fiber. This "super shake" is also formulated with coix fruit, a powerful antioxidant, and fructooligosaccharide (FOS), a probiotic soluble-fiber carbohydrate that supports the growth of beneficial bacteria. Phytonutrients and high-quality soy protein (similar to superconcentrated tofu) add further nutritional balance.

While most nutritional shakes are a cocktail of chemical additives, artificial flavors, and artificial sweeteners, VitaShake® is free of those potentially harmful ingredients. Plus, it has fewer than 100 calories a serving, no cholesterol, 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.

VitaShake® proves that using the best quality ingredients doesn't mean it has to be expensive. You can get a fast, nutritious, and delicious breakfast for a great value!

10/25 g pkts

#10605

Cocoa

#10615

Strawberry

Both flavors contain soybeans.

Cocoa flavor contains milk.



VitaShake® Strawberry

		%DV
Calories	95	
Protein	4g	8%
Sat Fat	0	0%
Carbs	18g	6%
Sugars	5g	
Fiber	3g	11%
Sodium	50mg	2%

\$2.13

per 8 oz. (with water) serving



Jamba Juice® Strawberries Wild®

		%DV
Calories	250	
Protein	3g	
Sat Fat	0	0%
Carbs	60g	20%
Sugars	52g	
Fiber	2g	8%
Sodium	95mg	4%

\$3.95

per 16 oz. serving



McDonald's® Egg Muffin®

		%DV
Calories	300	
Protein	18g	
Sat Fat	5g	24%
Carbs	30g	10%
Sugars	3g	
Fiber	2g	8%
Sodium	820mg	34%

\$1.65

per 7.1 oz. serving

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