

## PRODUCT INFO

# IT WORKS! SHAKE™ PLANT-BASED PROTEIN POWDER



Meet your goals when you energize your workouts, build lean muscle mass, and support your healthy metabolism! That's the power of plant-based protein in It Works! Shake!

The plant-based It Works! Shake is easy on your digestive system with no uncomfortable side effects or worries about hormones, antibiotics, or lactose—just clean, satisfying protein that crushes cravings to help you feel fuller longer!

The 100-calorie per serving It Works! Shake packs the punch of 15 grams of protein in a proprietary blend of Yellow Pea and Organic Sprouted Brown Rice proteins. This “perfect protein” blend contains a balanced amino acid profile with nine essential amino acids and an optimal concentration of branched-chain amino acids (BCAAs). So they're ready to go to work for your optimal health—encouraging lean muscle growth, supporting strength and power during exercise, sustaining your energy, and promoting a faster post-workout recovery!



SOY FREE



NON GMO



DAIRY FREE



VEGAN

- No artificial colors, flavors, or sweeteners
- Free of antibiotics and growth hormones
- Heart-healthy formula that's low in saturated fat and cholesterol-free

- Optimal levels of BCAAs
- Helps build and maintain lean muscle mass
- Long lasting protein that satisfies
- 15 grams of clean, plant-based protein

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## CREAMY VANILLA

30 Servings / 25.4 oz (1.59 lbs./720 g)

<b>Nutrition Facts</b>			
Serving Size: 1 scoop (24 g)			
Servings Per Container: 30			
Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 15		
		% Daily Value*	
<b>Total Fat</b> 1.5 g			<b>2%</b>
Saturated Fat 0 g			<b>0%</b>
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg			<b>0%</b>
<b>Sodium</b> 300 mg			<b>13%</b>
<b>Potassium</b> 25 mg			<b>&lt;1%</b>
<b>Total Carbohydrate</b> 4 g			<b>1%</b>
Dietary Fiber 1 g			<b>4%</b>
Sugars 0 g			
<b>Protein</b> 15 g			<b>30%</b>
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 20%	

\* 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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram  
Fat – 9                      Carbohydrate – 4                      Protein – 4

### INGREDIENTS

Proprietary Plant Protein Blend (pea protein isolate, organic sprouted brown rice protein concentrate), natural flavors, guar gum, and contains less than 2% of salt, organic steviol glycoside, sunflower lecithin, organic rebaudioside A, xanthan gum, silicon dioxide.

### DIRECTIONS

Add one level scoop of It Works! Shake to 8-10 fluid ounces of water. Blend, stir briskly or shake in your It Works! Blender Bottle until completely dissolved. Add extra water or ice until you reach your preferred texture/consistency. May also be used in baking or added to favorite foods.



## RICH CHOCOLATE

30 Servings / 27.0 oz (1.69 lbs./765 g)

<b>Nutrition Facts</b>			
Serving Size: 1 scoop (25.5 g)			
Servings Per Container: 30			
Amount Per Serving			
<b>Calories</b> 100	Calories from Fat 25		
		% Daily Value*	
<b>Total Fat</b> 2.5 g			<b>4%</b>
Saturated Fat 1 g			<b>5%</b>
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg			<b>0%</b>
<b>Sodium</b> 320 mg			<b>13%</b>
<b>Potassium</b> 190 mg			<b>5%</b>
<b>Total Carbohydrate</b> 4 g			<b>1%</b>
Dietary Fiber 2 g			<b>8%</b>
Sugars 0 g			
<b>Protein</b> 15 g			<b>30%</b>
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 30%	

\* 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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram  
Fat – 9                      Carbohydrate – 4                      Protein – 4

### INGREDIENTS

Proprietary Plant Protein Blend (pea protein isolate, organic sprouted brown rice protein concentrate), cocoa powder, natural flavors, guar gum, and contains less than 2% of salt, organic steviol glycoside, sunflower lecithin, organic rebaudioside A, silicon dioxide, xanthan gum.

# IT WORKS! SHAKE™ PLANT-BASED PROTEIN POWDER

## FREQUENTLY ASKED QUESTIONS

### What is It Works! Shake?

It Works! Shake is clean, plant-based protein that will help you energize your workouts, build lean muscle mass, and support your healthy metabolism! With only 100 calories per serving, It Works! Shake provides 15 grams of protein in a proprietary blend of Yellow Pea and Organic Sprouted Brown Rice proteins. This “perfect protein” blend contains a balanced amino acid profile with nine essential amino acids and an optimal concentration of branched-chain amino acids (BCAAs), supporting your optimal health by encouraging lean muscle growth, supporting strength and power during exercise, sustaining your energy, and promoting a faster post-workout recovery! All in a clean, vegan protein powder that’s soy-free, dairy-free, Non-GMO, and free of antibiotics and growth hormones.

### Why do I need It Works! Shake?

Because you need protein! There are nine essential amino acids that your body cannot make and you can get them from a high protein diet. These amino acids are necessary for everything from immune function, metabolism and weight management to muscle repair, growth, development and performance. It Works! Shake packs the punch of 15 grams of clean, plant-based protein in a proprietary blend of Yellow Pea and Organic Sprouted Brown Rice proteins. This “perfect protein” blend contains a balanced amino acid profile with those nine essential amino acids and an optimal concentration of branched-chain amino acids (BCAAs) that are ready to go to work for your optimal health—encouraging lean muscle growth, supporting strength and power during exercise, sustaining your energy, and promoting a faster post-workout recovery!

### Won't a protein powder make me bulk up/gain weight?

You won't bulk up from eating protein or taking protein powder. In fact, It Works! Shake is a clean, satisfying protein that crushes cravings to help you feel fuller longer and help you maintain a healthy weight! Protein from It Works! Shake, just like protein from other food sources, doesn't cause an intense blood sugar spike and “crash” like carbohydrates do. Meet your protein needs with It Works! Shake - you'll feel satisfied, experience sustained energy, and give your muscles much-needed nutrient support.

### What is the difference between It Works! Shake versus Ultimate ProFIT® a whey-based protein shake?

Ultimate ProFIT is a blend of whey-based protein, mood-elevating superfoods, and soluble and insoluble fibers. While whey protein is quickly absorbed by the body to assist in muscle growth and recovery, it is animal based so this rules out whey protein as an option for anyone with lactose intolerance or anyone following a vegetarian or vegan diet. It Works! Shake is a clean, plant-based protein in a proprietary blend of Yellow Pea and Organic Sprouted Brown Rice proteins with all the same benefits of Ultimate ProFIT - - encouraging lean muscle growth, supporting strength and power during exercise, sustaining your energy, and promoting a faster post-workout recovery! PLUS, it's a satisfying protein that crushes cravings to help you feel fuller longer!

# IT WORKS! SHAKE™ PLANT-BASED PROTEIN POWDER

## FREQUENTLY ASKED QUESTIONS

### What are the benefits of It Works! Shake plant-based proteins?

It Works! Shake helps you to power up your results and meet your goals by energizing your workouts, building lean muscle mass, and supporting your healthy metabolism! That's the power of plant-based protein!

With a proprietary blend of Yellow Pea and Organic Sprouted Brown Rice proteins, this “perfect protein” blend contains a balanced amino acid profile with nine essential amino acids and an optimal concentration of branched-chain amino acids (BCAAs). So they're ready to go to work for your optimal health—encouraging lean muscle growth, supporting strength and power during exercise, sustaining your energy, and promoting a faster post-workout recovery!

Soy-free, dairy-free, and Non-GMO, this plant-based protein makes It Works! Shake a great choice for vegans, vegetarians, or anyone with soy/dairy sensitivity or anyone who wants to ensure their protein is clean!

### What are the “plants” used in the plant-based protein of It Works! Shake?

It Works! Shake is powered by a proprietary blend of Yellow Pea and Organic Sprouted Brown Rice proteins. This “perfect protein” blend contains a balanced amino acid profile. What does that mean? These two proteins complement each other, with the Organic Sprouted Brown Rice protein providing a complete spectrum of amino acids, including being high in the amino acids cysteine and methionine, while Yellow Pea protein is high in the amino acid lysine. Together, these two create a complete protein that provides nine essential amino acids (the amino acids your body can't make on its own) and an optimal concentration of branched-chain amino acids (BCAAs) that are ready to go to work for your optimal health!

### What are branched-chain amino acids (BCAAs) and why do they matter?

Branched-chain amino acids (BCAAs) preserve muscle glycogen stores, which can be depleted during strenuous exercise. Studies show a diet rich in BCAAs can help keep your body in a “muscle-building state” throughout the day. With an optimal concentration of BCAAs, It Works! Shake encourages lean muscle growth, supporting strength and power during exercise, sustaining your energy, and promoting a faster post-workout recovery!

### What is the recommended serving of It Works! Shake?

You can enjoy multiple servings of It Works! Shake throughout your day! Just mix one scoop with 8-10 fl. oz. of water for a protein-packed shake that's perfect for you—rich and creamy or light and smooth. It's that easy, and you can even bake with it or add to your favorite foods!

### When and how should I take It Works! Shake?

Because protein is so important to sustaining your energy and staving off hunger by keeping you fuller longer, any time is a good time to grab your It Works! Shake—make a Shake in the morning to go with your breakfast, use after a workout to support your muscle recovery, or take in the evening to fend off those late-night cravings. And while the name may be It Works! Shake, a shake isn't all you can make! Add your favorite fruits and blend It Works! Shake into a smoothie, bake with it to make your own homemade protein or granola bars, or stir it into your favorite foods like oatmeal! And of course, you can shake it when you mix one scoop with 8-10 fl. oz. of water and shake it up in your It Works! Blender Bottle!

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## FREQUENTLY ASKED QUESTIONS

### Will cooking/baking with It Works! Shake cause it to lose any of its nutritional properties?

High temperatures can affect the protein's structure, but the nine essential amino acids and branched-chain amino acids (BCAAs) will remain intact. Cooking or baking with It Works! Shake is a delicious way to enjoy the benefits of this perfect protein blend!

### Is It Works! Shake gluten-free?

It Works! Shake is formulated using gluten-free ingredients.

### Is It Works! Shake vegan?

Yes, It Works! Shake is vegan, soy-free, dairy-free and Non-GMO!

### Is It Works! Shake lactose-free?

Yes, It Works! Shake is dairy and lactose-free.

### Is the plant-based protein in It Works! Shake Non-GMO?

Yes, the Yellow Pea and Organic Sprouted Brown Rice are Non-GMO.

### Can It Works! Shake be used with the It Works! System®?

Yes, It Works! Shake is a great daily addition to the It Works! System. Your It Works! Blender Bottle is the perfect way to shake up an It Works! Shake, and the It Works! Shake is the perfect way to power up your System results and meet your health and fitness goals! Take the doctor's advice—It Works! Health Consultant Dr. Don VerHulst: "Muscle burns 3-5 times the amount of calories as fat! So It Works! Shake is that product to help you build and maintain lean muscle mass while supporting an all-around healthy lifestyle—which is what the It Works! System is all about!"

### Is It Works! Shake a meal replacement?

Any time is a good time to grab your It Works! Shake—make a Shake in the morning to go with your breakfast, use after a workout to support your muscle recovery, or take in the evening to fend off those late-night cravings! It Works! Shake is not intended to be a meal replacement.

### How many calories are in the It Works! Shake?

It Works! Shake is 100 calories per serving when mixed in water. Keep in mind that adding milk, fruit, or nuts and blending can make a delicious smoothie, but will also add to calories.