

# IT WORKS! SHAKE

## PLANT-BASED PROTEIN POWDER



Energise your workouts, build lean muscle mass and support your healthy metabolism! That’s the power of plant-based protein in It Works! Shake!

This clean, satisfying protein crushes cravings to help you feel fuller longer—all in a formula that is soy and lactose-free!

Each serving of 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 provides a vegan-friendly source of complete protein. So it’s ready to go to work for your optimal health – protein contributes to a growth in lean muscle mass, supporting strength and power during exercise, and sustaining your energy.



SOY FREE



NON GMO



DAIRY FREE



VEGAN

- No artificial colours or artificial sweeteners
- High in protein
- Protein contributes to the growth and maintenance of muscle mass
- Long lasting protein that satisfies
- 15 grams of clean, plant-based protein

# IT WORKS! SHAKE PLANT-BASED PROTEIN POWDER

**CREAMY VANILLA** 30 Servings / 696 g

**RICH CHOCOLATE** 30 Servings / 750 g

**Nutrition Information / Valeur nutritive / Información nutricional / Nährwertangaben / Ravintoarvot / Ernæringsinformation / Næringsinnhold / Voedingsinformatie / Näringsvärdesinformation / Informazioni nutrizionali**

Serving Size: 1 scoop (23.2 g) / Une portion équivalent à : 1 cuillerée (23.2 g) / Tamaño por dosis: 1 cucharada (23.2 g) / Portionsgröße: 1 Messlöffel (23.2 g) / Annoskoko: 1 mittalusikalinen (23.2 g) / Portionsstorrelse: 1 måleske (23.2 g) / Porsjonsstorrelse: 1 måleskje (23.2 g) / Portie: 1 scheepje (23.2 g) / Portionsstorlek: 1 skopa (23.2 g) / Porzione: 1 misurino (23.2 g)

Servings Per Container: 30 / Portions par boîte : 30 / Dosis per recipiente: 30 / Portionen pro Packung: 30 / 1 pussi sisältää 30 annosta / Portioner pr beholder: 30 / Porsjoner per boks: 30 / Aantal porties per verpakking: 30 / Portioner per behållare: 30 / Dosi per confezione: 30

	Per 100 g / Pour 100 g / Por 100 g / Pro 100 g / 100 g / Pr 100 g / Per 100 g / Per 100 g / Per 100 g / Per 100 g	Per 23.2 g / Pour 23.2 g / Por 23.2 g / Pro 23.2 g / 23.2 g / Pr 23.2 g / Per 23.2 g / Per 23.2 g / Per 23.2 g / Per 23.2 g
Energy / Énergie / Energia / Brennwert / Energia / Energi / Energie / Valore energetico	388 kcal / 1623 kJ	90 kcal / 377 kJ
Fat / Matières grasses / Grasas / Fett / Rasvaa / Fedt / Vetten / Grassi	6.5 g	1.5 g
Of which Saturates / Dont grasses saturées / De las cuales saturadas / davon gesättigte Fettsäuren / josta tydyttyneitä rasvoja / Herat mættede fedtsyrer / hvorav mættede fettsyrer / Waarvan verzadigd / varav mättat / Di cui Saturi	0 g	0 g
Carbohydrates / Glucides / Hidratos de carbono / Kohlenhydrate / Hiilihydraatteja / Kulhydrater / Karbohydrater / Koolhydraten / Kolhydrater / Carboidrati	17.2 g	4.0 g
Of which Sugars / Dont sucres / De los cuales azúcares / davon Zucker / joista sokeria / Herat sukkerarter / hvorav sukkerarter / Waarvan suikers / varav socker/ Di cui Zuccheri	0 g	0 g
Dietary fibre / Fibres alimentaires / Fibra alimentaria / Ballaststoffe / Kultua / Kostfibre / Kostfiber / Voedingsvezels / Fibre dietetische	4.3 g	1.0 g
Protein / Protéines / Proteinas / Eiweiß / Proteiinia / Proteine / Proteine	64.6 g	15 g
Salt / Sel / Sodio / Salz / Suolaa / Zout / Sale	3.0 g	0.7 g

**INGREDIENTS:** Protein blend (pea protein isolate, brown rice protein concentrate), flavourings (vanilla), thickeners (guar gum, xanthan gum), salt, emulsifier (sunflower lecithin), anti-caking agent (silicon dioxide), sweeteners (steviol glycosides, thaumatococcus).

**INGRÉDIENTS:** Mélange de protéines (isolat de protéine de pois, concentré de protéines de riz complet), arômes (vanille), épaississants (gomme de guar, gomme xanthane), sel, émulsifiant (lécithine de tournesol), antiagglomérant (dioxyde de silicium), édulcorants (glycosides de stéviol, thaumatococcus).

**INGREDIENTES:** Mezcla de proteínas (aislado de proteína de guisante, concentrado de proteína de arroz integral), aromatizantes (vainilla), espesantes (goma guar, goma xantana), sal, emulsionante (lecitina de girasol), agente antiaglomerante (dióxido de silicio), edulcorantes (glicosidos de esteviol, taumatina).

**ZUTATEN:** Proteinmischung (Proteinisolat aus Erbsen, Proteinkonzentrat aus Vollkornreis), Aromastoffe (Vanille), Verdickungsmittel (Guarkämmel, Xanthangummi), Salz, Emulgator (Sonnenblumenlecithin), Antiklumpmittel (Siliziumdioxid), Süßstoffe (Steviol-Glykoside, Thaumatin).

**AINESOSAT:** Proteiiniyhdistelmä (herneproteiini-isoaatti, ruskean riisin proteiiniyhdistelmä), aromit (vanilja), sakeutusaineet (guarkumi, ksantaanikumi), suola, emulgointiaine (auringonkukkaalestiini), paakuumismenestoina (piidiksiidi), makeutusaineet (steviolglykosidit, taumatini).

**INGREDIENSER:** proteinblandning (ærtprotein isolat, proteinkoncentrat fra brune ris) aromaer (vanilja), fortykningsmidler (guar gummi, xanthangummi), salt, emulgator (solsikkelecitin), antiklumpningsmiddel (siliciumdioxid), sødemidler (steviolglykosider, thaumatini).

**INGREDIENSER:** Proteinblandning (ærtproteinisolat, proteinkoncentrat fra brun ris), aroma (vanilje), fortykningsmiddel (guar gummi, xanthangummi), salt, emulgator (solsikkelecitin), antiklumpemiddel (silikondioxid), søtningsmiddel (steviolglykosid, thaumatini).

**INGREDIËNTEN:** Proteïnemix (erwtenproteïne isoalaat, proteïneconcentraat van bruine rijst), smaakstoffen (vanille), verdikkingsmiddelen (guarpitmeel, xanthaangom), zout, emulgator (zonnebloem lecithine), antikleermiddel (siliciumdioxide), zoetstoffen (steviolglycosiden, thaumatine).

**INGREDIENSER:** Proteinblandning (ärtproteinisolat, proteinkoncentrat av brunt ris), smakämnen (vanilj), fortykningsmedel (guarkämmel, xanthangummi), salt, emulgeringsmedel (solroslecitin), klumpförebyggande medel (kiseloxid), sötningsmedel (steviolglykosider, taumatini).

**INGREDIENTI:** miscela de proteine (proteine isolate di piselli, concentrato di proteine di riso integrale), aromi (vaniglia), addensanti (gomma di guar, gomma di xantano), sale, emulsionante (lecitina di girasole), agente antiagglomerante (biossido di silicio), edulcoranti (glicosidi steviolici, taumatina).

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	Per 100 g / Pour 100 g / Por 100 g / Pro 100 g / 100 g / Pr 100 g / Per 100 g / Per 100 g / Per 100 g / Per 100 g	Per 25 g / Pour 25 g / Por 25 g / Pro 25 g / 25 g / Pr 25 g / Per 25 g / Per 25 g / Per 25 g / Per 25 g
Energy / Énergie / Energia / Brennwert / Energia / Energi / Energie / Valore energetico	392 kcal / 1653 kJ	98 kcal / 413 kJ
Fat / Matières grasses / Grasas / Fett / Rasvaa / Fedt / Vetten / Grassi	8.0 g	2 g
Of which Saturates / Dont grasses saturées / De las cuales saturadas / davon gesättigte Fettsäuren / josta tydyttyneitä rasvoja / Herat mættede fedtsyrer / hvorav mættede fettsyrer / Waarvan verzadigd / varav mättat / Di cui Saturi	4.0 g	1.0 g
Carbohydrates / Glucides / Hidratos de carbono / Kohlenhydrate / Hiilihydraatteja / Kulhydrater / Karbohydrater / Koolhydraten / Kolhydrater / Carboidrati	16.0 g	4.0 g
Of which Sugars / Dont sucres / De los cuales azúcares / davon Zucker / joista sokeria / Herat sukkerarter / hvorav sukkerarter / Waarvan suikers / varav socker/ Di cui Zuccheri	0 g	0 g
Dietary fibre / Fibres alimentaires / Fibra alimentaria / Ballaststoffe / Kultua / Kostfibre / Kostfiber / Voedingsvezels / Fibre dietetische	8.0 g	2.0 g
Protein / Protéines / Proteinas / Eiweiß / Proteiinia / Proteine / Proteine	60.0 g	15 g
Salt / Sel / Sodio / Salz / Suolaa / Zout / Sale	3.2 g	0.8 g

**INGREDIENTS:** Protein blend (pea protein isolate, brown rice protein concentrate), cocoa powder, flavourings (chocolate and vanilla), thickeners (guar gum, xanthan gum), salt, emulsifier (sunflower lecithin), anti-caking agent (silicon dioxide), sweeteners (steviol glycosides, thaumatococcus).

**INGRÉDIENTS:** Mélange de protéines (isolat de protéine de pois, concentré de protéines de riz complet), poudre de cacao, arômes (chocolat et vanille), épaississants (gomme de guar, gomme xanthane), sel, émulsifiant (lécithine de tournesol), antiagglomérant (dioxyde de silicium), édulcorants (glycosides de stéviol, thaumatococcus).

**INGREDIENTES:** Mezcla de proteínas (aislado de proteína de guisante, concentrado de proteína de arroz integral), cacao en polvo, aromatizantes (chocolate y vainilla), espesantes (goma guar, goma xantana), sal, emulsionante (lecitina de girasol), agente antiaglomerante (dióxido de silicio), edulcorantes (glicosidos de esteviol, taumatina).

**ZUTATEN:** Proteinmischung (Proteinisolat aus Erbsen, Proteinkonzentrat aus Vollkornreis), Kakaopulver, Aromastoffe (Schokolade und Vanille), Verdickungsmittel (Guarkämmel, Xanthangummi), Salz, Emulgator (Sonnenblumenlecithin), Antiklumpmittel (Siliziumdioxid), Süßstoffe (Steviol-Glykoside, Thaumatin).

**AINESOSAT:** Proteiiniyhdistelmä (herneproteiini-isoaatti, ruskean riisin proteiiniyhdistelmä), kakaopulveri, aromit (suklaa ja vanilja), sakeutusaineet (guarkumi, ksantaanikumi), suola, emulgointiaine (auringonkukkaalestiini), paakuumismenestoina (piidiksiidi), makeutusaineet (steviolglykosidit, taumatini).

**INGREDIENSER:** proteinblandning (ærtprotein isolat, proteinkoncentrat fra brune ris) Kakaopulver, Smagsvarianter (chokolade og vanilja), fortykningsmidler (guar gummi, xanthangummi), salt, emulgator (solsikkelecitin), antiklumpningsmiddel (siliciumdioxid), sødemidler (steviolglykosider, thaumatini).

**INGREDIENSER:** Proteinblandning (ærtproteinisolat, proteinkoncentrat fra brun ris), kakaopulver, aroma (sjokolade og vanilje), fortykningsmiddel (guar gummi, xanthangummi), salt, emulgator (solsikkelecitin), antiklumpemiddel (silikondioxid), søtningsmiddel (steviolglykosid, thaumatini).

**INGREDIËNTEN:** proteïnemix (erwtenproteïne isoalaat, proteïneconcentraat van bruine rijst), cacaopeoder, smaakstoffen (chocolade en vanille), verdikkingsmiddelen (guarpitmeel, xanthaangom), zout, emulgator (zonnebloem lecithine), antikleermiddel (siliciumdioxide), zoetstoffen (steviolglycosiden, thaumatine).

**INGREDIENSER:** Proteinblandning (ärtproteinisolat, proteinkoncentrat av brunt ris), kakaopulver, smakämnen (choklad och vanilj), fortykningsmedel (guarkämmel, xanthangummi), salt, emulgeringsmedel (solroslecitin), klumpförebyggande medel (kiseloxid), sötningsmedel (steviolglykosider, taumatini).

**INGREDIENTI:** miscela de proteine (proteine isolate di piselli, concentrato di proteine di riso integrale), cacao in polvere, aromi (cioccolato e vaniglia), addensanti (gomma di guar, gomma di xantano), sale, emulsionante (lecitina di girasole), agente antiagglomerante (biossido di silicio), edulcoranti (glicosidi steviolici, taumatina).

## DIRECTIONS

Add one level scoop of It Works! Shake to a 250-300 ml glass 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 favourite foods.



This product should be used as part of a varied and balanced diet and a healthy lifestyle. It is illegal for a promoter or a participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join a scheme. Do not be misled by claims that high earnings are easily achieved. It Works! Marketing International UC, 45-46 James Place East, Dublin 2, Ireland



# 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 energise your workouts, build lean muscle mass, and support your healthy metabolism! It Works! Shake provides 15 grams of protein per serving in a proprietary blend of Yellow Pea and Organic Sprouted Brown Rice proteins. This “perfect protein” blend provides a vegan-friendly source of complete protein, supporting your optimal health – protein contributes to a growth in lean muscle mass, supporting strength and power during exercise, and sustaining your energy! 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 provides a vegan-friendly source of complete protein, supporting your optimal health – protein contributes to a growth in lean muscle mass, supporting strength and power during exercise, and sustaining your energy!

### 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! 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 the plant-based protein of It Works! Shake versus a whey-based protein shake?

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 similar benefits of a whey protein - protein contributes to a growth in lean muscle mass, supporting strength and power during exercise, and sustaining your energy! PLUS, it's a long lasting protein that satisfies!

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

It Works! Shake helps you to power up your results and energise your workouts, build lean muscle mass, and support 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 provides a vegan-friendly source of complete protein. So it's ready to go to work for your optimal health— protein contributes to a growth in lean muscle mass, supporting strength and power during exercise, and sustaining your energy!

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!



# IT WORKS! SHAKE PLANT-BASED PROTEIN POWDER

## FREQUENTLY ASKED QUESTIONS

### 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 provides a vegan-friendly source of complete protein. What does that mean? These two proteins complement each other, together, these two create a complete protein that are ready to go to work for your optimal health!

### 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 250 – 300 ml 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 favourite 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 favourite 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 favourite foods like oatmeal! And of course, you can shake it when you mix one scoop with 250 – 300 ml of water and shake it up in your It Works! Blender Bottle!

### 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 (BCAA) 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. It is not currently tested to detect gluten that may or may not be introduced during the manufacturing process.

### 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.

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

It Works! Shake is a filling, protein-packed snack to enjoy between meals, after your workout, or even when you’re craving something sweet before bed. It Works! Shake is not intended to be a meal replacement.

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

It Works! Shake Creamy Vanilla is 90 calories per serving, It Works! Shake Rich Chocolate is 98 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.