Super Shake

Powder

Vegan

Hypoallergenic

600 g Protein

NutritionalFrontiers.com
(412) 922-2566

NUTRITIONAL FRONTIERS

Super Shake

Available in Single Serve Packets and 30 Powder Servings

A hypoallergenic, vegetarian, low carbohydrate meal replacement powder suitable for those with food allergies and food sensitivities.

Super Shake provides a low carbohydrate meal replacement option that is free from the most common food allergens, including gluten, dairy, and soy. Many protein powders on the market contain common food allergens, making those shakes unsuitable for sensitive individuals.

Super Shake features pea, rice, and pumpkin as its protein sources, providing a delicious alternative for people on a variety of food programs including weight management, detoxification, low carbohydrate, diabetes, food allergies, or those simply looking to add shakes to their daily routine.

Super Shake can be mixed easily with water, coconut, rice or almond milk, and juice. Super Shake may be added to a blender with fresh or frozen fruit, coconut, rice or almond milk, ice, nut butter, and/or for extra nutritional value, one of **Nutritional Frontiers' Pro Colors powders such as Pro Lean Greens, Pro Oranges, Pro Purples, or Pro Reds.**

About the Ingredients

Protein Blend includes pea, rice, and pumpkin proteins. These vegetable protein sources provide amino acids required by the body for people who are vegetarians, have food allergies or sensitivities, or who are looking for a hypoallergenic meal replacement. These essential amino acids must be obtained through diet; the human body does not synthesize them.

Fibersol®-2 is a soluble fiber comprised of a digestion-resistant maltodextrin. Fiber serves many purposes, including binding toxins in the intestines to aid in detoxification, helping glucose and lipid control, and supporting proper bowel function, regularity, fecal volume, and beneficial intestinal micro flora. What makes **Fibersol®-2** unique is that it is soluble and less dense than other fibers and does not cause bloating or intestinal gas. **Fibersol®-2** is well tolerated and results in favorable fermentation in the large bowel and assists in production of short chained fatty acids which are the preferred fuel source of the colon cells. **Fibersol®-2** can be mixed with any hot or cold food or beverage.

Medium Chain Triglycerides (MCTs) are easily absorbed and easily metabolized fatty acids found in foods like coconut oil and palm oil. MCTs may assist in weight loss because they support the body's ability to process extra calories and provide a quick source of energy. MCT oils are a preferred fuel source and unlike other fats will not be stored in the body.

Vanilla, Banana Strawberry:

SUPPLEMENT FACTS

Servings per container: 30
Serving size: 1 Scoop (33.2 g)

Amount Per Serving	
Calories	140
Total Fat	2 g
Saturated Fat	2 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Cholesterol	0 mg
Sodium	219 mg
Total Carbohydrate	5 g
Dietary Fiber	3 g
Total Sugars	0 g
Includes 0 g Added Sugars	
Sugar Alcohol	0 g
Protein	20 g
Vitamin D	0 mcg
Calcium	188 mg
Iron 4.5 mg	
Phosphorus	284 mg
Potassium	46 mg

Chocolate, Chocolate Coconut and Cafe Mocha:

SUPPLEMENT FACTS

Servings per container: 30
Serving size: 1 Scoop (35.2g)

Amount Per Serving	
Calories	130
Total Fat	2 g
Saturated Fat	2 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrate	5 g
Dietary Fiber	3 g
Total Sugars	0 g
Includes 0 g Added Sugars	
Sugar Alcohol	0 g
Protein	20 g
Vitamin D	0 mcg
Calcium	168 mg
Iron	4 mg
Phosphorus	253 mg
Magnesium	10.38 mg
Potassium	46 mg

Peanut Butter:

SUPPLEMENT FACTS

Servings per container: 30
Serving size: 1 Scoop (33.2 g)

Amount Per Serving	
Calories	130
Total Fat	3 g
Saturated Fat	2 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Cholesterol	0 mg
Sodium	180 mg
Total Carbohydrate	5 g
Dietary Fiber	3 g
Total Sugars	0 g
Includes 0g Added Sugars	
Sugar Alcohol	0 g
Protein	19 g
Vitamin D	0 mcg
Calcium	160 mg
Iron	4 mg
Phosphorus	257 mg
Magnesium	10.38 mg
Potassium	74 mg

AMINO ACID PROFILE FOR ALL FLAVORS:

Alanine	670 mg
Arginine	1250 mg
Aspartic Acid	1754 mg
Cystine	140 mg
Glutamic Acid	2576 mg
Glycine	606 mg
Histidine	402 mg
Isoleucine	746 mg
Leucine	1334 mg
Lysine	1148 mg
Methionine	138 mg
Phenylalanine	842 mg
Proline	718 mg
Serine	714 mg
Tyrosine	530 mg
Tryptophan	122 mg
Threonine	566 mg
Valine	818 mg

Other Ingredients: Protein blend (pea protein isolate, rice protein, and pumpkin), medium chain tryglycerides, Fibersol-2™, natural flavors, stevia, red beet powder (Banana Strawberry only) and Cocoa (Chocolate, Chocolate Coconut, and Cafe Mocha only), Spray Dried Coffee (Cafe Mocha only).

Warning: Medications should be taken separately from high-fiber supplements like Fibersol®-2. Fiber can theoretically interfere with the absorption of medication taken at the same time. We suggest taking medications 2 hours before or after using the Fibersol®-2 in Super Shake.

Fibersol® is a registered Trademark of ADM/Matsutani LLC and Matsutani Chemical Industry Co. LTD.
Fibersol®-2 is a soluble dietary fiber produced by ADM/Matsutani LLC.

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