Ultimate Shake

Shake-A-Day

Plant Based Meal Replacement

Includes Macro, Micro Nutrients and Antioxidants

Clean Formula - No Artificial Flavors, Colors, or Additives

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NUTRITIONAL FRONTIERS

Ultimate Shake

Available in 30 Powder Servings

Ultimate Shake is a unique formulation that supports detoxification and can be used as part of a liver-cleanse protocol. With 15-18 grams of protein per scoop, **Ultimate Shake** makes a filling snack, or alternatively as a replacement or addition to a small meal. **Ultimate Shake** features pea, rice, and pumpkin as its protein source. 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.

This formula contains a macronutrient matrix, a matrix of key vitamins and minerals, and a detoxification matrix. We are regularly exposed to a multitude of chemicals which may have damaging effects on our health. When functioning optimally, the body can neutralize the negative impact of many of these harmful agents. A detoxification protocol can assist your body with mobilizing and excreting toxins. **Ultimate Shake** may be used as part of the 'cleansing' process.

The liver is the primary organ responsible for modifying toxins so that they can be excreted from the body. This occurs in a 2-step process called Phase 1 and Phase 2 detoxification, in which fat-soluble substances are modified to water soluble for easier elimination by the kidneys into the urine, and out of the body. **Ultimate Shake** contains ingredients to enhance both Phase I and Phase II liver detoxification.

Ingredients

Macronutrient Matrix contains 15-18 grams of protein and 18 grams of carbohydrates. The protein is derived from pea, pumpkin, and rice. These are the primary building blocks of the diet and considered macronutrients meaning that you need relatively large amounts of it each day. These nutrients must come from food and they are necessary for disease prevention, growth, and good health. 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. Ultimate Shake pairs well with the Nutritional Frontiers Pro Lean Greens! Combining just one scoop of each of these great tasting formula's will provide all of your macro and micro nutrients for the day in ONE single, tasty, meal replacement!

Vitamin and Mineral Matrix contains many micronutrients. These aid in cell growth, fat metabolism, energy generation, and support Phase I liver detox. They support the body and are essential for many of its functions. Vitamins and Minerals can also lower your risk of diseases while building up the immune system.

Biofolate® This unique, high-quality formula contains an active form of folate, which may be helpful in certain cases of anemia. These nutrients are also crucial for proper cell division, nervous system function, and cardiovascular. Biofolate® may improve symptoms of a peripheral arterial disease and intermittent claudication.

TRAACS®by Albion® stands for The Real Amino Acid Chelate System and the mineral amino acid chelate is composed of an amino acid that has two or more donor groups combined with the mineral. This chelation helps nutrients absorb effectively into the bloodstream.

Proprietary Detox Matrix contains many amino acids and features milk thistle, an herb that has been used traditionally for liver health.* Its active constituent, silybin, acts as an antioxidant, and may enhance glutathione levels and normal liver cell regeneration.* The amino acids N-Acetyl Cysteine, L-cysteine, Glutamine, Threonine, Glycine, Lysine, and Taurine are also included. N-Acetyl Cysteine is a derivative of the amino acid cysteine and both act as powerful antioxidants and detoxification promoters.

SUPPLEMENT FACTS

Available Bottle Sizes: Vanilla 30, Pineapple Coconut 30
Serving Size: Pineapple Coconut 1 Scoop (47.8 g), Vanilla 1 Scoop (47.5 g)
Servings Per Container: 30 Servings

Calories 190	
Total Fat	5 g
Saturated Fat	2.5 g
Total Carbohydrates	18 g
Dietary Fiber	4 g
Total Sugars	4 g
Includes 3 g Added Sugars	
Protein	15-18 g
Vitamin A (as Palmitate)	200 mcg RAE
Vitamin C (as Ascorbic Acid)	67 mg
Vitamin D (as Cholecalciferol)	16.7 mcg
Vitamin E (as Succinate)	107.8 mg
Thiamin (as Thiamine Mononitrate)	1.05 mg
Riboflavin (as Vitamin B2)	1.33 mg
Niacin (as Niacinamide)	1.3 mg NE
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	2.25 mg
Folate (as Biofolate® (from (L-5-Methyltetrahydrofolate Calcium))	105 mcg DFE
Vitamin B12 (as Methylcobalamin)	3.59 mcg
Biotin	90 mcg
Pantothenic Acid (as D-Calcium Panothenate)	2.1 mg
Calcium(as Calcium Citrate,D-Calcium Panothenate, Tricalcium Phosphate)	200 mg
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	7.4 mg
Phosphorus (as Phosphorus Chelate,Tricalcium Phosphate)	350 mg
Iodine (as Potassium Iodide)	283 mcg
Magnesium (as Magnesium Citrate)	110 mg
Zinc (as Zinc Arginate Chelate (TRAACS™))	10 mg
Copper (as Copper Bisglycinate Chelate (TRAACS™))	10 mg
Manganese (as Manganese Citrate)	0.87 mg
Chromium (as Chromium Picolinate)	68.4 mcg
Molybdenum (as Molybdenum Glycinate Chelate (TRAACS™))	80 mcg
Sodium	125 mg
Potassium (as Potassium Glycinate,Potassium Iodide)	160 mg
L-Glutamine	200 mg
L-Glycine	200 mg
Dimethylglcine HCL (DMG HCL)	100 mg
L-Cysteine HCL	66.7 mg
L-Taurine	66.7 mg
L-Threonine	66.7 mg
Lysine HCl	66.7 mg
Milk Thistle Extract (80% Silymarin)	66.7 mg
N-Acetyl L-Cysteine	66.7 mg

Other Ingredients: Pea Protein Isolate, Oatmeal Flour, Coconut Oil Powder 50%, Raw Cane Sugar, Fibersol, Natural Flavoring, Organic Brown Rice Protein Concentrate , Organic Pumpkin Protein

Suggested Use: Mix 1 scoop (47.8 g) with 8 oz. of water, almond, rice, or coconut milk and ice.

Warning: If pregnant or nursing, consult with your health care practitioner.

Contains tree nuts (coconut) Produced in a facility that also processes milk, soy, peanut, tree nut, wheat, eggs, fish, and shell fish ingredients.

TRAACS™ FERROCHEL™

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