

FitShake™

Banana Cream

Available now!

- 25 grams of protein in every serving
- Only 150 calories per serving!
- Delicious banana cream flavor!
- Low fat & low carbohydrate



- Gluten-free
- No artificial colors or flavors, no preservatives, no added sugar
- 13 different digestive enzymes

#USYG300002

Net Wt. 2.4 lbs. (1086 g)

Suggested Use: Adults, mix 1 level scoop in 10 ounces of water or juice one or more times daily.



The Building Block of Life

Protein, whether derived from an animal or plant, is essential to the human body. Proteins have several responsibilities in each cell that help with growth, maintenance, and recovery. They're in charge of repair and maintenance, energy, hormone function, enzyme production, transportation and storage of molecules, and form antibodies that help with infection, illness, and disease. Though the amounts needed by each individual vary based on several factors, including age, activity level, and body composition, protein is essential to the health and longevity of its cells.

However, many individuals, even some athletes, do not consume enough high-quality protein in their diet. Finding a supplement that delivers high-quality,

nutrient-rich protein is essential for not only muscle growth and recovery, but for overall optimal health.

Youngevity's FitShake™ contains high-quality, easily digestible muscle and collagen-building protein. FitShake™ is made using whey and bone broth protein to not only support muscle growth and recovery, but also to support bone and joint health that is commonly overlooked in the growth and recovery of the muscle-building process. Additionally, it contains a proprietary blend of antioxidant-rich green coffee, digestive enzymes and probiotics to support the absorption of nutrients and promote a healthy digestive system. FitShake™ is formulated to support the complete needs of an active individual and ensure proper nutrition to the

systems that are put to the test during physical activity.

Enjoy the tasty banana cream flavor of FitShake™ by just adding water to a shaker, or grab a blender and mix it with some frozen fruit, almond milk, and ice for a nutrient-rich smoothie. You have the perfect breakfast or mid-day snack to kick-start your day, which may help to burn fat and support your overall health!†

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Exceptional Nutrient Profile in FitShake™

PROTEIN BLEND

Whey Protein Concentrate – an animal-based protein known for its tissue-building nutrient profile that includes essential amino acids. Specifically important to muscle tissue are branched-chain amino acids (BCAAs), which may help build and maintain lean muscle mass.†

Organic Flaxseed – a great source of nutrients including vitamins, minerals, fiber and omega-3s, which may support cardiovascular and digestive health in addition to being a source of plant-based protein.†

Bone Broth Protein Concentrate – gut-friendly protein that contains a wide-range of nutrients, including calcium, collagen, glucosamine, amino acids, and more! This healthy source of protein may support several systems of the body including bone and joint, digestive system, and hair, skin and nails.†

Coconut Milk – a great source of healthy fats - medium-chain triglycerides (MCTs) - plus, vitamins and minerals that may support a healthy metabolism and cardiovascular system.†

DIGESTIVE, IMMUNE & ANTIOXIDANT SUPPORT BLEND

Organic Fermented Green Coffee – a recognized antioxidant that may support a healthy metabolism and help combat oxidative stress during physical activity.†
Digestive Enzyme Blend – an array of powerful enzymes that may help the body metabolize nutrients and support an overall healthy digestive system.†

Bacillus subtilis Probiotic – a unique soil-based probiotic that delivers healthy gut bacteria and may support a healthy digestive and immune system.†

Supplement Facts

	Amount Per Serving	% DV*
Serving Size: 1 scoop (36.2 grams) Servings Per Container: 30		
Calories	150	
Calories from Fat	40	
Total Fat	4 g	6%
Polyunsaturated Fat	2 g	
Monounsaturated Fat	1 g	
Saturated Fat	<1 g	
Sodium	48 mg	2%
Potassium	40 mg	1%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	2%
Sugars	<1 g	
Protein	25 g	50%
Vitamin D3 (<i>Lactobacillus bulgaricus</i>)	1000 IU	250%
FitShake™ Protein Blend	34900 mg	**
Whey Protein Concentrate, Organic Flaxseed (protein, fiber and sprouted fermented seed), Bone Broth Protein Concentrate, Coconut Milk		
FitShake™ Digestive, Immune and Antioxidant Support Blend	110 mg	**
Organic Fermented Green Coffee (seed), Digestive Enzyme Blend (cellulase complex, beta-glucanase, amylase, xylanase, protease complex, glucoamylase, phylase, pectinase, lipase complex, lactase, alpha-galactosidase, hemicellulase, invertase), <i>Bacillus subtilis</i> probiotic 1 Billion cfu		
* Percent Daily Values (DV) are based on a 2,000 calorie diet. ** Daily Value Not Established. ‡ At time of manufacture.		

OTHER INGREDIENTS: Organic Apple Cider Vinegar, Natural Banana Flavor, Stevia Extract, Lecithin.

CONTAINS: Milk and Coconut.