

Shake it Chocolate Flavour Oral Powder

Body Composition Shake.

Quantity:

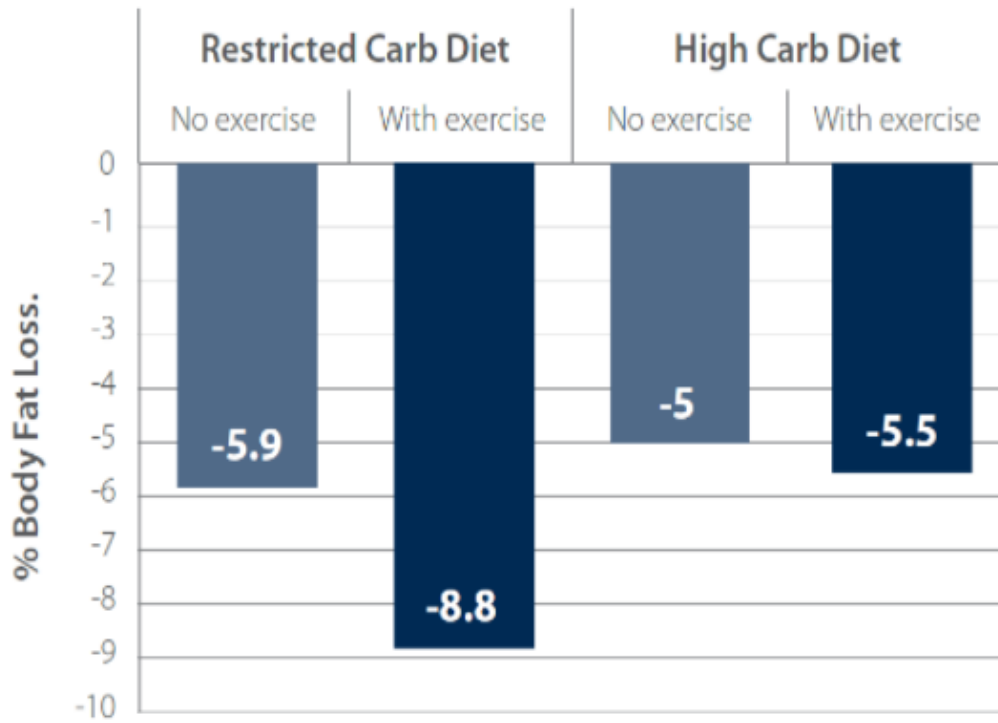
- 584 g tub (20 serves)

Benefits:

In healthy people, ingredients in Shake It have been shown to or may:

- Support sustained weight management in conjunction with the Shake It Practitioner Weight Management Program.
- A unique soy and whey protein combination for improved satiety while preserving and growing muscle mass.
- Less than 3.0 g carbohydrates plus 20 g protein to increase thermogenesis and lean body composition.
- A great tasting high protein, low carbohydrate meal substitute shake that mixes easily with water.
- Shake It shakes provide 20 g protein, from a unique combination of soy and whey, to increase fullness and satiety. Increasing protein intake enhances the satiating effect of circulating leptin in the central nervous system.⁴ Increasing protein has shown to stimulate cholecystokinin secretion and suppress plasma ghrelin, increasing satiety. This blend of protein also allows for fast and intermediate protein digestion rates to prolong amino acid delivery to tissues and assist in muscle synthesis.
- Reduced carbohydrate diets have been shown to assist with weight management. A randomised, four month weight loss trial measured the effectiveness of a low carbohydrate diet in comparison to a high carbohydrate diet in 48 women. There were greater reductions in body weight in the groups consuming the higher protein, reduced carbohydrate diet. The reduced body weight was predominantly fat mass with a 5.9 kg reduction in the restricted carbohydrate group, increasing to 8.8 kg with the addition of exercise. (Figure One).

Figure 1: Low Carb Diets and Body Fat Loss.



Layman DK, et al. Dietary Protein and Exercise Have Additive Effects on body Composition during Weight Loss in Adult Women. *The Journal of Nutrition*; 2005, 135; 1903-1910.

Nutritional Information:

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Servings per package: 20 Serving size: 29.2 g		
	Per 29.2 g	Per 100 g
Energy	482 kJ (115 Cal)	1652 kJ (395 Cal)
Protein	20.0 g	71.9 g
Fat		
- Total	1.8 g	6.3 g
- Saturated	<1.0 g	3.4 g
- Monounsaturated	<1.0 g	1.6 g
- Polyunsaturated	<1.0 g	1.3 g
- Trans	<0.01 g	<0.01 g
Carbohydrate		
- total	3.4 g	11.6 g
- sugars	<1.0 g	1.0 g
Impact carbohydrates	3.0 g	11.6 g
Dietary fibre	1.1 g	3.7 g
Sodium	95 mg (1.63 mmol)	327 mg (5.60 mmol)
Potassium	304 mg (8.0 mmol)	1040 mg (26.6 mmol)
Average values given.		

Dosage:

- Add 1 level scoop (29.2 g) to 200 mL of water and shake or blend well. Consume 1 serve daily or use a half serve (14.6 g) twice daily as a snack between meals.
- Shake It Body Composition Shake may be used in conjunction with the Shake It

Warnings:

- This product must not be used as a total diet replacement. The food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and appropriate physical training or exercise program.

Price:

- \$55.80

Image:



Ingredients:

- Chocolate flavour: Whey protein concentrate (44%), soy protein isolate (41%), cocoa powder (5.9%), nature identical vanilla flavour (4.1%), natural chocolate flavour (3%), nature identical cream flavour (1.8%), steviol glycosides (natural sweetener)
- Contains dairy and soy components.
- Free from eggs, gluten, wheat, nuts and yeast. Free from artificial colours and flavours.

Storage:

- Store below 30° C