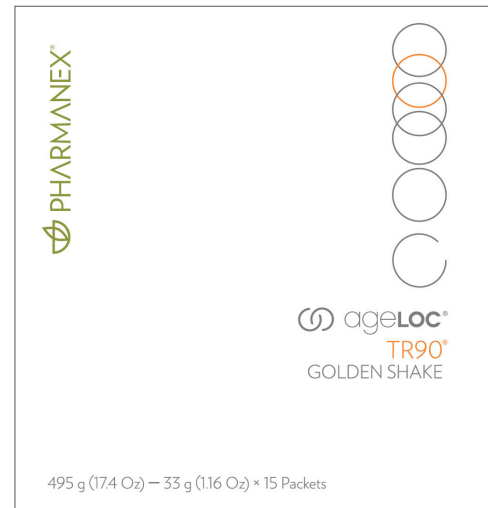




ageLOC®  
TR90®  
GOLDEN SHAKE



### MEET AGELOC TR90 GOLDEN SHAKE

Feeling good tastes good. That's why we created the newest flavor to complement the ageLOC TR90 line. Meet ageLOC TR90 Golden Shake, the plant-based protein that contains a complete range of amino acids and essential nutrients that our body needs. Used as a source of protein, ageLOC TR90 Golden Shake includes a variety of important nutrients busy individuals need, including 7-grain powders plus, branched-chain amino acids for optimal lean muscle. Maintain long-term success and build lean muscle with ageLOC TR90 Golden Shake. The decadent flavor tastes indulgent, without derailing your progress.

### WHY YOU'LL LOVE IT

- Weight management supplement.
- Contains 12 vitamins, 4 minerals, and dietary fiber. Each intake provides 116 kcal and 15g of protein, which supports a healthy diet.
- In comparison to the existing ageLOC TR90 Trimshake, ageLOC TR90 Golden Shake has 10 -15g more protein and now includes cherry powder.

### WHAT POWERS IT

- **Grains Blend**– a unique and healthy blend of seven specially selected grains.
- **Soy Protein**– provides a complete amino acid profile.
- **Vitamin Blend**– a comprehensive blend of essential vitamins like vitamin A, vitamin E, and vitamin B12.

### HOW TO USE IT

This product was designed to be taken once or twice a day. For each intake, add 1 pack to 6 - 8 oz of milk or soy milk and stir well before serving. This product is not intended to be a meal replacement and should be consumed as a part of a healthy meal plan. Store in a cool, dry place, away from direct sunlight and moisture.

### LEARN MORE ABOUT IT

This healthy shake provides 15 grams of protein, along with dietary fiber and a blend of vitamins and minerals to support good caloric intake.

**Can I mix ageLOC TR90 Golden Shake into my ageLOC TR90 TrimShake to obtain two ageLOC TR90 portions of protein in one shake?**

The ageLOC TR90 Eating Plan recommends consuming two portions of protein at each meal. If you consume one portion by taking ageLOC TR90 TrimShake, you should obtain the second portion from a lean meat or a non-meat protein source. Please see the ageLOC TR90 program guide for examples of both lean meat and non-meat protein sources. If you want to obtain two portions of protein from ageLOC TR90 shakes, you can use two servings of ageLOC TR90 Golden Shake, TR90 TrimShake, or mix one serving of each.

**Why is it important to obtain two portions of protein with each of my three meals a day?**

Sufficient protein is essential to support healthy gene expression within muscle tissue, which is the best target tissue for calorie burning. Consuming at least 30 grams of protein at each meal is essential to achieve ageLOC TR90 success. Each serving of ageLOC TR90 Golden Shake

# ageLOC® TR90® GOLDEN SHAKE

delivers one ageLOC TR90 protein portion. You can combine shakes with protein from foods such as lean meats, dairy, eggs, and beans to reach ageLOC TR90 protein requirements.

## Can I take ageLOC TR90 Golden Shake after the 90-day program?

We recommend that you continue to incorporate the ageLOC TR90 eating plan as part of your lifestyle even after you have reached your 90-day goals. You can use ageLOC TR90 Golden Shake as a protein source with any meal to ensure that you continue to get adequate protein throughout the day and help support metabolically active lean tissue.

## Does it matter when I take ageLOC TR90 Golden Shake?

ageLOC TR90 Golden Shake can be used as a protein source with any meal to ensure adequate protein intake throughout the day. Just make sure to consume adequate levels of protein through recommended lean protein sources.

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## THE SCIENCE THAT SUPPORTS IT

1. Phillips SM, Tang JE, Moore DR. The role of milk- and soy-based protein in support of muscle protein synthesis and muscle protein accretion in young and elderly persons. *J Am Coll Nutr.* 2009 Aug;28(4):343-54. doi: 10.1080/07315724.2009.10718096.
2. Abou-Samra R, Keersmaekers L, Brienza D, Mukherjee R, Macé K. Effect of different protein sources on satiation and short-term satiety when consumed as a starter. *Nutr J.* 2011 Dec 23;10:139.
3. Tang JE, Moore DR, Kujbida GW, Tarnopolsky MA, Phillips SM. Ingestion of whey hydrolysate, casein, or soy protein isolate: effects on mixed muscle protein synthesis at rest and following resistance exercise in young men. *J Appl Physiol (1985).* 2009 Sep;107(3):987-92. doi: 10.1152/jappphysiol.00076.2009. Epub 2009 Jul 9.
4. Beavers KM, Gordon MM, Easter L, Beavers DP, Hairston KG, Nicklas BJ, Vitolins MZ. Effect of protein source during weight loss on body composition, cardiometabolic risk and physical performance in abdominally obese, older adults: a pilot feeding study. *J Nutr Health Aging.* 2015 Jan;19(1):87-95. doi: 10.1007/s12603-015-0438-7.

## INGREDIENTS

Nutrition Facts		Vitamin A 245 mcgRE 25%		Vitamin C 32 mg 35%	
Serving Size One Packet (33 g)		Vitamin E 3.3 mg 20% <td colspan="2">Thiamin 0.4 mg 35%</td>		Thiamin 0.4 mg 35%	
Servings Per Container 15		Riboflavin 0.4 mg 30% <td colspan="2">Niacin 5.4 mg 35%</td>		Niacin 5.4 mg 35%	
Amount Per Serving		Vitamin B6 0.5 mg 30% <td colspan="2">Folate 270 mcg DFE 70%</td>		Folate 270 mcg DFE 70%	
<b>Calories 120</b>		Vitamin B12 0.6 mcg 25% <td colspan="2">Biotin 81 mcg 270%</td>		Biotin 81 mcg 270%	
	<b>% DV*</b>	Pantothenic Acid 2.7 mg 50% <td colspan="2">Phosphorus 86 mg 6%</td>		Phosphorus 86 mg 6%	
		Zinc 1.2 mg 10%			
<b>Total Fat</b> 1.5 g	<b>2%</b>	*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
<b>Saturated Fat</b> 0 g	<b>0%</b>	Your daily values may be higher or lower depending on your calorie needs:			
<b>Trans Fat</b> 0 g		Calories: 2,000 2,500			
<b>Cholesterol</b> 0 mg	<b>0%</b>	Total Fat	Less than 65g	80g	
<b>Sodium</b> 200 mg	<b>9%</b>	Saturated Fat	Less than 20g	25g	
<b>Total Carbohydrate</b> 12 g	<b>0%</b>	Cholesterol	Less than 300mg	300mg	
Dietary Fiber 2 g	<b>7%</b>	Sodium	Less than 2,400mg	2,400mg	
Total Sugars 2 g		Potassium	Less than 3,500mg	3,500mg	
Added Sugars 1 g		Total Carbohydrate	300g	375g	
<b>Protein</b> 15 g		Dietary Fiber	25g	30g	
Vitamin D 1.6 mcg 8%	Calcium 113 mg 10%	Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4			
Iron 4.9 mg 25%	Potassium 70 mg 1%				

**INGREDIENTS:** Soy protein isolate (soy protein isolate, lecithin), 7 grain powder (brown rice, white soybean, black soybean, barley, rice, corn, black sesame), chicory extract powder, roasted brown rice, scorched rice powder, brown rice syrup powder, fructose, dibasic calcium phosphate, cherry powder, indigestible maltodextrin, dextrin mixture (dextrin, sugar cane extract, molasses extract, glycerin, synthetic flavor), taro flavor powder, silicon dioxide, cacao pigment, sodium carboxymethylcellulose, vitamin C, enzyme-treated stevia, ferric pyrophosphate, lecithin, magnesium gluconate, D-alpha-tocopherol, zinc gluconate, niacinamide, calcium pantothenate, Vitamin A fatty acid ester, potassium chloride, L-methionine, pyridoxin hydrochloride, cholecalciferol, thiamine nitrate, riboflavin, folic acid, biotin, cyanocobalamin.

**CONTAINS:** Contains milk, soy and sesame.