

ageLOC®
TR90®
GREENSHAKE



MEET AGELOC TR90 GREENSHAKE

ageLOC TR90 GreenShake contains a complete range of amino acids from premium plant-based proteins to support lean muscle maintenance. This vegetarian-friendly shake mix is specially formulated with several ingredients that are grown through controlled environment agriculture (CEA), perfect for anyone who wants to ensure what they drink is good for them and the planet. TR90 GreenShake includes a variety of greens, including: spirulina, chlorella, beetroot, spinach, wheat grass, alfalfa, and barley grass, and is free of lactose, soy, artificial sweeteners, and preservatives.

WHY YOU'LL LOVE IT

- Use as part of the ageLOC TR90 weight management program.
- A convenient way to obtain ageLOC TR90 protein recommendations to support lean muscle tissue.
- Features specially picked ingredients that are grown through controlled environment agriculture.
- Lactose and soy free.
- Ideal for vegetarians and individuals wanting to maintain healthy blood glucose levels.

WHAT POWERS IT

- **Greens Blend**—a unique and healthy blend of specially selected greens. Contains several ingredients grown through controlled environment agriculture.
- **Protein Blend**—a balanced blend of pea protein, rice protein, and chia seed that provides a full plant-based amino acid profile.

HOW TO USE IT

Mix one level scoop of powder with 6–8 ounces of cold water or milk. This product is not intended to be a meal

replacement and should be consumed as part of a healthy meal. Store in a cool, dry place.

LEARN MORE ABOUT IT

What is Groviv®?

Groviv is Nu Skin's innovative initiative to grow and source ingredients through controlled environment agriculture (CEA)—a technology based approach to agriculture. CEA ingredients grow within an enclosed growing structure using technologies that ensure traceability and sustainability from seed to solution. If you see a Groviv mark on a Nu Skin product package, it means the product contains an ingredient or ingredients grown through CEA.

What makes ageLOC TR90 GreenShake unique?

ageLOC TR90 GreenShake is specially formulated with premium plant-based proteins and contains no lactose. It also provides a variety of greens, including spirulina, chlorella, beetroot, spinach, wheat grass, alfalfa, and barley grass.

How does ageLOC TR90 GreenShake fit into the ageLOC TR90 eating plan?

Each ageLOC TR90 GreenShake serving provides one protein portion recommended as part of the ageLOC TR90 eating plan. ageLOC TR90 GreenShake contributes to daily protein intake, which helps promote satiety and support lean muscle tissue.

Can I mix ageLOC TR90 GreenShake 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 obtain one

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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 GreenShake, 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 GreenShake delivers one ageLOC TR90 portion of protein. You can combine shakes with protein from foods such as lean meats, dairy, eggs, and beans, to reach ageLOC TR90 protein requirements. You can also use two servings of ageLOC TR90 GreenShake to obtain two protein portions in one shake.

Can I take ageLOC TR90 GreenShake 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 GreenShake 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 tissues.

Does it matter when I take ageLOC TR90 GreenShake?

ageLOC TR90 GreenShake 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.

THE SCIENCE THAT SUPPORTS IT

1. Mariotti F, Pueyo ME, Tomé D, Bérot S, Benamouzig R, Mahé S. The influence of the albumin fraction on the bioavailability and postprandial utilization of pea protein given selectively to humans. *J Nutr.* 2001 Jun;131(6):1706–13.
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. Burris RL, Xie CH, Thampi P, Wu X, Melnyk SB, Nagarajan S. Dietary rice protein isolate attenuates atherosclerosis in apoE-deficient mice by upregulating antioxidant enzymes. *Atherosclerosis.* 2010 Sep;212(1):107–15.
4. Reche M, Pascual C, Fiandor A, Polanco I, Rivero-Urgell M, Chifre R, Johnston S, Martín-Esteban M. The effect of a partially hydrolysed formula based on rice protein in the treatment of infants with cow's milk protein allergy. *Pediatr Allergy Immunol.* 2010 Jun;21 (4 Pt 1):577–85.

WARNINGS:

Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult with a physician prior to use. Discontinue use and consult a physician if any adverse reactions occur. Do not use if safety seal is broken or missing.

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Nutrition Facts		Sodium 115 mg 5%		Calories: 2,000 2,500	
Serving Size One Scoop (27g)		Total Carbohydrate 7 g 2%		Total Fat	Less than 65g 80g
Servings Per Container 10		Dietary Fiber 3 g 12%		Saturated Fat	Less than 20g 25g
Amount Per Serving		Sugars 3 g		Cholesterol	Less than 300mg 300mg
Calories 100	Calories from Fat 10	Protein 15 g		Sodium	Less than 2,400mg 2,400mg
	% DV*	Vitamin A 10% • Vitamin C 0%		Potassium	3,500mg 3,500mg
Total Fat 1 g	2%	Calcium 8% • Iron 25%		Total Carbohydrate	300g 375g
Saturated Fat 0 g	0%	*Percent Daily Value are based on a 2,000 calorie diet.		Dietary Fiber	25g 30g
Trans Fat 0 g	0%	**Contains less than 2% of the Daily Value of this nutrient. Your daily values may be higher or lower depending on your calorie needs:		Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	
Cholesterol 0 mg	0%				

INGREDIENTS: Protein Blend (Pea Protein, Rice Protein, Chia Seed Powder), Crystalline Fructose, Greens Blend (Wheat Grass Juice Powder, Alfalfa Juice Powder, Spirulina, Chlorella, Beet Powder, Spinach, Barley Grass), Gum Arabic, Natural Flavors, Tart Cherry Fruit Powder, Xanthan Gum, Stevia Extract (Rebaudioside A).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

