

# VITASHAKE®

Satisfy your hunger, fuel your body. Crafted with naturally derived ingredients and packed with vitamins, minerals, electrolytes, and prebiotic fructooligosaccharide (FOS), our nutrient-dense powder makes a convenient and wholesome addition to your daily routine. VitaShake® is naturally delicious and free of artificial sweeteners, flavors, and preservatives.

## BENEFITS

- Quick, nutritionally balanced supplement to help fill nutritional gaps
- Formulated for superior nutrient absorption
- Contains macronutrients and micronutrients
- No artificial sweeteners, flavors, or preservatives



10/25 g stick packs  
Strawberry Flavour #01862  
Cocoa Flavour #01863

## INGREDIENT HIGHLIGHTS

### COIX SEED

Derived from the Coix lacryma-jobi plant, coix seeds contain a variety of bioactive components, including polysaccharides, proteins, lipids, phytosterols, and carotenoids. The seeds also contain polyphenols, which have been termed “lifespan essentials” due to their significant impact on health.

### FRUCTOOLIGOSACCHARIDE (FOS)

FOS is a type of prebiotic that acts as a food source for probiotics in the gut. Unlike other carbohydrates, FOS cannot be absorbed or broken down by the body, making it an ideal nourishment for probiotics. By providing fuel for probiotic growth, multiplication, and survival, FOS promotes a healthy balance of beneficial bacteria in the gut.

### CALCIUM

This essential mineral supports the development and maintenance of bones and teeth. It plays a vital role in various bodily functions, including regulating the heartbeat, maintaining muscle function, transmitting nerve impulses, and stimulating hormone secretion. As an electrolyte, calcium contributes to overall health maintenance.

### BETA-CAROTENE

Naturally present in many fruits and vegetables, beta-carotene converts into vitamin A in the body. Vitamin A is essential for maintaining healthy vision, promoting proper immune function, and supporting the development and maintenance of bones and teeth

## FAQ

**Q: What is VitaShake® and how can I enjoy it?**

**A:** VitaShake® is a nutrient-dense powder made from naturally derived ingredients and contains concentrated herbs, vitamins, and minerals. It helps fill in any nutritional gaps in your diet and has the added benefit of FOS, a prebiotic to support digestive health. You can enjoy VitaShake® mixed with water or as a creamy shake blended with milk or an alternative milk of your choice. Delicious, nutritious, and convenient, VitaShake® complements a healthy, active lifestyle.

## HOW TO USE

**Adults:** Take one package per day, mixed with 180 mL–240 mL of water, in a shaker bottle. Take with food a few hours before or after taking other medications or natural health products. May be sweetened to taste.

Strawberry Flavour

Medicinal ingredients / Ingrédients médicinaux:	
Each package (25 g) contains / Chaque sachet (25 g) contient:	
Coix seed / Graine de coix (Coix lacryma-jobi var. ma-yuen, Seed / Graine)	6.3 g
Soy fiber / Fibre de soja	1.25 g
Chinese yam / Igname de Chine (Dioscorea polystachya, Rhizome)	785 mg
Foxnut / Euryale (Euryale ferox, Seed / Graine)	785 mg
Fructooligosaccharides (Cichorium intybus, Root / Racine)	700 mg
Lotus (Nelumbo nucifera, Seed / Graine)	625 mg
Lotus rhizome node / Nœud du rhizome du lotus (Nelumbo nucifera, Rhizome)	392.5 mg
Bulbus lili (Lilium brownii, Bulb / Bulbe)	392.5 mg
Imperata / Impérate (Imperata cylindrica, Root / Racine)	157 mg
Magnesium / Magnésium (Magnesium oxide / Oxyde de magnésium)	100 mg
Phosphorus / Phosphore (Potassium phosphate, dibasic, calcium phosphate, tribasic / Phosphate de potassium, dibasique, phosphate de calcium, tribasique)	80.6 mg
Calcium (Calcium phosphate, tribasic, calcium carbonate, calcium d-pantothenate / Phosphate de calcium, tribasique, carbonate de calcium, d-pantothénate de calcium)	78.7 mg
Niacinamide (Niacinamide ascorbate / Ascorbate de niacinamide)	8.35 mg
Vitamin E / Vitamine E (D-alpha-tocopheryl acetate / Acétate de d-alpha-tocophéryle)	7.6 mg AT (8.3 mg)
Zinc (Zinc oxide / Oxyde de zinc)	3.76 mg
Beta-carotene / Bêta-carotène	2.5 mg
Pantothenic acid / Acide pantothénique (Calcium d-pantothenate / D-pantothénate de calcium)	1.29 mg
Iron / Fer (Iron III fumarate / Fumarate de fer (III))	1.27 mg
Vitamin B6 / Vitamine B6 (Pyridoxine hydrochloride / Chlorhydrate de pyridoxine)	0.5 mg
Thiamine (Thiamine mononitrate / Mononitrate de thiamine)	0.44 mg
Riboflavin / Riboflavine	0.43 mg
Copper / Cuivre (Copper (II) gluconate / Gluconate de cuivre (II))	501 mcg
Iodine / Iode (Potassium iodide / Iodure de potassium)	38.2 mcg
Vitamin B12 / Vitamine B12 (Cyanocobalamin / Cyanocobalamine)	1.5 mcg
<b>Non-medicinal ingredients / Ingrédients non médicinaux:</b>	
Soy protein isolate, d-fructose, fragaria virginiana fruit, natural flavour, musa acuminata fruit, lecithin, carrageenan, dried yeast, xanthan gum, / isolat de protéine de soja, d-fructose, fruit de fragaria virginiana, arôme naturel, fruit de musa acuminata, lécithine, carraghénine, levure déshydratée, gomme de xanthane.	

Contains Soybeans.

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage.



## NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.