

# ALOVÉA™ WHEY SHAKES



## BENEFITS:

- Provides healthy fats and fiber
- Low net carbs (<2g of sugar)
- Fermented vitamins and minerals supercharged with Alovéa AE (Acemannan Extract)



## REBOOT TO BE A FAT-BURNER!

Flip the switch with the perfect shake blend of food sourced vitamins, minerals, healthy fats and fiber, moderate plant-sourced protein, low net carbs and absolutely no GMO's, no soy or gluten. Fortified with probiotics and digestive enzymes so your gut feels great while you discover the secret of losing weight for good!

- Food sourced vitamins & minerals
- No GMO's
- Healthy fats & fiber
- No artificial flavors or sweeteners
- Moderate amounts of plant-sourced proteins
- Gluten Free
- Low net carbs (2g of sugar)

“Good nutrition is the core of my philosophy and livelihood. I recommend Alovéa Shake to anyone seeking better weight management and nutrition.”  
— Heidi K., RD, LD



Alovéa Shake™ can support our Customers and Partners with the most advanced nutritional support for healthier living. Every product purchased also helps to nourish children in need through our Buy 1, Nourish 2™ giving initiative. For details, visit us online at [alovea.com/hopemovement](http://alovea.com/hopemovement)

[www.alovea.com/shakes](http://www.alovea.com/shakes)

*Do Health Different!*



## Nutrition Facts

14 Servings Per Container

Serving size **1 packet (44g)**

Amount Per Serving

**Calories 170**

% Daily Value\*

**Total Fat 8g** 12%

Saturated Fat 2.5g 14%

Trans Fat 0g †

**Cholesterol 0mg** 0%

**Sodium 200mg** 8%

**Total Carbohydrate 19g** 6%

Dietary Fiber 11g 43%

Total Sugars 2g †

**Protein 12g** †

Vitamin A 30% • Vitamin C 35%

Calcium 6% • Iron 8%

Vitamin D 30% • Vitamin E 30%

Vitamin K 30% • Thiamin 35%

Riboflavin 30% • Niacin 30%

Vitamin B6 30% • Folate 50%

Vitamin B12 40% • Biotin 30%

Pantothenic Acid 30% • Phosphorus 2%

Iodine 30% • Magnesium 8%

Zinc 30% • Selenium 30%

Copper 30% • Manganese 30%

Chromium 30% • Molybdenum 30%

\* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

† Percent Daily Value not established

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

14 servings per container

Serving size **34.85g (about 2 scoops)**

Amount per serving

**Calories 130**

Calories from Saturated Fat 10

% Daily Value\*

**Total Fat 3g** 4%

Saturated Fat 3.5g 18%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

**Cholesterol 30mg** 10%

**Sodium 140mg** 6%

**Fluoride 0mg**

**Total Carbohydrate 17g** 6%

Dietary Fiber 5g 18%

Total Sugars 8g

Includes 6g Added Sugars 12%

**Protein 12g**

Vitamin D 7mcg 35% • Calcium 56mg 4%

Iron 3mg 15% • Potassium 278mg 6%

Vitamin A 66mcg 8% • Vitamin C 33mg 35%

Vitamin E 8mg 50% • Vitamin K 44mcg 35%

Thiamin 0.4mg 35% • Riboflavin 0.5mg 40%

Niacin 6mg 40% • Vitamin B6 0.6mg 35%

Folate 87mcg DFE 20% • Vitamin B12 0.9mcg 40%

Biotin 11mcg 35% • Pantothenic Acid 2mg 40%

Phosphorus 74mg 6% • Iodine 55mcg 35%

Magnesium 24mg 6% • Zinc 4mg 35%

Selenium 20mcg 35% • Copper 0.5mg 60%

Manganese 0.8mg 35% • Chromium 13mcg 35%

Molybdenum 16mcg 35%

\*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.

## ADDITIONAL INFORMATION

For healthy weight management and nutrition, mix 1 packet of Alovéa Shake with 8 oz of cold water or other non-dairy beverage, 1-2 times daily.

Use before or after workouts to aid the body's recovery, or as a healthy snack anytime. May also be mixed with added ingredients for a meal replacement as part of your Reboot Program.



### Tropical Smoothie

1 packet Alovéa Shake (Vanilla)

1/2 cup lowfat coconut milk

1/4th of a whole fresh mango

1 pineapple ring, fresh

1/3 banana

3-4 ice cubes, and blend on high until thick and smooth!

*Garnish with a wedge of pineapple and serve immediately*

### Chocolate Cherry

1 packet Alovéa Shake, Rich Chocolate

8 oz coconut milk (unsweetened)

1 cup frozen cherries

Blend on high until thick and smooth!

**INGREDIENTS:** Whey Protein Concentrate, Organic Evaporated Cane Juice, Pea Protein Isolate, Inulin [Prebiotic Chicory Root Fiber], Nutrim® [Whole Oat Bran Featuring Hydrocolloid Oat Beta-glucan Soluble Fiber], Sunflower Oil Creamer, Natural Flavors, Modcarb™ [Organic Oats, Organic Amaranth, Organic Buckwheat, Organic Millet, Organic Quinoa, Organic Chia], Bevgrad® (Flaxseed), Dicalcium Phosphate, MCT Oil Creamer, Cellulose Gum, Magnesium Oxide, Salt, Rice Protein, Dipotassium Phosphate, Luo Han Guo, Rebaidioside A 99%, Stevia Extract, Ascorbic Acid (Vit. C), DL-alpha Tocopheryl Acetate (Vit. E), Biotin, Niacinamide (Niacin), Zinc Oxide, Vit. A Acetate, Electrolytic Iron, Copper Gluconate, Calcium Pantothenate (Pantothenic Acid), Cholecalciferol (Vit. D3), Pyridoxine Hcl (Vit. B6), Riboflavin (Vit. B2), Thiamine Mononitrate (Vit. B1), Cyanocobalamin (Vit. B12), Folic Acid, Potassium Iodide. CONTAINS: Milk and Soy Lecithin.

**INGREDIENTS:** WHEY PROTEIN CONCENTRATE, ORGANIC EVAPORATED CANE SUGAR, PEA PROTEIN ISOLATE, INULIN (PREBIOTIC CHICORY ROOT FIBER), NUTRIM® [WHOLE OAT BRAN FEATURING HYDROCOLLOID OAT BETA-GLUCAN SOLUBLE FIBER], COCOA POWDER, NATURAL FLAVORS, CREAMER [SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE (MILK), MONOGLYCERIDES, DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SOY LECITHIN, SODIUM SILICOALUMINATE, TOCOPHEROLS], MODCARB™ [ORGANIC OATS, ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA], BEVGRAD® XTRASMOOTH (FLAXSEED), MEDIUM-CHAIN TRIGLYCERIDES, CELLULOSE GUM, SODIUM, VITAMIN C (AS YEAST), RICE PROTEIN, DIPOTASSIUM PHOSPHATE, ZINC (AS YEAST), STEVIA LEAF EXTRACT, COPPER (AS YEAST), VITAMIN E (AS BETA-CAROTENE (AS YEAST), IRON (AS YEAST), SELENIUM (AS YEAST), EVOLV IMMUNALOE™ (ACEMANNAN ALOE VERA EXTRACT), MANGANESE (AS YEAST), FOLIC ACID (AS YEAST), MOLYBDENUM (AS YEAST), PANTOTHENIC ACID (AS YEAST), GTF CHROMIUM (AS YEAST), VITAMIN B-2 (AS YEAST), VITAMIN K-1 (AS YEAST), IODINE (AS YEAST), VITAMIN B-6 (AS YEAST), BIOTIN (AS YEAST), VITAMIN B-1 (AS YEAST), VITAMIN D-2 (AS YEAST), VITAMIN B-12 (AS YEAST). CONTAINS: Milk and Soy Lecithin.

**ALOVÉA**

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