

Life-Span® Protein Wellness Shake

What is the Life-Span® Protein Wellness Shake?

The Life-Span® Protein Wellness Shake is one of the best and easiest ways to provide the body with the essential protein and amino acids that build muscle and bone, provide energy, facilitate weight loss and enhance the immune system.

Not only is it delicious, it is lactose-free and void of most of the allergy-promoting components of milk, it is low-fat. Made from whey protein, the Wellness Shake is highly bioavailable and has an excellent amino acid profile. It comes in chocolate, vanilla, and berry flavors.

The Life-Span® Protein Wellness Shake is offered exclusively through Life-Span Health & Wellness Centers.

Benefits of the Life-Span® Protein Wellness Shake

- ✓ Boosts Energy
- ✓ Increases Endurance and Muscle Recovery
- ✓ Increases Metabolism (helps speed weight loss)
- ✓ Strengthens the Immune System
- ✓ Increases Growth Hormone Action (anti-aging effect)
- ✓ Curbs Appetite
- ✓ Digests more quickly than food
- ✓ Increases bone growth and strength
- ✓ Helps prevent oxidation of LDL (low-density lipoprotein) cholesterol



Clinical Conditions

- ✓ Diabetes
- ✓ Hypoglycemia
- ✓ Wounds/Trauma
- ✓ Chronic Yeast Infections
- ✓ Skin Disorders
- ✓ Bowel Problems
- ✓ Digestive Problems

Ingredients

The protein powder that makes up the shake contains 100% cold-filtered whey isolate, ion exchange whey, natural flavors and Stevia (an herbal sweetener used worldwide). It does not contain any preservatives or artificial sweeteners.

To Make the Life-Span® Protein Wellness Shake

To make a delicious shake, blend one scoop (one ounce) with ice in 8 oz. of cold water, milk, or juice in a blender until thick, and enjoy! In a hurry? You can also shake it or stir it. In addition, high quality Life-Span® Protein can be added to other foods to increase their protein content.

For More Information

Tom Jones Health & Wellness Center
107 Vandora Springs Rd. Garner, NC 27529
919-772-4737



Life-Span[®] Protein Wellness Shake Recipes

Original Shake

- ▶ 1 scoop of Wellness Shake powder (vanilla, chocolate or berry)
- ▶ 8 oz. of cold water (use milk for thicker shake)
- ▶ ½ cup crushed ice

Combine all ingredients in a blender for 30 seconds.

Citric Fruit Juice Shake

- ▶ 1 scoop Vanilla or Berry Wellness Shake powder
- ▶ 8 oz. cold juice (orange, pineapple, combo juices)
- ▶ ½ cup crushed ice

Combine all ingredients in a blender for 30 seconds.

Sunny Shake

- ▶ 1 scoop of Vanilla Wellness Shake powder
- ▶ 8 oz. Pineapple Orange Juice
- ▶ ½ banana sliced
- ▶ ½ cup crushed ice

Combine all ingredients in a blender for 30 seconds.

Summer Breeze Shake

- ▶ 1 scoop Vanilla or Berry Wellness Shake powder
- ▶ 8 oz. cold milk (skim milk preferred)
- ▶ 2-3 strawberries sliced
- ▶ ½ banana sliced
- ▶ ½ cup crushed ice

Combine all ingredients in a blender for 30 seconds.

Banana Split Shake

- ▶ 1 scoop Chocolate Wellness Shake powder
- ▶ 2 scoops Vanilla Non-fat Frozen Yogurt
- ▶ 4 oz. cold milk (skim milk preferred)
- ▶ 2-3 strawberries sliced
- ▶ ½ banana sliced
- ▶ ¼ cup crushed pineapple or pineapple juice

Combine all ingredients in a blender for 30 seconds.

Tangy Orange Freeze

- ▶ 1 scoop Vanilla Wellness Shake powder
- ▶ 2 scoops Orange Sorbet or Sherbert
- ▶ 4 oz. orange juice

Combine all ingredients in a blender for 30 seconds.

Luscious Lemon & Lime Freeze

- ▶ 1 scoop Vanilla Wellness Shake powder
- ▶ 2 scoops Lime Sorbet or Sherbert
- ▶ ¼ - 1/3 cup lemon juice
- ▶ 4 oz. ice cold water

Combine all ingredients in a blender for 30 seconds.

Berry Berry Shake

- ▶ 1 scoop Berry Wellness Shake powder
- ▶ 2 scoops Strawberry Non-fat Frozen Yogurt
- ▶ ½ cup strawberries or raspberries
- ▶ ½ cup cold milk (skim milk preferred)

Combine all ingredients in a blender for 30 seconds.

Double Chocolate Mocha

- ▶ 1 scoop Chocolate Wellness Shake powder
- ▶ 2 scoops Chocolate Non-fat Frozen Yogurt
- ▶ 1 tablespoon coffee (prepared)
- ▶ ½ cup cold milk (skim milk preferred)

Combine all ingredients in a blender for 30 seconds.

Very Vanilla Shake

- ▶ 1 scoop Vanilla Wellness Shake powder
- ▶ 2 scoops Vanilla Non-fat Frozen Yogurt
- ▶ ¼ teaspoon Vanilla flavoring
- ▶ ½ cup cold milk (skim milk preferred)

Combine all ingredients in a blender for 30 seconds.

Strawberry Banana Shake

- ▶ 1 scoop Vanilla or Berry Wellness Shake powder
- ▶ 3 strawberries sliced
- ▶ 8 oz. cold water or milk (skim milk preferred)
- ▶ ½ banana sliced
- ▶ ½ cup crushed ice

Combine all ingredients in a blender for 30 seconds.

