



FEEL GOOD

SHAPE SHAKE

THE SHAKE FOR LOSING WEIGHT !

Shape Shake is a high quality protein/carb shake that will keep you feeling full for a long time. It's the most effective meal you can have to support a weight loss program and boost your fatburning process!



AVAILABLE IN 3 EXCELLENT FLAVOURS



WHY CHOOSE SHAPE SHAKE?

Shape Shake multi-source protein blend contains milk protein isolate which has all 9 essential amino acids required by humans and are bioavailable.

Milk protein isolate is a protein product derived from skim milk powder. Manufacturers make it using filtering processes, such as microfiltration, ultrafiltration, and diafiltration. These remove all or most of the minerals and the lactose, a type of sugar naturally present in milk-based products. The result is a powder that is at least 90% protein.

There are two main types of protein in milk, casein and whey, and milk protein isolate contains both of these. Milk protein isolate has a similar ratio of casein and whey protein to the ratio found naturally in milk; 80% casein to 20% whey. Because it contains much more casein than whey, milk protein isolate is slow to digest, like casein. On the other hand, if you take whey protein on its own, your body absorbs it readily and it rapidly spikes the amino acid levels in your blood.

Milk protein isolate is made differently from other milk-based protein powders, such as casein powder or whey powder. It's made from skim milk, whereas whey and casein powders are made from the whey and casein portions of milk, respectively.

The creamy Shape Shake contains low glycemic carbohydrates, it mixes easily and tastes incredible! With only 102 calories per serving, you can enjoy your shake with a clear conscience. Combined with a proper diet and exercises, Shape Shake will help you achieve your goals.

HIGHLIGHTS

- **Meal replacement shake**
- **with an incredible taste**
- **With milk protein, calcium caseinate and whey protein**
- **Satisfies hunger**
- **Low glycemic carbohydrates**
- **Low calorie**
- **With additional CLA,**
- **Taurine and L-Carnitine**
- **Contains extra fiber**

Food supplements cannot replace a varied and balanced diet and a healthy lifestyle. Do not exceed the daily recommended amount.

Keep out of the reach of children. Store in a cool, dry place. Always keep tightly sealed.

900 g
30 Servings per pot

EAT
good
FEEL

Ludwig Burchardstraat 23
2050 Antwerpen
www.eatgoodfeelgood.be



INGREDIENTS

Milk protein isolate (milk), starch (E1442), corn starch, skimmed milk powder (milk), guar gum and Xanthan gum (thickening agents), flavour, sodium chloride, beta-carotene (E160a(iii)) (colouring), acesulfame-K (sweetener), sucralose (sweetener).

SUGGESTED USE

Mix 30 g (1 scoop) with 250 ml skimmed milk or water.

ALLERGENS

Milk. Manufactured in a facility that processes milk, soy, shellfish, eggs, peanuts, nuts and wheat.

PACKAGING

Available in a pot of 900 g.

SUPPLEMENT FACTS

	/100 g	/30g
Energy (kJ)	1436.456	430.937
Energy (kcal)	339.168	101.750
Fat	1.754 g	0.526 g
> of which Saturated	0.638 g	0.191 g
Carbohydrates	24.971 g	7.491 g
> of which Sugar	8.354 g	2.506 g
Fibres	11.080 g	3.324 g
Protein (Dry matter)	53.761 g	16.128 g
Salt	0.941 g	0.282 g
Calcium	1298.2 mg	389.46 mg
Phosphorus	766.38mg	229.91 mg



INGREDIENTS

Milk protein isolate (milk), starch (E1442), skimmed milk powder (milk), cocoa powder 20-22%, flavour, (corn) starch, guar gum and Xanthan gum (thickening agents), sodium chloride, acesulfame K (sweetener), sucralose (sweetener).

SUGGESTED USE

Mix 30 g (1 scoop) with 250 ml skimmed milk or water.

ALLERGENS

Milk. Manufactured in a facility that processes milk, soy, shellfish, eggs, peanuts, nuts and wheat.

PACKAGING

Available in a pot of 900 g.

SUPPLEMENT FACTS

	/100 g	/30g
Energy (kJ)	1448.143	434.443
Energy (kcal)	341.683	102.505
Fat	2.838 g	0.851 g
> of which Saturated	1.298 g	0.389 g
Carbohydrates	23.551 g	7.065 g
> of which Sugar	5.107 g	1.532 g
Fibres	8.556 g	2.566 g
Protein (Dry matter)	56.829 g	17.048 g
Salt	0.928 g	0.278 g
Calcium	1335.9 mg	400.77 mg
Phosphorus	850.00 mg	255.00 mg



INGREDIENTS

Milk protein isolate (milk), starch (E1442), (corn) starch, skimmed milk powder (milk), instant coffee, cocoa powder 20-22%, guar gum and Xanthan gum (thickening agent), sodium chloride, acesulfame K (sweetener), sucralose (sweetener), flavour.

SUGGESTED USE

Mix 30 g (1 scoop) with 250 ml skimmed milk or water.

ALLERGENS

Milk. Manufactured in a facility that processes milk, soy, shellfish, eggs, peanuts, nuts and wheat.

PACKAGING

Available in a pot of 900 g.

SUPPLEMENT FACTS

	/100 g	/30g
Energy (kJ)	1422.057	426.617
Energy (kcal)	335.872	100.761
Fat	2.110 g	0.633 g
> of which Saturated	0.856 g	0.256 g
Carbohydrates	25.511 g	7.653 g
> of which Sugar	8.176 g	2.453 g
Fibres	12.432 g	3.729 g
Protein (Dry matter)	51.123 g	15.336 g
Salt	0.962 g	0.288 g
Calcium	1198.1 mg	359.43 mg
Phosphorus	707.23 mg	212.17 mg