

fuel your body, naturally!

SHAKE

The Foundation of Your e84

LOOK GREAT, FEEL GREAT!

Evolv SHAKE, available in both rich Chocolate and ravishing Vanilla, is a delicious, low-calorie blend of many of the nutrients you need for good health, making it the ideal snack- or meal-replacement* alternative when you're working toward a slimmer, healthier you. Reformulated to be 100% free of all artificial sweeteners, flavors, GMOs (Genetically Modified Organisms) and potentially harmful phytoestrogenic soy roteins, the new Shake is even better for you than ever!

WHAT IS Evolv SHAKE?

Evolv SHAKE—created using the patented USDA-developed ingredients Calorie ControlTrim® and ModCarb™—provides a healthy blend of whey/ rice/pea proteins, amino acids, vitamins and minerals, without all those fattening calories...and without the risk associated with artificial sweeteners, as shown in a recent study. Rich in health-supporting oat beta glucans and 6 organic ancient grains, Evolv Shake is a delicious part of any e84 weight management or maintenance program.

HOW DOES IT WORK?

Mix with milk/non-dairy milk and even your favorite fruits to replace up to two meals a day for healthy weight management and nutrition. Or, mix with water and replace your unhealthy snacking with this tasty, low-cal option.

Adding a "power-shot" of Evolv ULTIMATE liquid multivitamin to your Evolv Shake and following the guidelines on nutrient timing in your Evolv ExerSciz™ program can really help you maximize the results you get from working out, too!

See page 2 for complete nutrition information.

"I really liked the old Shake, but since Dr. Anne taught us that some artificial sweeteners can be bad for you, I really appreciate how far Evolv went to give us a better, all-natural Shake...and it tastes incredible! Sometimes I have the Chocolate for a guilt-free dessert!"

— Xxxx Xxxxxx
Evolv Promoter



Calorie
ControlTrim®
Mod
CARB™



evolv™

12...
FREE!

FREE Evolv SHAKE available!
Visit www.evolvhealth.com

fuel your body, naturally!

SHAKE

NUTRITION INFORMATION

Chocolate:

Vanilla:

All-natural Ingredients:

Nutrition Facts

Serving Size 2 scoops (35.4g)
Servings Per Container 14

Amount Per Serving

Calories 130 Calories from Fat 25
Calories from Saturated Fat 10

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Monounsaturated Fat 1g

Cholesterol 20mg 7%

Sodium 140mg 6%

Potassium 260mg 7%

Total Carbohydrate 17g 6%

Dietary Fiber 5g 20%

Insoluble Fiber 1g

Sugars 8g

Protein 12g

Vitamin A 25% • Vitamin C 25%

Calcium 30% • Iron 35%

Vitamin D 25% • Vitamin E 25%

Thiamin 30% • Riboflavin 25%

Niacin 30% • Vitamin B6 25%

Folate 25% • Vitamin B12 25%

Biotin 25% • Pantothenic Acid 25%

Phosphorus 30% • Iodine 25%

Magnesium 35% • Zinc 25%

Copper 35% • Manganese 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 2 scoops (34.5g)
Servings Per Container 14

Amount Per Serving

Calories 130 Calories from Fat 25
Calories from Saturated Fat 10

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Monounsaturated Fat 1g

Cholesterol 20mg 7%

Sodium 130mg 5%

Potassium 180mg 5%

Total Carbohydrate 17g 6%

Dietary Fiber 5g 18%

Insoluble Fiber 0g

Sugars 9g

Protein 12g

Vitamin A 25% • Vitamin C 25%

Calcium 30% • Iron 30%

Vitamin D 25% • Vitamin E 25%

Thiamin 25% • Riboflavin 25%

Niacin 25% • Vitamin B6 25%

Folate 25% • Vitamin B12 25%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



FutureCeuticals used patented, USDA-developed technology to create these two key ingredients:



The concentrated oat beta glucans found in CalorieControlTrim® may help support or maintain*:

- Healthy cholesterol levels
- Healthy triglyceride levels
- Healthy blood glucose levels
- Healthy digestion



Gluten-free ModCarb™ contains the best “real food” functional energy you can get on the market today*:

- Made with 6 organic ancient grains
- Supports the growth of lean muscle (18 amino acids)
- Supports healthy blood glucose levels
- Helps you feel full longer

Whey Protein Concentrate, Organic Evaporated Cane Juice, Pea Protein Isolate, Inulin (prebiotic chicory root fiber), Calorie ControlTrim® (oat bran with hydrocolloid oat beta-glucan soluble fiber), [CHOCOLATE: Cocoa Powder (processed with alkali)], 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, Magnesium Oxide, Cellulose Gum, Salt, Rice Protein, Dipotassium Phosphate, Luo Han Guo, Rebaudioside A 99%, Stevia Extract, Ascorbic Acid (Vitamin C), dl-Alpha Tocopheryl Acetate (Vitamin E), Biotin, Niacinamide (Niacin / Vitamin B3), Zinc Oxide, Vitamin A Acetate, Electrolytic Iron, Copper Gluconate, Calcium Pantothenate (Pantothenic Acid / Vitamin B5), Cholecalciferol (Vitamin D3), Pyridoxine HCl (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Cyanocobalamin (Vitamin B12), Folic Acid, Potassium Iodide. **Allergens: Contains Milk and Soy.**

