



ViSalus Sciences Vi-Shape® Nutritional Shake Mix Directions:

For children under the age of 12 years old*, mix 1 scoop of shake mix with 4–8 oz. of milk for a nutritious shake on the go. For a healthy snack, mix 1 scoop of shake mix with water.

For Teens (13 years and older) use 2 scoops with 8–12 oz. of milk.

This shake mix is gluten free, lactose free and diabetic friendly.

Nutritional Facts

1 scoop of Vi-Shape® Nutritional Shake Mix contains:

- 6 grams of protein (with milk it delivers about 15 grams of protein)
- 2.8 grams of fiber and pre-biotics for digestive health
- Vitamins and minerals for overall health
- Calcium equivalent of ½ cup of milk

The shake mix can also be mixed into foods such as oatmeal, yogurt, sugar free pudding or your favorite fruit juice for a delicious protein fortified snack!

* Not intended for infants or children under 4 years of age.

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