

fuel your body, naturally! SHAKE

QUICK FOOD, NOT FAST FOOD!

Evolv SHAKE, available in both delectable Chocolate and ravishing Vanilla, is a delicious blend of many of the vitamins, nutrients, and minerals you need, making it the ideal meal-replacement alternative when you're working toward a slimmer, healthier you.

WHAT IS Evolv SHAKE?

Evolv SHAKE provides a flavorful and nutritious blend of many of the nutrients your body needs for optimal health, without all those fattening calories. Singly-packaged for convenience, SHAKE is easy to take to work, the gym, on the road, anywhere you need fuel without sacrificing nutrition.

HOW DOES IT WORK?

Drinking an Evolv SHAKE in the morning or at lunch satisfies your hunger while giving your body the nutrients it needs to function in tip-top shape.

You can enjoy an Evolv SHAKE mixed with water for ideal hydration, or added to a delicious fruit smoothie combined with Evolv ULTIMATE liquid suspension multi for truly comprehensive nutrition...even more than would be contained in an average meal. Evolv SHAKE also makes an ideal post-workout refresher to replenish and revitalize your body, boasting far more whole-food, bioavailable nutrition than most common electrolyte beverages.

See page 2 for complete nutrition information.

"I simply replaced my breakfast every morning. Sometimes I didn't eat or ate a bad breakfast. Now I'm eating healthy with the Shake. I feel great and am looking forward to the next Challenge and seeing how much better I can get."

— John Carmody
Evolv Promoter



12...
FREE!

FREE Evolv SHAKE available!
Visit www.evolvhealth.com

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SHAKE

NUTRITION INFORMATION

Chocolate:

Nutrition Facts	
Serving Size (30g) Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 35
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Potassium 190mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	24%
Insoluble Fiber 1g	
Sugars 1g	
Protein 12g	
Vitamin A 35%	• Vitamin C 35%
Calcium 40%	• Iron 40%
Vitamin D 35%	• Vitamin E 35%
Thiamin 35%	• Riboflavin 35%
Niacin 35%	• Vitamin B6 35%
Folate 35%	• Vitamin B12 35%
Biotin 35%	• Pantothenic Acid 35%
Phosphorus 35%	• Iodine 35%
Magnesium 40%	• Zinc 35%
Copper 40%	
*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	

Vanilla:

Nutrition Facts	
Serving Size (28g) Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 35
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 30mg	10%
Sodium 150mg	6%
Potassium 105mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	20%
Insoluble Fiber 0g	
Sugars 1g	
Protein 12g	
Vitamin A 35%	• Vitamin C 35%
Calcium 40%	• Iron 35%
Vitamin D 35%	• Vitamin E 35%
Thiamin 35%	• Riboflavin 35%
Niacin 35%	• Vitamin B6 35%
Folate 35%	• Vitamin B12 35%
Biotin 35%	• Pantothenic Acid 35%
Phosphorus 35%	• Iodine 35%
Magnesium 40%	• Zinc 35%
Copper 35%	
*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	

Ingredients:

Whey Protein Concentrate, Polydextrose, Sunflower Oil Creamer (High Oleic Sunflower Oil, Maltodextrin, Sodium Caseinate (a milk derivative) Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Sodium Silicoaluminate, Tocopherols), [CHOCOLATE: Cocoa Powder (processed with alkali)], Isolated Soy Protein, Natural and Artificial Flavors (Contains: [CHOCOLATE: Enzyme-Modified Cocoa Butter], [VANILLA: Dextrose and Corn Starch]), Dicalcium Phosphate, BevGrad (Flax Powder), Maltodextrin (Soluble Dietary Fiber), MCT Oil Creamer (Medium Chain Triglycerides, Nonfat Dry Milk), Magnesium Oxide, Cellulose Gum, Salt (Sodium Chloride), Rice Protein Concentrate, Pea Protein, Sucralose, Ascorbic Acid (Vitamin C), dl-Alpha Tocopheryl Acetate (Vitamin E), Cha'de bugre, Biotin, Acesulfame Potassium (Ace-K), Niacinamide (Niacin), Zinc Oxide, Vitamin A Palmitate, Electrolytic Iron, Copper Gluconate, Calcium Pantothenate (Pantothenic Acid), Cholecalciferol (Vitamin D3), Pyridoxine HCl (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Cyanocobalamin (Vitamin B12), Folic Acid, Potassium Iodide.

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