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## Health Shake

Take the guesswork out of eating right and achieve your ideal weight with Synergy SLMsmart™ Health Shake. This delicious shake mix offers more benefit per sip with nutrient-rich, smart calories that instantly fuel your body and keep it running at high efficiency for hours.

### BENEFITS

- Delivers a balanced array of carbohydrates, fats, and protein for time released energy
- Keeps you feeling full for up to four hours
- Supports lean muscle mass
- Little-to-no glycemic effect (raising blood sugar) after consumption

### KEY INGREDIENTS

- *Time-released Protein Blend* — featuring three protein sources, whey, soy and casein, this blend has been formulated to assure a true time-release. This can promote satiety for up to four hours. The amino acids from whey protein appear in the blood almost immediately after consumption. Those from soy protein are next, as soy protein has been shown to be a “medium-release” facilitating longer term distribution of the amino acids. The amino acids from casein appear last.

- *Time-released Energy Blend* — the healthy carbohydrates and fat found in Synergy SLMsmart Health Shake have been specifically added and formulated to allow energy to be released at different time intervals. For carbohydrates, fast-releasing energy has been included in the form of maltodextrin, and slower-releasing energy in the form of fructose. For fat, some comes as fast releasing energy from medium-chain triglycerides and some as slow-releasing energy from sunflower and canola oil. With these time-released sources of energy, you feel satisfied until the next meal.
- *Vitamin Mineral Blend* — containing the essential nutrients normally found in a balanced meal, Health Shake is able to act as a true meal replacement by offering this blend.

### RECOMMENDED USE

Mix three (3) rounded scoops into 10 ounces of milk or water.



slim · lose · maintain



## FREQUENTLY ASKED QUESTIONS

### I've heard good and bad opinions on soy protein. Why has it been included in this Health Shake?

Muscles need a constant supply of amino acids throughout the day to avoid degradation, and this is especially important when calorie intake is reduced. The unique blend of proteins in Health Shake (whey, casein, and soy) release amino acids sequentially into the blood. This not only keeps you feeling full, but also bathes the muscles with a constant supply of amino acids and protein. In this way, muscle mass is better maintained than just taking a single protein like whey protein.

Soy protein in this blend and dosage is safe and well tolerated, and actually beneficial for health conscious men and women. Any estrogenic benefits associated with the soy content of Health Shake have not been shown to affect male hormone levels. Men can safely use Health Shake and obtain all the health benefits of soy protein without worry of modulating male hormone levels.

### Can I replace more than one meal per day with Health Shake?

Yes. Due to its great taste and convenience, you may wish to substitute up to two meals per day with Health Shake.

### How much weight can I expect to lose on Synergy's SLMsmart weight management program?

Over the course of 90 days, you can expect to lose at least 10% of your body weight, which is considered a healthy rate for weight loss, optimal for long term results.

*The statements within have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

## Supplement Facts

Serving Size 3 rounded scoops (65g)  
Servings Per container 15

Amount Per Serving		Calories from Fat 50	
		% Daily Value*	
<b>Calories</b> 260			
<b>Total Fat</b> 6g			9%
Saturated Fat 1.5g			8%
Trans Fat 0g			
<b>Cholesterol</b> 20mg			6%
<b>Sodium</b> 170mg			7%
<b>Potassium</b> 200mg			6%
<b>Total Carbohydrate</b> 27g			9%
Dietary Fiber 5g			21%
Soluble Fiber 5g			
Sugars 11g			
Other Carbohydrates 11g			
<b>Protein</b> 26 g			
Vitamin A 35%		Vitamin C 35%	
Calcium 8%		Iron 35%	
Vitamin E 35%		Vitamin K 35%	
Thiamin 35%		Riboflavin 35%	
Niacin 35%		Vitamin B <sub>6</sub> 35%	
Folate 35%		Vitamin B <sub>12</sub> 35%	
Biotin 35%		Pantothenic Acid 35%	
Iodine 35%		Magnesium 4%	
Zinc 35%		Selenium 35%	
Copper 35%		Manganese 35%	
Chromium 35%		Molybdenum 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:			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
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		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4	Protein 4

**INGREDIENTS:** Milk protein isolate, maltodextrin, soy protein isolate, fructose, whey protein concentrate, Sunflower Oil, Chicory Inulin, Natural Flavors, Canola Oil, Medium Chain Triglycerides, Potassium Citrate, Sodium Chloride, Guar Gum, Xanthan Gum, Carrageenan, Stevia Extract, Vitamin Mineral Blend (Ascorbic Acid, Vitamin E Acetate, Ferrous Fumarate, Sodium Selenate, Biotin, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, D-Calcium Pantothenate, Phytonadione (Vitamin K) Manganese Sulfate, Vitamin D, Folic Acid, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Sodium Molybdate, Cyanocobalamin, Chromium Chloride).

**Allergens:** Contains Milk, Soy.