

# VEMMA<sup>®</sup> *shake*

## PRODUCT OVERVIEW:

Vemma Shake is a one-of-a-kind, nutrient-dense meal replacement designed to feed your body's 63 trillion cells with the perfect balance of protein, carbohydrates and healthy fats, to transform and achieve a healthy weight. Convenient for breakfast and lunch, the great-tasting Chocolate flavor is thick, smooth and creamy, to satisfy your taste buds while giving you the satisfaction that your body is receiving 16 grams of protein, 7 grams of soluble fiber, along with the key nutrients and supplementation support it needs from the Vemma formula.

Vemma Shake has no artificial flavors, sweeteners, colors or trans fat. It truly is the shake that makes achieving a healthy weight something you can succeed at!†

## VEMMA SHAKE SUPPORTS HEALTHY WEIGHT GOALS BY:

**Curbing** your appetite with protein and fiber to keep you feeling full longer

**Boosting** your burn potential with vital protein, carbohydrates and healthy fats to fuel your day

**Providing** nutritional support with essential vitamins and minerals

## FEEL THE POWER OF PROTEIN:

Imagine having tons of energy and being excited about transforming your look ... and your life. The Vemma Live Well Program is a healthy weight solution comprised of convenient and results-driven products with a sustainable eating plan to help you shed those hard-to-lose pounds.† It helps reprogram how your body uses food. As a result, you experience a satisfied feeling instead of the hunger or deprivation so many other weight management programs leave you with.

The Vemma Live Well Program and products were designed to help you transform your body and achieve a healthy weight.† In conjunction with Vemma's complete mineral supplement formulated to help build a solid foundation for optimal health you receive the multidimensional benefits needed to tackle the challenge of achieving a healthy weight without sacrificing wellness.\*†

## KEY INGREDIENTS:

**12 essential vitamins** (including antioxidant vitamins A, C and E) — Vital for health and well-being.

**Plant-sourced mineral blend** — Over 65 major, trace and ultra-trace ionic, life-giving nutrients.

**Phytonutrient ingredients** — A blend of powerful plant and natural components that help promote wellness.

**Organic glyconutrient-rich aloe vera** — A powerful phytonutrient known to provide the body with many beneficial effects.

**Organic decaffeinated green tea** — For additional phytonutrient protection.

**Whole-fruit Mangosteen** — An abundant supply of whole-fruit mangosteen and beneficial pericarp (rind) extract that provides some of the highest quantities of phytonutrients (xanthones) found in nature.

**16 grams of protein** — Contains whey protein concentrate to suppress your appetite and protects against muscle loss.

**7 grams of soluble fiber** — A dietary fiber source to help you feel fuller and satisfied longer.

**24 grams of carbohydrates** — A targeted amount of carbohydrates to enhance the body's natural burning processes upon waking and throughout the day.

**660 milligrams of Omega-3 essential fatty acid** — As Alpha-Linolenic Acid, which is naturally derived from flaxseed.

No Artificial Sweeteners  
No Artificial Colors  
No Artificial Flavors  
No Trans Fat  
No High Fructose Corn Syrup



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†To be used in conjunction with a healthy diet and daily exercise.

## MANGOSTEEN SUPERFRUIT POWER:

Mangosteen is a rare superfruit primarily found in Southeast Asia, scientifically known as *Garcinia mangostana*. No relation to the mango, it has been hailed as the “Queen of Fruits” and has been used for centuries by Asian health practitioners for a variety of conditions.\*

Of all the known sources for xanthones, the mangosteen supplies some of the highest amounts found in nature. Xanthones are a biologically active phytonutrient with very potent free radical scavenging properties.

The entire mangosteen fruit, including the pericarp (rind) and pulp, is utilized during Vemma’s proprietary extraction process. This intricate method helps ensure that the highest levels of xanthones and other phytonutrients are included in the Vemma formula.

## THE SCIENCE OF MINERALS:

Your physical well-being can be more directly dependent upon the minerals you take into your body than almost any other factor. Minerals help support your organs, bones and the immune system.\* Vemma has a unique mineral blend to help support your overall well being.\* It contains 100% ionic, life-giving minerals that are reduced to the smallest, most bioavailable form. Vemma’s minerals are sourced from plant vegetation that has been undisturbed for thousands of years. These unprocessed phytonutrients include over 65 major, trace and ultra-trace, plant-sourced minerals.

- The body cannot survive without nature’s fundamental minerals, yet it cannot manufacture minerals. They must be obtained from the diet or through supplementation.
- Modern-day diets may lack the appropriate balance of minerals due to mineral-depleted soils and over-processed foods.
- Minerals are needed for energy production from free-radical damage and other vital functions.\*
- Minerals provide a foundation for your optimal health.\*

## PRODUCT USAGE:

**With water:** Mix 2 scoops of Vemma Shake with 8 fl oz of cold, purified water. Mix well in shaker bottle or with ice in blender until smooth.

**With skim milk:** Mix 1 scoop of Vemma Shake with 8 fl oz of skim milk. Mix well in shaker bottle or with ice in blender until smooth.

If you are pregnant or nursing, or have a medical condition, consult with your healthcare professional before using this or any other nutritional product.

## VERMA SHAKE TARGET MARKET:

Vemma Shake is intended for individuals who are seeking a convenient and results-driven meal replacement to support healthy weight management through appetite suppression, while receiving the supplementation their body needs to support their goal weight.† Vemma recommends you follow a healthy approach to weight loss by consulting with your healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program.

### FACT

Over 2/3 of U.S. adults are considered overweight or obese.  
Source: National Health and Nutrition Examination Survey 2007-2008.



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# VEMMA SHAKE (CHOCOLATE) BAG

## Nutrition Facts

Serving Size with Water 2 Scoops (52.6g)

Servings Per Container with Water 16

Serving Size with Skim Milk 1 Scoop (26.3g)

Servings Per Container with Skim Milk 32

Amount Per Serving	2 Scoops Mixed With 8oz Water		1 Scoop Mixed With 8oz Skim Milk	
<b>Calories</b>	200		180	
Calories from Fat	35		20	
	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
<b>Total Fat</b>	4g	6%	2g	3%
Saturated Fat	1g	5%	0.5g	3%
Trans Fat	0g	0%	0g	0%
<b>Cholesterol</b>	25mg	8%	15mg	5%
<b>Sodium</b>	180mg	8%	190mg	8%
<b>Potassium</b>	250mg	7%	420mg	12%
<b>Total Carbohydrate</b>	24g	8%	24g	8%
Dietary Fiber	7g	28%	4g	16%
Sugars	8g		16g	
<b>Protein</b>	16g	32%	16g	32%

% Daily Value	Water	Skim Milk	% Daily Value	Water	Skim Milk
Vitamin A	15%	20%	Vitamin B <sub>6</sub>	80%	45%
Vitamin C	170%	80%	Folate	70%	35%
Calcium	10%	35%	Vitamin B <sub>12</sub>	80%	60%
Iron	15%	8%	Biotin	35%	15%
Vitamin D <sub>3</sub>	80%	70%	Pantothenic Acid	35%	25%
Vitamin E	70%	30%	Phosphorus	10%	30%
Thiamin	35%	20%	Magnesium	10%	15%
Riboflavin	35%	40%	Selenium	25%	20%
Niacin	35%	15%	Copper	8%	5%

\*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram	Fat 9	Carbohydrates 4	Protein 4

**INGREDIENTS:** whey protein concentrate, rice syrup solids, natural flavor, Fibersol-2® (resistant maltodextrin), essential fatty acid complex (flaxseed, sunflower creamer [sunflower oil, maltodextrin, calcium caseinate, sodium caseinate, dipotassium phosphate, guar gum, mono- and diglycerides, potassium citrate, silicon dioxide]), cocoa powder (processed with alkali), organic cane sugar, brown rice flour, cellulose gum, Vemma formula ([ascorbic acid, plant-sourced trace mineral blend, d-alpha tocopheryl acetate, niacinamide, calcium d-pantothenate, pyridoxine HCL, riboflavin USP, beta-carotene, thiamin HCL, folic acid, d-biotin, cholecalciferol, cyanocobalamin]), mangosteen extract, mangosteen fruit, organic glyconutrient-rich aloe vera gel, organic decaffeinated green tea extract, Selenium Select 5000 DCP (L-selenomethionine 0.5%), xanthan gum, soy lecithin (an emulsifier), sodium chloride, Reb-A (stevia extract)

**CONTAINS MILK AND SOY LECITHIN (<1%)**

NO ARTIFICIAL SWEETENERS, COLORS, FLAVORS, TRANS FAT OR HIGH FRUCTOSE CORN SYRUP

\*As part of the Vemma Live Well Program

## VEMMA SHAKE PRICING:

Item Code	Item Description	Qty	Auto-Delivery Price (USD)	Sale Price (USD)	QV
1001187	Vemma Shake (Chocolate)	1 - bag (16 meals)	\$37.95	\$47.95	12.5
1001191	Vemma Shake (Chocolate)	2 - bags (32 meals)	\$73.95	\$92.95	25



## FREQUENTLY ASKED QUESTIONS:

### **Why should I take the Vemma Shake?**

The Vemma Shake may be the right choice for you if you are seeking a healthy weight solution to help manage and achieve a healthy weight for your body type, while receiving the supplementation support your body needs.†

### **Can I take the Vemma Shake daily?**

Yes, the products can be consumed daily as directed on the product label and in accordance with the Vemma Live Well Program.

### **Can I use the Vemma Shake without following the Vemma Live Well Program?**

Yes, you may consume the Vemma Shake without following the Vemma Live Well Program. However, to better establish a healthy lifestyle, we encourage you to adhere to the Vemma Live Well Program, including the Vemma Shake along with a serving of Vemma Burn in the afternoon, for more desirable weight management results.†

### **How quickly should I see results? Does the Vemma Shake work for everyone?**

Since everyone is physiologically different, individual results may vary.

### **Can I replace all of my meals with the Vemma Shake?**

The Vemma Shake should not be used as a total diet replacement. We recommend taking the Shake as directed on the product label and in conjunction with the other Vemma products and plan.

### **Can I mix the Vemma Shake with milk instead of water?**

Yes, if you prefer to use the Vemma Shake with milk, we recommend mixing 1 scoop with 8 fl oz of skim milk. Mix well in a shaker bottle or with ice in a blender until smooth.

### **Can I still take other Vemma products in addition to the Shake?**

Yes, you may continue to consume your regular servings of Vemma or Verve. We recommend 1 to 3 servings of the Vemma formula per day, and each full serving of the Shake provides 1/3 serving of the Vemma formula.

### **Can I consume the Vemma Shake if I have a health condition or am taking medication?**

Vemma recommends you follow a healthy approach to weight loss. If you have a health condition or are taking medication, we recommend consulting with your healthcare professional before using the Vemma Shake or any other nutritional supplement.

### **Is it okay to use the Vemma Shake if I am pregnant or nursing?**

We recommend consulting with your healthcare professional before using the Vemma Shake, other Vemma products or any other nutritional supplement if you are pregnant or nursing.

### **Why was whey chosen as the source of protein in the Vemma Shake?**

After extensive research and testing during the product development phase, it was determined that whey protein is the ideal protein source because of the shake's powder delivery, and it best supported the overall taste and formula compatibility. The use of premium ingredients, formula efficacy and flavor in the Vemma products are our highest priorities. Vemma Research and Development thoroughly reviews scientific data for all potential ingredients.

### **What is the sweetener used in the Vemma Shake and why did you choose that source?**

The Vemma Shake is sweetened with a combination of organic cane sugar and stevia leaf extract. Organic cane sugar is considered one of the healthiest alternatives to refined sugar. Organic cane sugar does not undergo the same degree of processing as refined sugar. Therefore, unlike refined sugar, organic cane sugar retains more of the nutrients found in sugar cane. Stevia is a natural herb that grows in South and Central Americas. This naturally-derived extract is growing in popularity because it's calorie-free and about 300 times sweeter than sugar.

The use of premium ingredients, formula efficacy and flavor in the Vemma products are our highest priorities. Vemma Research and Development thoroughly reviews scientific data for all potential ingredients. After extensive research and testing during the product development phase, we chose organic cane sugar and stevia extract because they are naturally-derived sweeteners – not artificial ones – and are compatible with the overall formula and flavors of the Vemma Shakes. This naturally-derived sweetener blend helps keep the calories, sugar and carbohydrates lower to best support a healthy diet.

### **Does the Vemma Shake contain gluten, soy, milk or any of the major allergens?**

The Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) identifies eight foods or food groups as the major food allergens. They are milk, eggs, fish (e.g., bass, flounder, cod), Crustacean shellfish (e.g., crab, lobster, shrimp), tree nuts (e.g., almonds, walnuts, pecans), peanuts, wheat and soybeans.

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With that being said, know that the Vemma Shake contains milk ingredients and soy lecithin (less than 1% as an emulsifier), but does not contain eggs, fish, Crustacean shellfish, tree nuts or peanuts. We are unable to claim that the Vemma Shakes are gluten-free because they are manufactured in a facility where wheat is processed. We recommend consulting with your healthcare professional if you have additional questions.

**Does the Vemma Shake contain any restricted substances, narcotics or alcohol?**

No, Vemma products do not contain any restricted substances, narcotics or alcohol.

**What are antioxidants?**

Antioxidants are substances found in nature that may protect cells from the damage caused by unstable molecules known as free radicals. Free radicals are a by-product of overexercise, stress, and exposure to dirty air and other environmental pollutants. Vemma Shake contains Vitamins A, C and E, and selenium: ingredients that possess antioxidant properties and may help fight free radicals in your body.

**What are xanthonenes?**

Vemma Shake contains xanthonenes, which are natural phytonutrients found in the mangosteen fruit that work to help protect your body.

**Which minerals are included in the Vemma formula mineral blend?**

The Vemma formula contains over 65 major, trace and ultra-trace minerals. Because we source our minerals from naturally occurring vegetation, the level of individual minerals may vary slightly from batch to batch. The Vemma formula proprietary mineral blend contains the following minerals:

Carbon (organic), calcium, sodium, sulfur, magnesium, chloride, bromide, fluorine, iodine, potassium, niobium, aluminum, iron, phosphorus, silica, manganese, boron, strontium, titanium, tungsten, copper, zinc, tin, zirconium, molybdenum, vanadium, chromium, selenium, nickel, cobalt, lithium, gallium, barium, yttrium, neodymium, hafnium, cadmium, thorium, antimony, cerium, tellurium, beryllium, samarium, dysprosium, erbium, bismuth, gadolinium, cesium, lanthanum, praseodymium, europium, lutetium, terbium, ytterbium, holmium, thallium, thulium, tantalum, germanium, gold, platinum, rhodium, rubidium, ruthenium, scandium, silver and indium.

**Is the Vemma Shake backed by a guarantee?**

We are confident that you are going to love the Vemma Shake and all Vemma products. However, if you are not completely satisfied, we offer a 30-day product guarantee. Shipping and handling is non-refundable. Our return policy is available at [Vemma.com](http://Vemma.com) or by calling 800-577-0777.

**How is the Vemma Shake manufactured?**

The Vemma Shake is made at a facility that meets FDA manufacturing standards called Good Manufacturing Practices (GMP), which ensures this product meets the highest possible quality and all suppliers are fully vetted, GMP-certified vendors. Additionally, the Vemma Research and Development team follows an extensive quality control process — including an organoleptic evaluation of taste, color and consistency — to ensure Vemma's high standards of quality are met. As an added step, finished product is sent again to a third-party laboratory to be tested for purity and potency. Only after these tests have been successfully performed and all markers passed are the products released for sale to Affiliates.

**How should I store Vemma Shake?**

Store it in the original packaging in a cool, dry place for maximum shelf life.

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