

Ultra-Nutrition Shake™

A Complete Meal replacement
With L.E.A.D.S.®
Live Enzyme Activated Delivery System®



The “NEW and Improved” Ultra-Nutrition Shake™ is like a “multi-vitamin in a glass” used to enhance anyone’s daily nutritional intake. It is a highly dense, low-calorie, enzyme enhanced nutrition formula that provides all the minerals, amino acids, pro-biotics, pre-biotics, enzymes, complex carbohydrates, proteins, fatty acids, fiber, phytonutrients, and naturally occurring minerals. Plus all the whole food vitamins the body needs to keep its metabolic enzyme systems running at optimal rates and provide complete nutrition. This formula contains no stimulants, caffeine, artificial ingredients or synthetic vitamins making it safe for all ages.

The Ultra-Nutrition Shake™ comes in two delicious flavors, **Double French Vanilla** and **Dutch Chocolate** and can



be mixed with pure water, milk, rice milk or juice. Whether you are dieting or simply want great nutrition, this drink should be a part of your daily diet. Try adding a banana to the Dutch Chocolate flavor for a filling energy smoothie. Or try some fresh berries in the double French Vanilla flavor. It’s great as an in-between meal snack or as a delicious meal replacement!



WHO CAN BENEFIT FROM THE ULTRA-NUTRITION SHAKE™?

Adults can use it for overall balance and energy as a daily multi-vitamin/multi-mineral.

Kids can enjoy a delicious and nutritious shake as a snack.

Athletes will benefit from mixing it into smoothies before or after workouts for fast recovery and optimal performance.

Seniors can drink it with water or juice as a midday energy booster.

The Ultra-Nutrition Shake™ can also be used effectively for weight loss. The problem with other low-calorie meal replacement shakes is that they lack the vital nutrients the body needs to function at a basic level. This shortage of nutrients forces the metabolism to slow down so that even if people are eating almost nothing they will stop losing weight. And when they stop dieting, they can actually gain back more weight than they lost.

The Ultra-Nutrition Shake™ will not cause you to experience the mood swings or food cravings normally associated with other diets or weight loss supplements. As a meal replacement shake this formula activates the body’s metabolic enzyme systems, allowing the body to burn a maximum amount of energy (stored calories/fat) without causing cravings or hunger. This low calorie meal replacement shake is formulated to activate and reset the body’s metabolic enzyme systems, resulting in rapid, lasting weight loss-without drugs, stimulants or synthetic ingredients. It’s 100% natural weight loss, promoting weight loss **when and if you need it!**

The Ultra-Nutrition Shake™ is enhanced with the L.E.A.D.S.® (Live Enzyme Activated Delivery System®), to insure assimilation at a cellular level. L.E.A.D.S.® provides powerful enzymes and mineral co-factors that help to activate each enzyme to digest and deliver each nutritious ingredient for maximum particle digestion and complete nutrient distribution throughout the body, thereby increasing the formula’s bioavailability.

This product has been awarded the Gold Medallion for outstanding mineral nutrition by Albion Laboratories, the world’s authority on mineral nutrition.



NWC's proprietary nutrient blend overview

NWC has included a proprietary blend of highly dense nutrients including proteins, carbohydrates and green foods for assistance with overall health. This “multi-vitamin in a glass” is designed to provide complete nutrition for people of all ages. This proprietary blend has been created using the latest scientific research utilizing many organic and whole food sources. It does not contain any synthetic or isolated vitamins or non-chelated minerals making it a truly natural and highly nutritional addition to anyone’s diet.

NWC's proprietary nutrient blend contains over 36 nutrients such as:

Whole food Nutrient	Nutrients provided
BROWN RICE PROTEIN POWDER	AMINO ACIDS IN A HIGH QUALITY VEGERTARIAN PROTEIN
PEA PROTIEIN CONCENTRATE	AMINO ACIDS IN A HIGH QUALITY VEGERTARIAN PROTEIN
80% WHEY PROTEIN CONCENTRATE	WHEY IS THE HIGHEST BIOLOGICAL VALUE PROTEIN KNOWN
EGG ALBUMEN PROTEIN	PURE PROTEIN FROM EGG WHITES ONLY
WHOLE FLAX SEED MEAL	HIGH IN OMEGA-3 FATTY ACIDS, 48% OF ITS FAT BEING OMEGA-3'S
ACIA BERRY POWDER	ANTIOXIDANTS, ESSENTIAL FATTY ACIDS SUCH AS OMEGA 3, 6 AND 9, VITAMINS AND MINERALS, DIETARY FIBER, PHYTONUTRIENTS, AMINO ACIDS, COMPLEX CARBOHYDRATES AND TRACE MINERALS
HONEY POWDER	SIMPLE CARBOHYDRATES AMINO ACIDS AND VITAMINS
VIRGIN COCONUT FLOUR	COCONUT FLOUR CONSISTS OF 14% COCONUT OIL AND 58% DIETARY FIBER! THE REMAINING 28% CONSISTS OF WATER, PROTEIN, AND COMPLEX CARBOHYDRATES
VIRGIN COCONUT OIL POWDER	HIGH IN OMEGA-6 FATTY ACIDS
GUAR GUM POWDER	GREAT PLANT FIBER
RICE BRAN	ONE OF THE RICHEST SOURCES OF B VITAMINS, MINERALS, & ANTIOXIDANTS
SWEET POTATO POWDER	VITAMINS A, B1, B2, B3, NIACIN, B6, B12, FOLATE, PANTOTHENIC ACID, C, E, PLUS TEN MINERALS
CHELATED GLUTAMINE	AIDS IN DIGESTION, INVOLVED IN MUSCLE GROWTH AND REPAIR (USED SOMETIMES FOR AIDS OR CANCER PATIENTS)
CHELATED CREATINE	PROVIDES ADDITIONAL ENERGY FOR YOUR MUSCLES AND BUFFERS LACTIC ACID BUILD-UP
ALFALFA POWDER	ALFALFA HAS A HIGH CHLOROPHYLL CONTENT WHICH DETOXIFIES THE BODY, ESPECIALLY THE LIVER. PROMOTES PITUITARY GLAND FUNCTIONS
CARROT JUICE POWDER	BETA CAROTENE, VITAMINS, MINERALS, AND PHYTOCHEMICALS FOUND IN RAW CARROTS.
BARLEY GREENS POWDER	BARLEY GREENS PROVIDE 30 TIMES MORE VITAMIN B1 AND CALCIUM THAN MILK, SEVEN TIMES MORE VITAMIN C THAN ORANGES, AND NEARLY FIVE TIMES THE IRON OF SPINACH.
LECITHIN	LECITHIN IS A GOOD FAT THAT IS REQUIRED BY EVERY SINGLE CELL IN YOUR BODY. CONTAINS PHOSPHATIDYL CHOLINE AND OMEGA-3 LINOLENIC ACID HAS BEEN CALLED BRAIN FOOD
WHEAT GRASS JUICE POWDER	A CONCENTRATED GREEN VEGETABLE PACKED WITH NUTRIENTS THAT NATURALLY ENCOURAGE OPTIMUM HEALTH. THIS CONTAINS EVERY NUTRIENT THAT SCIENCE HAS BEEN ABLE TO IDENTIFY.
BREWERS YEAST	HIGH IN B COMPLEX VITAMINS ESPECIALLY B12, FOLATE (NEEDED FOR BLOOD-CELL FORMATION) POTASSIUM, MAGNESIUM, ZINC, CHROMIUM, PHOSPHOROUS, THIAMIN AND IRON.
L.E.A.D.S® ENZYME BLEND	INSURES COMPLETE DIGESTION AND DELIVERY OF ALL THE NUTRIENTS IN THIS PRODUCT ON A CELLULAR BASIS
SPIRULINA	RICH IN BETA-CAROTENE, IRON, VITAMIN B-12 AND THE RARE ESSENTIAL FATTY ACID, GLA (GAMMA-LINOLENIC ACID.) THIAMIN B1, RIBOFLAVIN B2, B6, AN ANALOGUE TO COBALAMIN B12, VITAMIN C, NIACIN, FOLIC ACID, PANTOTHENIC ACID, BIOTIN, VITAMIN E, AND CHOLINE
WHEAT GERM	A GREAT SOURCE OF VITAMIN E AND FOLIC ACID. PLUS THE ADDED VALUE OF PHOSPHOROUS, IRON, POTASSIUM, COPPER & MAGNESIUM.
CHLORELLA	CHLORELLA IS ALSO ONE OF THE HIGHEST SOURCES OF LIFE-GIVING CHLOROPHYLL, CONTAINING TWENTY TIMES THE AMOUNT OF CHLOROPHYLL OF ALFALFA AND NEARLY TEN TIMES THAT OF SPIRULINA." - HERBS FOR HEALTH, DECEMBER 2001
SEASEL® KELP BLEND	LIVING PLANT DERIVED COMPLETE TRACE MINERALS, CHROMIUM, MOLYBDENUM, SELENIUM, IODINE, BORON AND MORE, NATRALLY CHELATED BY PLANT PHOTO-SYNTHESIS
ACEROLA CHERRY	ACEROLA CHERRY IS HIGHLY RECOGNIZED AS A SOURCE OF WHOLE FOOD VITAMIN C, AND THEY CONTAIN VITAMINS E AND K, AND THE B VITAMINS RIBOFLAVIN AND FOLATE.
INULIN FOS	FOS OFFERS PREBIOTIC PROPERTIES FOR PROBIOTIC APPLICATIONS. FOS HELPS INCREASE THE BIOAVAILABILITY OF MINERALS, PARTICULARLY CALCIUM. THROUGH INULIN/FOS STIMULATION OF BIFIDOBACTERIA AND SUPPRESSION OF PATHOGENIC BACTERIA, INULIN REDUCES LIVER TOXINS, CARCINOGENS, FOOD INTOLERANCES, AND PROVIDES IMMUNE STIMULATION PROPERTIES
NWC'S PRO-BIOTIC BLEND	SCIENCE SUPPORTS THAT GOOD BACTERIA SUCH AS ACIDOPHILUS DDS-1 IS AN IMPORTANT FIRST LINE OF DEFENSE IN IMMUNITY. INTESTINAL FLORA LIKE BIFIDOBACTERIUM BIFIDUM IS ANTICARCINOGENIC.
BEE POLLEN	BEE POLLEN IS CONSIDERED A HIGHLY NUTRITIOUS AND COMPLETE FOOD AND CONTAINS A RICH SUPPLY OF B VITAMINS, VITAMINS C, A, E, CAROTENOIDS, FOLIC ACID, AMINO ACIDS, AND A WIDE ARRAY OF MINERALS AND SOME ESSENTIAL FATTY ACIDS.
YELLOW DOCK ROOT POWDER	IS USEFUL FOR RELIEVING A CONGESTED LIVER AND HAS A MILD BOWEL CLEANSING EFFECT
GRAPE SEED OIL	GRAPE SEED OIL IS VERY HIGH IN ANTIOXIDANTS AND CONTAINS HIGH AMOUNTS OF VITAMIN E, VITAMIN C, BETA-CAROTENE, AND VITAMIN
STEVIA	ALL NATURAL ZERO CALORIE SWEETENER
SHITAKE MUSHROOM	FATS, CARBOHYDRATES, PROTEINS, FIBER, LENTINAN, ANTI-TUMOR, STRENGTHENS THE IMMUNE SYSTEM
FRUCTOSE	ENERGY FUEL FROM FRUIT
DUNALIELLA SALINA	BETA-CAROTENE, ALPHA-CAROTENE, ZEAXANTHIN, CRYPTOXANTHIN, AND LUTEIN FOR GOOD EYE HEALTH.
VANADIUM	VANADIUM IS THOUGHT TO PLAY A ROLE IN BLOOD LIPID METABOLISM, DIABETICS, AND MAY HAVE A POSITIVE EFFECT IN REGULATING BLOOD GLUCOSE LEVELS.

Highlights of Just Some of the Ingredients

Alfalfa and Wheat Grass Juice Powder- have been included for nutritional support during weight loss as well as for their ability to help the body utilize fats and sugars properly. For example: Alfalfa, a natural blood cleanser, helps to keep blood cholesterol levels healthy. Wheat Grass contains every nutrient known to man and has a positive effect on bowel regularity.

The Acai berry- found in the heart of the Amazon Rainforest. This small, round, dark-purple berry looks like a grape, but has a smaller amount of pulp and a larger single seed. Scientists call it a true "super-food". The Acai berry is rich in: antioxidants, essential fatty acids such as Omega 3, 6 and 9, vitamins and minerals, dietary fiber, phytonutrients, amino acids, complex carbohydrates and trace minerals. It also contains many crucial phytosterols. The Acai berry is delivered in the Ultra-Nutrition Shake™ the way it's supposed to be, unrefined, 100% pure, 100% natural and 100% organic. The proanthocyanidine contents in Acai Berries are 10 to 30 times the anthocyanins (these are the purple colored antioxidants) of red wine per volume.

Coconut flour and Coconut oil powder- Coconut flour consists of 14% coconut oil and 58% dietary fiber! The remaining 28% consists of water, protein, and complex carbohydrates. Coconut Flour is gluten-free, hypoallergenic and is ideal for those who follow a low-carb eating plan. Coconut flour works well as part of a weight loss program because it supplies high fiber. **Interestingly the added coconut does not add a strong coconut flavor, but a tremendous amount of nutrition!**

Flax Seed- is nature's most abundant source of Omega 3 fatty acids and is known to be a rich source of "lignans", a constituent of fiber that promotes anti-tumor, anti-viral, anti-bacterial, anti-fungal and antioxidant effects in the body. It is helpful for strengthening immune functions and promoting healthy cardiovascular function.

Shitake Mushroom- extracts from this mushroom have been shown to help with immune system function, environmental allergies and frequent colds and flu. Shiitake has been historically used in the Orient for prevention of high blood pressure, maintaining cholesterol levels and is a potent kidney and liver tonic. **It is also a great source of vitamin D.**

Carrot Juice Powder- contains many important nutrients such as beta-carotene and other carotenoids, B vitamins, vitamin C, the minerals calcium and potassium and much more. This is a potent antioxidant!

Probiotic blend- This includes Lactobacillus Acidophilus DDS-1, Bifidobacterium bifidum and FOS, which have been added to support proper digestion and to promote the growth of good intestinal flora. By increasing the good flora in your intestines you lower your risk of disease.

100% Vegetarian DHA- Docosahexaenoic Acid (DHA) is a type of Omega-3 fatty acid, a nutrient that has been studied for its role in heart, brain and eye health. Although it is found in most tissues throughout the body, the highest concentrations of DHA are in the brain, nervous system and the retina of the eye, and it helps support normal development in these areas. DHA has also been shown to help promote heart health. In addition to being an integral part of our vision, our hearts and our nerves, DHA also benefits our cholesterol. A recent study showed that volunteers who took DHA on a regular basis achieved lower levels of LDL cholesterol and higher levels of HDL cholesterol (good cholesterol).

THE MINERAL PROFILE OF 100% ALBION PATENTED CHELATED MINERALS

One serving of The Ultra-Nutrition Shake™ supplies you with over 33.33% of daily value of ALL the essential minerals. This is a brief description of only some of the minerals in the profile:

Calcium and Magnesium- both play an important role in muscle and bone building, while assisting with the metabolism of carbohydrates. These minerals also play a key role in maintaining overall health during periods of weight loss.

Manganese- helps with the synthesis of fatty acids and cholesterol. It is vital to proper protein, carbohydrate and fat assimilation. Manganese also works to promote healthy blood sugar levels, energy production and overall well-being.

Zinc- is a trace mineral involved in digestion and metabolism. It is a component of insulin, playing a significant role in carbohydrate digestion.

Chromium and Vanadium- are support minerals that aids in cellular metabolism. It is included in the formula to help establish overall body balancing for effective weight management and support healthy blood sugar levels.

Magnesium Glycyl Glutamine chelate- The MGG™ chelate is the only stabilized glutamine in the world, protected by an exclusive patent. Glutamine is an amino acid that serves as a necessary building block for protein in the body. It is also the amino acid lost in the greatest quantity during strenuous exercise. Although L-glutamine may be listed as an ingredient in some powdered formulas, it is known to decompose in the digestive tract and may be destroyed by various processing steps. We recognized the necessity of having a stabilized form of supplemental glutamine, so we at NWC use only the patented stabilized glutamine. Magnesium Glycyl Glutamine (MGG™) is the world's only stabilized glutamine.

Creatine MagnaPower- Creatine is one of the ingredients in **The Ultra-Nutrition Shake™** because it provides cellular fuel and acts as an "energy buffer". Creatine is stored in cells as phosphocreatine (PCr), which plays a vital role in energy production by recycling ATP (Adenosine Triphosphate). ATP is what cells use for energy and is required for all cellular functions including

muscle contraction, DNA synthesis and protein synthesis. When ATP is depleted, the cell no longer has energy to perform its functions. When combined with proper exercise, creatine supplementation can effectively increase strength, speed and power.

Enzyme Enhancements

The Ultra-Nutrition Shake™ is enhanced with the **L.E.A.D.S.®** (Live Enzyme Activated Delivery System®), to insure assimilation at a cellular level. **L.E.A.D.S.®** provides mineral co-factors that help to activate each enzyme to digest and deliver each nutritious ingredient for maximum particle digestion and complete nutrient distribution throughout the body, thereby increasing the formula's bioavailability. Protease, amylase and lipase, specifically help maintain adequate fat digestion and maintain healthy blood sugars levels. We also include a proprietary enzyme blend of protease and lactase enzymes used to further enhance the digestion of dairy products. Even though this formula is designed to mix with water, we have included enough enzymes to digest an entire 8 oz. glass of whole milk. It is included to meet the special needs of people who suffer from lactose intolerance.

Questions and Answers

1. What research has been done on The Ultra-Nutrition Shake™?

The Ultra-Nutrition Shake™ is formulated using the latest research and clinical studies. Each ingredient has been independently researched by the most respected names in their fields. **The Ultra-Nutrition Shake™** is a formulation you can trust because its ingredients are clinically tested and proven.

2. Are there any side effects?

The Ultra-Nutrition Shake™ has no known side effects. Because it contains no stimulants, like caffeine or other harmful herbs, it will not make you nervous or jittery. There are NO harmful herbs or synthetic vitamins. **The Ultra-Nutrition Shake™** is safe for anyone ages 8 years and up.

3. If I am on medication, can I safely use this formula?

The Ultra-Nutrition Shake™ is safe to take with medications. All the ingredients are foods. There are no known drug interactions and the ingredients do not alter the action of any medications. However, before beginning any program you should check with your personal physician.

5. Can I drink The Ultra-Nutrition Shake™ if I am a diabetic?

While this formula is not specifically for diabetic conditions, it's may help support healthy blood sugar levels. However, you should always check with your doctor before taking **The Ultra Nutrition Shake™** as it does contain 6 grams of low glycemic sugar.

6. Is this formula safe for pregnant or nursing women?

Yes, it contains only whole food nutrition and all natural ingredients but you should always check with your doctor before taking any supplement if you are pregnant or nursing or are currently being treated for a condition.

Questions Specific To Weight Loss

7. How long can I stay on the Ultra-Nutrition Shake™ weight-loss program?

This is a 100% natural whole food supplement with no stimulants or artificial ingredients. Your body will love the added nutrition on a daily basis. It is safe to take everyday even if you are no longer using it to actively lose weight.

8. Is there a better time to drink the shake?

Many people choose to take **The Ultra Nutrition shake™** first thing in the morning to help "jump start" their metabolism. **By giving your body a dose of highly dense nutrition first thing in the morning you can help insure you have enough energy to start your day and you won't suffer from the hunger or cravings usually associated with low nutrient breakfast meals.**

9. Why should I also take the Balance and Burn® capsules product while on the Ultra-Nutrition Shake™?

The Ultra-Nutrition Shake™ is designed to **keep your metabolism high**, while consuming a low number of calories. By adding the **Balance and Burn®** capsules to your weight loss program you can actually burn as fuel excess dietary fats and refined sugars, often responsible for weight gain. It is a great way to boost your weight loss efforts while increasing energy levels.

10. Why should I avoid carbonated beverages while taking Ultra-Nutrition Shake™?

Carbonation destroys the active digestive enzymes contained in the nutrient powder and leach calcium from your system. Without these enzymes, **The Ultra-Nutrition Shake™** cannot properly stimulate your metabolism and promote weight loss. **So, even though diet soda has no calories, it can sabotage your weight-loss efforts.**

11. Can I mix the powder with anything besides water?

Yes, Some people prefer to use 8 ounces of skim milk (**80 calories**) instead of water or rice milk. Chocolate rice milk offers a lot of flavor. Others prefer to add fresh fruit or fat-free yogurt to vary the flavor.

12. Can I prepare The Ultra-Nutrition Shake™ ahead of time and keep it refrigerated?

Preparing the **Ultra-Nutrition Shake™ powder with liquids** and storing it in the refrigerator for more than 20 minutes is **not recommended**, when you mix it, this activates the vital enzymes and at that point is live food and should be consumed ASAP.

13. My energy goes up after taking Balance and Burn® Ultra-Nutrition Shake™, is this common? YES, there are no drugs or stimulants in this formula. The boost in energy is a result of your body receiving a super dose of whole food nutrition including many enzymes responsible for stimulating your metabolic systems. When your body has optimal levels of good nutrients it will be able to operate more efficiently thereby giving you a boost in energy.

To Order or for more Information

Call (949) 600-6515 (888) 207-3480

Or shop on line at naturalwellness.com