

14  
SERVINGS  
DONATED



## LOSE FAT, BUILD LEAN.

Evolv Shake contains a delicious, healthy combination of 3 proteins and 18 amino acids and 5 grams of natural fiber, plus vitamins and minerals—all in a great tasting Shake that helps to keep you feeling full longer.

- ZERO soy protein
- ZERO artificial flavors
- ZERO artificial sweeteners
- Gluten-free, vanilla or chocolate
- Supports daily weight management
- Supports athletic recovery

Two patented, USDA-developed ingredients:



### REAL PEOPLE, REAL RESULTS



“Good nutrition is the core of my philosophy and livelihood. I recommend Evolv Shake to anyone seeking better weight management and nutrition.”

Heidi Kerman, RD, LD



### WHAT IS INTEGRATIVE HEALTH?

“Integrative health” combines conventional medical practices with nutritional support to achieve best patient outcomes. Supporting the body with good nutrition during any type of medical treatment provides an ideal environment for success, and the best health possible.

# ēvolv<sub>2</sub>shake

Evolv Shake can support our Customers & Members during a Reboot for goals involving weight loss, improved nutrition, and healthier living. Every serving of Evolv Shake purchased also helps to nourish a child in need through our Buy 1, Nourish 2™ giving initiative. For details, visit [www.evolvhealth.com/hopemovement](http://www.evolvhealth.com/hopemovement).



DELICIOUS NUTRITIONAL DRINK POWDER FOR WEIGHT MANAGEMENT & RECOVERY

## Nutrition Facts

Serving Size: 34.5 g (about 2 scoops)  
Servings Per Container: 14

Amount Per Serving		
Calories	130	Calories from Fat 25
	Calories from Saturated Fat	10
	Amount per Serving	% Daily Value*
<b>Total Fat</b>	2.5 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	†
Monounsaturated Fat	1 g	†
Polyunsaturated Fat	0.5 g	†
<b>Cholesterol</b>	20 mg	7%
<b>Sodium</b>	130 mg	5%
<b>Potassium</b>	180 mg	5%
<b>Total Carbohydrate</b>	17 g	6%
Dietary Fiber	5 g	18%
Insoluble Fiber	0 g	†
Sugars	9 g	†
<b>Protein</b>	12 g	
Vitamin A 25%	•	Vitamin C 25%
Calcium 30%	•	Iron 30%
Vitamin D 25%	•	Vitamin E 25%
Thiamin 25%	•	Riboflavin 25%
Niacin 25%	•	Vitamin B6 25%
Folate 25%	•	Vitamin B12 25%
Biotin 25%	•	Pantothenic Acid 25%
Phosphorus 30%	•	Iodine 25%
Magnesium 30%	•	Zinc 25%
Copper 25%	•	Manganese 8%

\* 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		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

† Percent Daily Value not established

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## VANILLA

Whey Protein Concentrate, Organic Evaporated Cane Juice, Pea Protein Isolate, Inulin [prebiotic chicory root fiber], Calorie ControlTrim® [organic oat bran with hydrocolloid oat beta-glucan soluble fiber], Sunflower Oil Creamer, Natural Flavors, ModCarb™ [organic oats, organic amaranth, organic buckwheat, organic millet, organic quinoa, organic chia], BevGrad (Flax), Dicalcium Phosphate, MCT Oil Creamer, Cellulose Gum, Magnesium Oxide, Salt, Rice Protein, Dipotassium Phosphate, Luo Han Guo, Rebaudioside A 99%, Stevia Extract, Ascorbic Acid (Vitamin C), dl-Alpha Tocopheryl Acetate (Vitamin E), Biotin, Niacinamide (Niacin), Zinc Oxide, Vitamin A Acetate, 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. CONTAINS: Milk and Soy Lecithin.

## Nutrition Facts

Serving Size: 35.4 g (about 2 scoops)  
Servings Per Container: 14

Amount Per Serving		
Calories	130	Calories from Fat 25
	Calories from Saturated Fat	10
	Amount per Serving	% Daily Value*
<b>Total Fat</b>	3 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	†
Monounsaturated Fat	1 g	†
Polyunsaturated Fat	0.5 g	†
<b>Cholesterol</b>	20 mg	7%
<b>Sodium</b>	150 mg	6%
<b>Potassium</b>	270 mg	7%
<b>Total Carbohydrate</b>	17 g	6%
Dietary Fiber	5 g	20%
Insoluble Fiber	1 g	†
Sugars	8 g	†
<b>Protein</b>	12 g	
Vitamin A 25%	•	Vitamin C 25%
Calcium 30%	•	Iron 35%
Vitamin D 25%	•	Vitamin E 25%
Thiamin 30%	•	Riboflavin 25%
Niacin 30%	•	Vitamin B6 25%
Folate 25%	•	Vitamin B12 25%
Biotin 25%	•	Pantothenic Acid 25%
Phosphorus 30%	•	Iodine 25%
Magnesium 35%	•	Zinc 25%
Copper 35%	•	Manganese 10%

\* 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		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

† Percent Daily Value not established

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## CHOCOLATE

Whey Protein Concentrate, Organic Evaporated Cane Juice, Pea Protein Isolate, Inulin [prebiotic chicory root fiber], Calorie ControlTrim® [oat bran with hydrocolloid oat beta-glucan soluble fiber], Cocoa Powder (processed with alkali), Sunflower Oil Creamer, Natural Flavors, ModCarb™ [organic oats, organic amaranth, organic buckwheat, organic millet, organic quinoa, organic chia], BevGrad (Flaxseed), Dicalcium Phosphate, MCT Oil Creamer, Magnesium Oxide, Cellulose Gum, Salt, Rice Protein, Dipotassium Phosphate, Luo Han Guo, Rebaudioside A 99%, Stevia Extract, Ascorbic Acid (Vitamin C), dl-Alpha Tocopheryl Acetate (Vitamin E), Biotin, Niacinamide (Niacin / Vitamin B3), Zinc Oxide, Vitamin A Acetate, Electrolytic Iron, Copper Gluconate, Calcium Pantothenate (Pantothenic Acid / Vitamin B5), Cholecalciferol (Vitamin D3), Pyridoxine HCl (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Cyanocobalamin (Vitamin B12), Folic Acid, Potassium Iodide. Contains: Milk and Soy Lecithin.

## SUGGESTED USE

For healthy weight management and nutrition, mix 2 scoops of Evolv Shake with 8 oz of cold water, milk, or other non-dairy beverage, 1-2 times daily.

Use before or after workouts to aid the body's recovery, or as a healthy snack anytime. May also be mixed with added ingredients for a meal replacement according to the Impact Phase of the Reboot Program.

## ADDITIONAL INFORMATION



ModCarb™ contains the best real food energy available today. It's made with 6 organic ancient grains and 18 amino acids, and may help support the maintenance of healthy blood glucose levels and a feeling of fullness. Its patented formula gives Shake its delicious, creamy texture.



Calorie ControlTrim® is a USDA-developed, patented technology containing concentrated oat beta glucans, which may help support healthy digestion, cholesterol, triglyceride, and blood glucose levels.

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