

Begin Your Journey to a Leaner, Healthier You.

Shaklee 180® Program

Imagine getting fit for life. Here's the "lite" at the end of your tunnel. The Shaklee 180 Program begins your journey to a leaner and healthier you.






Healthy weight loss isn't just about calories and exercise – you need the proper nutrition and the right support tools. Powered by Leucine®, our clinically tested products help you keep the muscle you have, burn fat you don't need, and lose inches you don't want. It's real science with real results.


The Shaklee Difference™

The power of nature, unleashed by science. Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards – conducting over 100,000 quality tests per year to ensure our products are safe for you and your family.

All Life Shakes and bars:

-  Non-GMO
-  Gluten-free
-  Powered by Leucine®
-  Low glycemic
-  No artificial sweeteners, preservatives, or flavours



100% SAFE
100% PROVEN
100% GUARANTEED



Here is a snapshot of your day.

Breakfast



Life Shake™ or Meal-in-a-Bar
 +
 Metabolic Boost

Lunch



Life Shake™ or Meal-in-a-Bar
 +
 Metabolic Boost

Snack



Shaklee 180 Snack Bar

Dinner



Balanced Meal
 +
 Metabolic Boost

Shaklee 180® Program

Begin Your Journey to a Leaner, Healthier You.

Life Shake – the foundation of the Shaklee 180 program

Clinically proven to help you thrive and create the foundation for longer, healthier life.

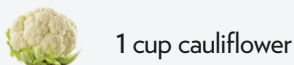
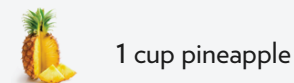
- Increased energy and satiety. Feel fuller longer with 20 grams of ultra-pure, non-GMO protein with precise 9 essential amino acids ratios.
- Clinically proven to support cardiovascular, brain, bone, immune, and overall health. Powered by Leucine® to help you build lean muscle, burn fat, and improve metabolism.*
- Easy-to-digest; promotes regularity and digestive comfort. Our proprietary prebiotic comes from an ancient grains blend enjoyed by humans for millennia. Plus, added digestive enzymes for improved protein digestion.
- 24 essential vitamins and minerals are clinically proven to support heart, brain, vision, bone, immune, and overall health. Includes 200 mg of calcium plus ALA, an essential omega-3 fatty acid, and more.
- Low glycemic. Supports healthy blood sugar levels.
- Available in up to four delicious flavours: Vanilla, Chocolate, Strawberry, and Café Latte
- Available in soy and plant protein formulas, with or without stevia

1 SERVING OF LIFE SHAKE IS EQUIVALENT TO:

Protein



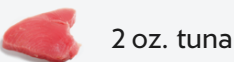
Fibre



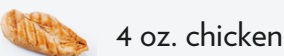
Calcium



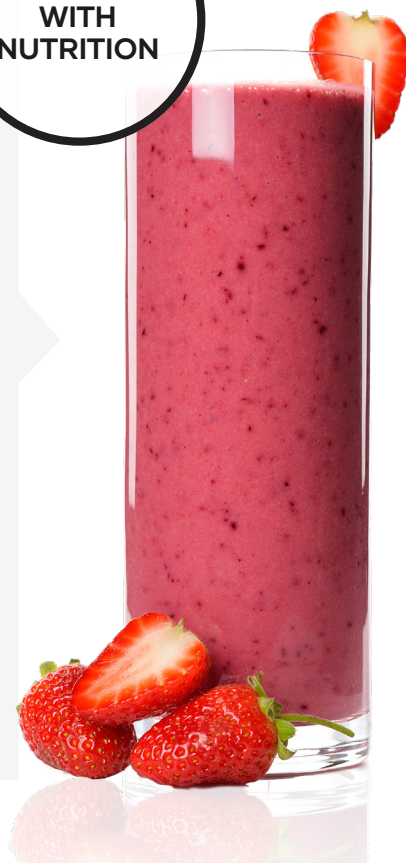
Vitamin D



Leucine



PACKED
WITH
NUTRITION



In a published clinical weight loss study, Shaklee Life Shake™ helped participants lose fat, weight, and inches while retaining lean muscle.*

- Clinically proven to help retain lean muscle
- Clinically proven to support cardiovascular, brain, bone, immune, and overall health.

Powered by Leucine®, Leucine is the best, most effective branched-chain amino acid for preserving muscle mass.

Helps you:

Build lean muscle Burn fat Improve metabolism

*As part of the Shaklee 180 Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at www.healthresource.shaklee.com.

[†]Food equivalence may vary depending on several factors, such as source and preparation. Every food provides nutrients beyond those listed in the above chart.

Shaklee 180® Program

Begin Your Journey to a Leaner, Healthier You.



Shaklee 180 Meal-in-a-Bar

A convenient meal in your pocket

- Powered by Leucine®
- Each bar delivers 18–20 grams of non-GMO protein and 6–7 grams of dietary fibre to help keep you feeling full longer
- Available in three delicious flavours: Peanut Butter & Chocolate Chip, Blueberry & Almond Crisp, and White Chocolate Cinnamon

#56000 Peanut Butter & Chocolate Chip 

#56001 Blueberry & Almond Crisp 

#56054 White Chocolate Cinnamon 

7 bars per box



Shaklee 180 Snack Crisps

A satisfying, savoury snack

- Each serving delivers 6 grams of non-GMO soy protein to help keep hunger away and cravings under control

#22020 Sea Salt 

10 bags



Metabolic Boost

Helps burn calories naturally

- A special blend with calorie-burning, clinically proven EGCG (from green tea)
- Helps provide support for healthy blood glucose levels, which, in turn, may help keep your energy up and your food cravings down

#56040 

90 tablets



Shaklee 180 Snack Bar

A sweet, guilt-free treat

- Powered by Leucine®
- Each bar delivers 9–10 grams of non-GMO soy protein and 3 grams of dietary fibre to help keep you feeling full longer
- Available in four delicious flavours: Crunchy Peanut Butter, Toffee & Chocolate Crunch, Cherry & Almond, and Chocolate & Coconut
- Also available in an Assortment Pack: 3 each of Toffee & Chocolate Crunch and Crunchy Peanut Butter, and 2 each of Cherry & Almond and Chocolate & Coconut

#56012 Crunchy Peanut Butter 

#56051 Toffee & Chocolate Crunch 

#56052 Cherry & Almond 

#22053 Chocolate & Coconut 

#56061 Bar Assortment Pack

10 bars

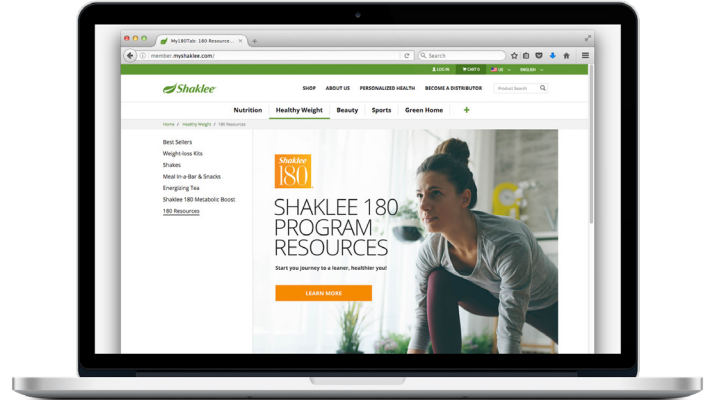
Shaklee 180® Program

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Shaklee 180 Program Resources

Shaklee Members have exclusive access to the Shaklee 180 Resources at ca.shaklee.com/shaklee-180-resources, including everything you need to succeed. Ask your Shaklee Distributor for more information.

Visit our blog, *Naturally – Your Resource for a Healthier Life*, for healthy meal and shake recipes, along with lifestyle and nutrition information.



Shaklee 180
Program Guide



Life Shake
Product Sheet



Shaklee 180 FAQs

Order Now

Shaklee 180 Turnaround Kit

Everything you need for your first month includes:

- 3 canisters of Life Shake™
- 2 boxes of Shaklee 180 Meal-in-a-Bars
- 1 box of Shaklee 180 Snack Bars
- 1 Metabolic Boost (90 tablets)

All with your choice of flavours.

#89280

Shaklee 180 Starter Kit

Everything you need for your first two weeks includes:

- 2 canisters of Life Shake™
- 1 box of Shaklee 180 Snack Bars
- 1 Metabolic Boost (90 tablets)
- 1 Vita-Lea® Gold With Vitamin K

All with your choice of flavours.

#79426

Shaklee 180[®] Program

Begin Your Journey to a Leaner, Healthier You.

Life Shake – French Vanilla

	PLANT PROTEIN		SOY PROTEIN	
Servings per container:	14		14	
Serving size: 2 scoops	44 g		42 g	
Amount Per Serving				
Calories	160		150	
		% DV*		% DV*
Total Fat	4 g	5%	3 g	4%
Saturated Fat	1 g	5%	0.5 g	3%
Trans Fat	0 g		0 g	
Polysaturated Fat	1 g		0.5 g	
Monounsaturated Fat	1.5 g		1.5 g	
Cholesterol	0 mg	0%	0 mg	0%
Sodium	400 mg	17%	420 mg	18%
Total Carbohydrate	16 g	6%	14 g	5%
Dietary Fibre	6 g	21%	6 g	21%
Total Sugars	5 g		5 g	
Incl. Added Sugars	5 g	10%	5 g	10%
Protein	20 g	40%	20 g	40%
Vitamin D	3.5 mcg (140 IU)	20%	3.5 mcg (140 IU)	20%
Calcium	120 mg	10%	120 mg	10%
Iron	4.5 mg	25%	2.7 mg	15%
Potassium	120 mg	2%	150 mg	4%
Vitamin A	90 mcg	10%	90 mcg	10%
Vitamin C	21 mg	25%	21 mg	25%
Vitamin E	5.2 mg	35%	5.2 mg	35%
Thiamine	0.42 mg	35%	0.42 mg	35%
Riboflavin	0.45 mg	35%	0.45 mg	35%
Niacin	5.6 mg	35%	5.6 mg	35%
Vitamin B ₆	0.6 mg	35%	0.6 mg	35%
Folate	138 mcg DFE (83 mcg folic acid)	35%	138 mcg DFE (83 mcg folic acid)	35%
Vitamin B ₁₂	0.83 mcg	35%	0.83 mcg	35%
Biotin	10.5 mcg	35%	10.5 mcg	35%
Pantothenic Acid	1.8 mg	35%	1.8 mg	35%
Phosphorus	240 mg	20%	230 mg	20%
Magnesium	90 mg	20%	90 mg	20%
Zinc	4 mg	35%	4 mg	35%
Selenium	28 mcg	50%	13 mcg	25%
Copper	0.2 mg	20%	0.3 mg	35%
Manganese	0.3 mg	15%	0.3 mg	15%
Chromium	8 mcg	25%	8 mcg	25%
Molybdenum	25 mcg	60%	25 mcg	60%
Chloride	200 mg	8%	270 mg	10%

*These are current U.S. Daily Values. The percentage Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Snack Crisps – Sea Salt

Servings size: 1 bag (25 g)

Servings per container: 1

Amount Per Serving

Calories **100**

Calories from Fat **30**

		% DV*
Total Fat	3 g	5%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	250 g	7%
Total Carbohydrate	13 g	4%
Dietary Fibre	2 g	8%
Sugars	0 g	
Protein	6 g	12%
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		10%

*These are current U.S. Daily Values. The percentage Daily Value (DV) 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fibre		25 g	30 g
Protein		50 g	65 g

INGREDIENTS: POTATO STARCH, DEFATTED SOY FLOUR, SOY PROTEIN CONCENTRATE OR ISOLATE, HIGH OLEIC SUNFLOWER OIL, CANOLA OIL, AND SEA SALT. **MANUFACTURED IN A FACILITY THAT MAY ALSO PROCES PEANUTS AND TREE NUTS.**

Metabolic Boost

Dosage: Adults: 3 tablets daily.

Each tablet contains

MEDICINAL INGREDIENTS

Green tea (<i>Camellia sinensis</i>) leaf extract	150 mg
Calcium (calcium phosphate dibasic)	60 mg
Evodia (<i>Euodia ruticarpa</i>) fruit extract (5:1)	10 mg
Banaba (<i>Lagerstroemia speciosa</i>) leaf extract (180:1)	0.6 mg
Chromium (chromium polynicotinate)	133 mcg
Vanadium (sodium metavanadate)	33.3 mcg

INGREDIENTS: CARMELLOSE SODIUM, CROSCARMELLOSE SODIUM, DEXTRIN, DEXTROSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, PURPLE CORN EXTRACT, RICE PROTEIN, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN.

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Meal-in-a-Bar

	PEANUT BUTTER & CHOCOLATE CHIP	BLUEBERRY & ALMOND CRISP	WHITE CHOCOLATE CINNAMON
Servings per container:	7	7	7
Serving size: 1 bar	70 g	70 g	72 g
Amount Per Serving			
Calories	270	260	270
	% DV*	% DV*	% DV*
Total Fat	7 g 9%	6 g 8%	5 g 6%
Saturated Fat	2.5 g 13%	0.5 g 3%	1.5 g 8%
Trans Fat	0 g	0 g	0 g
Cholesterol	0 mg 0%	0 mg 0%	0 mg 0%
Sodium	400 mg 17%	400 mg 17%	400 mg 17%
Total Carbohydrate	32 g 12%	32 g 12%	37 g 13%
Dietary Fibre	6 g 21%	6 g 21%	7 g 25%
Total Sugars	19 g	19 g	14 g
Incl. Added Sugars	19 g 38%	19 g 38%	14 g 28%
Protein	20 g 40%	20 g 40%	18 g 36%
Vitamin D	4.4 mcg (175 IU) 20%	4.4 mcg (175 IU) 20%	4.4 mcg (175 IU) 20%
Calcium	350 mg 25%	400 mg 30%	350 mg 25%
Iron	4.5 mg 25%	4.5 mg 25%	4.5 mg 25%
Potassium	150 mg 4%	160 mg 4%	110 mg 2%
Vitamin A	300 mcg 35%	300 mcg 35%	300 mcg 35%
Vitamin C	21 mg 25%	21 mg 25%	21 mg 25%
Vitamin E	7 mg 45%	7 mg 45%	7 mg 45%
Thiamine	0.6 mg 50%	0.6 mg 50%	0.6 mg 50%
Riboflavin	1 mg 80%	1 mg 80%	1 mg 80%
Niacin	7 mg 45%	7 mg 45%	7 mg 45%
Vitamin B ₆	0.8 mg 45%	0.8 mg 45%	0.8 mg 45%
Folate	267 mcg DFE (160 mcg folic acid) 70%	267 mcg DFE (160 mcg folic acid) 70%	267 mcg DFE (160 mcg Folic Acid) 70%
Vitamin B ₁₂	3 mcg 120%	3 mcg 120%	3 mcg 120%
Biotin	105 mcg 350%	105 mcg 350%	105 mcg 350%
Pantothenic Acid	4.5 mg 90%	4.5 mg 90%	4.5 mcg 90%
Phosphorus	350 mg 30%	350 mg 30%	350 mg 30%
Iodine	53 mcg 35%	53 mcg 35%	
Magnesium	160 mg 40%	160 mg 40%	160 mg 40%
Zinc	5.3 mg 50%	5.3 mg 50%	5.3 mg 50%
Selenium	32 mcg 60%	32 mcg 60%	32 mcg 60%
Copper	0.7 mg 80%	0.7 mg 80%	0.7 mg 80%
Manganese	0.7 mg 30%	0.7 mg 30%	0.7 mg 30%
Chromium	96 mcg 270%	96 mcg 270%	96 mcg 270%
Molybdenum	26 mcg 60%	26 mcg 60%	26 mcg 60%
Chloride	230 mg 10%	230 mg 10%	

*These are current U.S. Daily Values. The percentage Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PEANUT BUTTER & CHOCOLATE CHIP INGREDIENTS: SOY PROTEIN CRISP (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), FRUCTOSE SYRUP, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN), HONEY, SOLUBLE CORN FIBER, SHAKLEE 180 PROPRIETARY PROTEIN BLEND (SOY PROTEIN ISOLATE, L-LEUCINE, RICE PROTEIN CONCENTRATE), BROWN RICE SYRUP, ROASTED PEANUTS, PEANUT BUTTER, GLYCERIN, PEANUT FLOUR, GLUTEN-FREE ROLLED OATS, GUAR GUM, DICALCIUM PHOSPHATE, SUNFLOWER LECITHIN, SALT, MAGNESIUM OXIDE, ASCORBIC ACID, COPPER GLUCONATE, NIACINAMIDE, VITAMIN E ACETATE, FERROUS FUMARATE, BIOTIN, ZINC OXIDE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, RIBOFLAVIN, VITAMIN B₆, THIAMINE MONONITRATE, VITAMIN D, MANGANESE SULFATE, CHROMIUM NICOTINATE, POTASSIUM IODIDE, SODIUM SELENITE, VITAMIN B₁₂, FOLIC ACID, MOLYBDENUM AMINO ACID CHELATE. **CONTAINS PEANUTS AND SOY. MAY CONTAIN MILK.**

BLUEBERRY & ALMOND CRISP INGREDIENTS: SOY PROTEIN CRISP (SOY PROTEIN ISOLATE, RICE FLOUR, SALT), FRUCTOSE SYRUP, SHAKLEE 180 PROPRIETARY PROTEIN BLEND (SOY PROTEIN ISOLATE, L-LEUCINE, RICE PROTEIN CONCENTRATE), ALMOND BUTTER, SOLUBLE CORN FIBER, DICED ALMONDS, ORGANIC BROWN RICE SYRUP, GLYCERIN, HONEY, DRIED BLUEBERRIES (APPLE JUICE INFUSED), DICALCIUM PHOSPHATE, HIGH OLEIC SUNFLOWER OIL, DRIED CHERRIES (APPLE JUICE INFUSED), NATURAL FLAVORS, SUNFLOWER LECITHIN, SALT, MAGNESIUM OXIDE, ASCORBIC ACID, COPPER GLUCONATE, NIACINAMIDE, VITAMIN E ACETATE, FERROUS FUMARATE, BIOTIN, ZINC OXIDE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, RIBOFLAVIN, VITAMIN B₆, THIAMINE MONONITRATE, VITAMIN D₃, MANGANESE SULFATE, CHROMIUM NICOTINATE, POTASSIUM IODIDE, SODIUM SELENITE, VITAMIN B₁₂, FOLIC ACID, MOLYBDENUM AMINO ACID CHELATE. **CONTAINS SOY AND ALMONDS.**

WHITE CHOCOLATE CINNAMON INGREDIENTS: SHAKLEE 180 PROTEIN CRUNCH BLEND [SOY CRISPS (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), L-LEUCINE, SOY PROTEIN ISOLATE, SOY PROTEIN CONCENTRATE, BROWN RICE PROTEIN CONCENTRATE], ORGANIC BROWN RICE SYRUP, WHITE CHOCOLATE CHIPS (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, SKIM MILK POWDER, BUTTER OIL, SOY LECITHIN, NATURAL VANILLA EXTRACT), RAISINS, GLUTEN-FREE ROLLED OATS, SOLUBLE CORN FIBER, ALMONDS, GLYCERIN, HIGH OLEIC SUNFLOWER OIL, DICALCIUM PHOSPHATE, GROUND CINNAMON, INULIN, MILLED FLAXSEED, NATURAL FLAVOR, WHITE CHIA SEEDS, SEA SALT, MAGNESIUM OXIDE, MIXED TOCOPHEROLS, ASCORBIC ACID, COPPER GLUCONATE, NIACINAMIDE, VITAMIN E ACETATE, FERROUS FUMARATE, BIOTIN, ZINC OXIDE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, RIBOFLAVIN, VITAMIN B₆, THIAMINE MONONITRATE, VITAMIN D, MANGANESE SULFATE, CHROMIUM NICOTINATE, SODIUM SELENITE, VITAMIN B₁₂, FOLIC ACID, MOLYBDENUM AMINO ACID CHELATE. **CONTAINS MILK, SOY, AND ALMONDS.**

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Snack Bar

	CRUNCHY PEANUT BUTTER	CHERRY & ALMOND	CHOCOLATE & COCONUT	TOFFEE & CHOCOLATE CRUNCH
Servings per container:	10	10	10	10
Serving size: 1 bar	31 g	36 g	37 g	37 g
Amount Per Serving				
Calories	130	140	150	140
	% DV*	% DV*	% DV*	% DV*
Total Fat	3 g 4%	4 g 5%	4.5 g 6%	4.5 g 6%
Saturated Fat	0.5 g 3%	0.5 g 3%	2 g 10%	1.5 g 8%
Trans Fat	0 g	0 g	0 g	0 g
Cholesterol	0 mg 0%	0 mg 0%	0 g 0%	5 mg 2%
Sodium	190 mg 8%	180 mg 8%	180 mg 8%	180 mg 8%
Total Carbohydrate	15 g 5%	18 g 7%	18 g 7%	18 g 7%
Dietary Fibre	3 g 11%	3 g 11%	3 g 11%	3 g 11%
Total Sugars	10 g	6 g	7 g	6 g
Incl. Added Sugars	10 g 20%	6 g 12%	7 g 14%	6 g 12%
Protein	10 g 20%	9 g 18%	9 g 18%	9 g 18%
Vitamin D	0 mcg 0%	0 mcg 0%	0 mcg 0%	0 mcg 0%
Calcium	40 mg 4%	60 mg 4%	60 mg 4%	66 mg 6%
Iron	1 mg 6%	1.4 mg 8%	1.65 mg 10%	1.62 mg 10%
Potassium	100 mg 2%	90 mg 2%	80 mg 2%	50 mg 2%
Thiamine	0.35 mg 30%			
Riboflavin	0.43 mg 35%			
Niacin	4.7 mg 30%			
Vitamin B ₆	0.5 mg 30%			
Folate	167 mcg DFE (100 mcg folic acid) 40%			
Vitamin B ₁₂	1.5 mcg 60%			
Biotin	30 mcg 100%			
Pantothenic Acid	2.5 mg 50%			

*These are current U.S. Daily Values. The percentage Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CRUNCHY PEANUT BUTTER INGREDIENTS: SOY PROTEIN CRISP (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), FRUCTOSE, PEANUT FLOUR, PEANUT BUTTER, HONEY, BROWN RICE SYRUP, FRUCTOSE SYRUP, GLYCERIN, INULIN, L-LEUCINE, GUAR GUM, NATURAL FLAVOR, MEDIUM-CHAIN TRIGLYCERIDES, SALT, NIACINAMIDE, CALCIUM PANTOTHENATE, VITAMIN B₆, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN, VITAMIN B₁₂. **CONTAINS PEANUTS AND SOY.**

CHERRY & ALMOND INGREDIENTS: SHAKLEE 180 PROTEIN CRUNCH BLEND [SOY NUGGETS (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), L-LEUCINE, SOY PROTEIN ISOLATE, SOY PROTEIN CONCENTRATE, BROWN RICE PROTEIN CONCENTRATE], ORGANIC BROWN RICE SYRUP, DRY ROASTED ALMONDS, RAISINS, GLUTEN-FREE ROLLED OATS, ROASTED SPLIT PEANUTS, SOLUBLE CORN FIBER, CHICORY ROOT EXTRACT, GLYCERIN, DRIED CHERRIES (APPLE JUICE INFUSED), PEANUT OIL, SUNFLOWER SEEDS, DRIED CRANBERRIES (APPLE JUICE INFUSED), MILLED GOLDEN FLAXSEED, NATURAL FLAVORS, WHITE CHIA SEEDS, SEA SALT, CITRIC ACID, MIXED TOCOPHEROLS. **CONTAINS PEANUTS, ALMONDS, AND SOY.**

CHOCOLATE & COCONUT INGREDIENTS: SHAKLEE 180 PROTEIN CRUNCH BLEND [SOY NUGGETS (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), SOY PROTEIN ISOLATE, L-LEUCINE, SOY PROTEIN CONCENTRATE, BROWN RICE PROTEIN CONCENTRATE], ORGANIC BROWN RICE SYRUP, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN), SOLUBLE CORN FIBER, SLICED ALMONDS, GLYCERIN, ORGANIC CANE SUGAR, SHREDDED TOASTED COCONUT (COCONUT, SUGAR, DEXTROSE, SALT), DEHYDRATED COCONUT, COCOA PROCESSED WITH ALKALI, NATURAL FLAVOR, SUNFLOWER OIL, MILLED GOLDEN FLAXSEED, SEA SALT, WHITE CHIA SEEDS, SUNFLOWER LECITHIN. **CONTAINS TREE NUTS (ALMONDS, COCONUT) AND SOY. MAY CONTAIN MILK.**

TOFFEE & CHOCOLATE CRUNCH INGREDIENTS: SHAKLEE 180 PROTEIN CRUNCH BLEND [SOY NUGGETS (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), L-LEUCINE, SOY PROTEIN ISOLATE, SOY PROTEIN CONCENTRATE, BROWN RICE PROTEIN CONCENTRATE], ORGANIC BROWN RICE SYRUP, ENGLISH TOFFEE BITS (BUTTER, SUGAR, NATURAL FLAVOR), SOLUBLE CORN FIBER, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN), GLUTEN-FREE ROLLED OATS, ALMONDS, GLYCERIN, SUNFLOWER OIL, SUNFLOWER SEEDS, CHICORY ROOT EXTRACT, MILLED GOLDEN FLAXSEED, WHITE CHIA SEEDS, SEA SALT, NATURAL FLAVOR, MIXED TOCOPHEROLS. **CONTAINS MILK, SOY, AND ALMONDS.**