



BodySMART Solutions TRIPLE PROTEIN SHAKE

Low Carbohydrate, Multiple Protein Source Fortified Drink to Support Healthy Weight Management

CAN I IMPROVE MY BODY TONE AND LEAN BODY MASS WITH BODYSMART TRIPLE PROTEIN SHAKE?

This superior product is the result of years of intensive research by Life Plus scientists. It supplies an unprecedented blend of superior protein sources, each of high biological value, with dairy calcium, soluble magnesium and potassium, and approximately a third of the Daily Value (DV) of all essential vitamins and minerals. BodySMART Triple Protein Shake helps support muscle and lean body mass. This popular product provides a special blend of proteins from three different sources known for their biologically favorable ratio of amino acids: GMO-free soya, milk protein isolate and whey protein. Our whey protein is manufactured with a unique process that incorporates low-pressure, low temperature ultra and microfiltration, and advanced spray drying technology. This ensures minimum protein denaturation and produces a very high protein whey product that is virtually lactose and fat free, fully soluble and has a neutral flavor. Unlike ion exchange purified whey proteins, it is rich in biologically active fractions. These three protein sources

provide a complete and balanced spectrum of all the amino acids. Whey protein is a particularly rich source of the essential and branch chained amino acids, which are crucial to muscle function and development. Soy protein is also known to have specific health benefits, including support of heart health.

Each serving of BodySMART Triple Protein Shake provides 20 grams of high quality protein, just one-half to one gram of fat, and one to two grams of carbohydrates (one gram in the vanilla, and two in the chocolate). Combined with the BodySMART Men's and Women's Gold Formula Supplements, it also provides 100% or more of the DV of all the essential vitamins and minerals that may be missing in one's diet during weight management programs. The BodySMART Gold Formulas provide a wide spectrum of health supporting compounds to meet your needs.

PROTEIN IS IMPORTANT

Other than water, protein is the largest element contained in the human body. Water makes up about 65 percent of our form and proteins follow at about 28 percent. All cells in your bones, muscles, hair, skin, nails, brain, heart and other organs contain proteins. The enzymes that your body produces to facilitate metabolic processes are made of protein. Proteins, called immunoglobulins, are an important component of your immune defense system and are needed to support a healthy immune system.

The human body maintains itself with the amino acids from protein; therefore, it is important



to consume adequate amounts on a daily basis. Unfortunately—as with so many people fighting the “battle of the bulge” and losing weight through calorie restriction—a significant portion of the pounds shed are from lean body mass, which is primarily protein. In order to support your overall health during weight loss, the health of your organs, and metabolic processes, you must consume adequate amounts of protein.

Proteins are made up of over 20 different amino acids, all of which are important to metabolism. Eight of these have been classified essential, meaning that they cannot be made in the body and must be supplied in the diet. Ten other amino acids can be produced within the body and are important, but not classified as essential. The remaining amino acids are conditionally essential, meaning that under certain conditions, metabolic performance is better if they are provided by the diet.

ESSENTIAL FATS, DEADLY FATS

Just as proteins contain amino acids, fats contain fatty acids. Several fatty acids have been classified essential, especially linoleic acid and omega-3s (at least for optimum health). In recent years, dietary fat has been generally targeted as the enemy, but it is necessary for many biological functions. The brain and other organs require large amounts of the best quality essential fats, including cholesterol, DHA, EPA (long chain omega-3 fatty acids), and phospholipids such as phosphatidyl choline and phosphatidyl serine. Each of these fats has a specific function in maintaining the shape, fluidity, structure and function of the cell membranes of the trillions of cells in your body. Most of your body’s hormones are also made from dietary fats, the rest are made from proteins. Severe dietary restrictions of fats often coincide with the restriction of high quality proteins, as well. Undesirable fats include oxidized fats (deriving mainly from foods fried in oils at high temperatures) and trans-fatty acids (deriving mainly from chemically altered oils). BodySMART Solutions Triple Protein Shake provides minimal amounts of high quality fats, and no oxidized or trans-fats.

CARBOHYDRATES

Carbohydrates, as opposed to proteins and the right fats, are not essential in the human diet. They are useful as a fuel source, but must be carefully matched to your type of metabolism and activity level. More importantly, fiber is classified as a carbohydrate, but is not utilized as fuel. Fiber is necessary for the digestive tract and is important in many ways, but cannot be digested or used for energy. Many of the natural foods rich in carbohydrates contain fiber,

vitamins, minerals, and phytonutrients, but most of them are lost or drastically reduced by refining and processing. BodySMART Triple Protein Shake contains high-quality protein from whey, milk protein isolate and soy, with little carbohydrate or fat, and a representative amount of essential vitamins and minerals to help provide these crucial nutrients, especially important to those limiting their caloric intake.

CARBOHYDRATE SENSITIVITY PLAYS A ROLE IN ABDOMINAL WEIGHT GAIN

In order to help maintain a healthy weight, people who are carbohydrate sensitive should avoid diets high in carbohydrates. According to estimates, over half of overweight people are carbohydrate sensitive. By excluding foods made with white flour and white sugar, they are more likely to reduce abdominal fat, maintain already healthy cholesterol and triglyceride levels, as well as retain already healthy blood pressure and fluid balance. For women, the circumference of the waist being over 80 percent the circumference at the widest part of the hips, and for men the waist being as large or larger than the hips, as in a “beer belly,” are strong indications that they are carbohydrate sensitive and have been consuming diets too high in carbohydrates for their type of metabolism and level of physical activity for a long time.

HIGHER PROTEIN DIETS MAKE SENSE

Higher protein, lower-carbohydrate weight management programs make sense for many people. The BodySMART Lifestyle Management Program can help you find out what levels of protein, carbohydrates and fat are right for your body type, age and activity level. Supplementing with the high quality milk, whey and soya derived proteins in BodySMART Triple Protein Shake, which carries a GMO-Free Certification for its soy protein, enriches your diet with protein of high biological value and complements balanced carbohydrate diets.

LOSS OF ESSENTIAL NUTRIENTS MAY BE HARMFUL

Diets that are low in total calories may not contain adequate amounts of various vitamins and minerals. BodySMART Triple Protein Shake provides the essential vitamins A, B-complex, C, D and E, as well as the essential minerals copper, zinc, iodine, manganese, selenium, magnesium, calcium, molybdenum and chromium. Maintaining or replenishing healthy levels of chromium, along with daily replenishment of B vitamins can help to decrease cravings for sweets and generally improve the ability to think clearly and handle stress more effectively. Nearly everyone is aware of the need for

adequate dietary intake of essential nutrients from calcium, magnesium and vitamin D for healthy nerves and bones, and vitamins A, C, E and selenium for antioxidant protection. Selenium and iodine are necessary for healthy thyroid function, molybdenum is an essential trace element necessary for proper metabolism of iron and sulfur compounds, and copper, zinc and manganese activate crucial antioxidant enzyme systems, among their many other functions. The BodySMART Triple Protein Shake is also a good source of potassium (contains more per serving than 8 ounces of orange juice) and contains only 160 mg of sodium per serving.

The BodySMART Men's and Women's Gold Formulas complement and extend the nutrient spectrum provided by the Protein Shakes, to provide an optimum blend of nutrient intake for healthy weight management, and to be used as part of a total program of proper diet and exercise—the BodySMART Solutions Lifestyle Management System.

CALCIUM, MAGNESIUM, HEALTH AND WEIGHT MANAGEMENT

Minerals sometimes function as paired duos with a yin/yang relationship, as in the case of calcium/magnesium. Too much of one leads to too little of the other. For example, because calcium has been so emphasized by the dairy, food and supplement industries as crucial to bone health, without emphasizing the importance of magnesium, an already magnesium deficient population has become even more so. Besides its role as a building block in bone, magnesium is essential to the function of more than 300 enzyme systems within the body, including those that produce ATP, the energy “currency” that the entire body runs on. Two BodySMART Triple Protein Shakes a day provide 100% of the DV for magnesium (400 mg) as magnesium glycinate—one of the most soluble and bioavailable forms of magnesium, and over 1200 mg of a unique form of calcium—calcium extracted and purified from milk (dairy calcium), which also provides magnesium and many trace minerals.

DAIRY CALCIUM AND WEIGHT MANAGEMENT

Together, results from animal studies, analysis of epidemiological data, observational data, and clinical trials are beginning to establish a relationship between calcium intake and weight management—both in terms of weight and fat loss and as well as preventing weight gain, although more research is needed. Mechanisms have been identified

by which dietary calcium, particularly derived from dairy products, affects fat storage and therefore body fat and weight. Higher-calcium diets inhibit fat storage, and promote breakdown of fat stores, fat burning, and thermogenesis. Dairy sources of calcium inhibit weight and fat gain and accelerate fat loss more so than do other supplemental sources of calcium. This augmented effect of dairy products relative to supplemental calcium is likely due to additional bioactive compounds, such as the branched-chain amino acids in whey, which act synergistically with calcium to increase fat burning and decrease fat storage.

GREAT TASTE WITH NO ADDED SUGAR

BodySMART Triple Protein Shake is sweetened with sucralose, which is 600 times sweeter than table sugar; but without any additional calories. The FDA approved sucralose in the late 1990s after receiving more than 110 studies that had been done over a period of 20 years. It is actually derived from table sugar, and is a chemically stable molecule that is not digested or appreciably absorbed from the intestines. Sucralose is not to be confused with other sweeteners, which may act as excitotoxins in the brain. By incorporating sucralose into this popular protein supplement, a pleasant naturally sweet taste can be achieved without the carbohydrate calories from fructose or other simple carbohydrates.

One serving of BodySMART Solutions Triple Protein Shake provides:

- 250% as much protein as an 8 oz serving of whole milk
- 303% as much protein as an 8 oz serving of soy milk
- 72% as much protein as a 3 oz serving of top choice lean sirloin steak
- 191 to 196% as much calcium as an 8 oz serving of whole milk
- 107 to 125% as much potassium as an 8 oz serving of fresh orange juice
- 263 to 277% as much magnesium as a 3.5 oz serving of fresh spinach
- With NO cholesterol, NO trans fats, and only 1 to 2 grams of carbohydrates, 1/2 gram of fat, 165 to 167 mg of sodium.
- Mixed in 12 oz of nonfat milk, 1 serving provides the additional benefit of MORE than 85% of the daily value of calcium.

Source: USDA Handbook No. 8

Nutrition Facts - Chocolate

Serving Size **1 Scoop (29.4 g)**
Servings Per Container **18**

Amount Per Serving
Calories **104** Calories from Fat **6**

	% Daily Value
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 167 mg	7%
Potassium 621 mg	18%
Total Carbohydrate 2 g	1%
Dietary Fiber 0.7 g	3%
Sugars 0.7 g	
Protein 20 g	40%

Vitamin A (100% as Carotenes)	35%	Vitamin C	35%
Calcium	60%	Iron	40%
Vitamin D-3	35%	Vitamin E	35%
Vitamin K-1	35%	Thiamin (Vitamin B-1)	35%
Riboflavin (Vitamin B-2)	35%	Niacin (Nicotinamide)	35%
Vitamin B-6 (Pyridoxine HCl)	35%	Folic Acid	35%
Cyanocobalamin (Vitamin B-12)	30%	Biotin	40%
Pantothenic Acid	35%	Phosphorus	30%
Iodine	35%	Magnesium	50%
Zinc	40%	Selenium	35%
Copper	40%	Manganese	35%
		Molybdenum	35%

*Percent Daily Values are based on 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 Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Soy Protein Isolate, Whey Protein Isolate, Milk Protein Isolate, Cocoa (Processed With Alkali), Natural and Artificial Chocolate, Vanilla and Honey Flavors, Milk Calcium, Potassium Tartrate, Xanthan Gum, Magnesium Amino Acid Chelate, Carrageenan, Sucralose (Non-Nutritive Sweetener), Vitamin C (L-Ascorbic Acid), Niacin (Nicotinamide), Zinc Sulfate, Vitamin A (Beta-Carotene), Vitamin E (D Alpha Succinate), Pantothenic Acid (Calcium D Pantothenate), Manganese Sulfate, Vitamin B-6 (Pyridoxine HCl), Riboflavin (Vitamin B-2), Copper Sulfate, Thiamin Mononitrate (Vitamin B-1), Vitamin D-3 (Cholecalciferol), Folic Acid, Biotin, Silica, Potassium Iodide, Vitamin K-1 (Phytomenadione), Sodium Molybdate, Sodium Selenite, and Vitamin B-12 (Cyanocobalamin).

DIRECTIONS: For use as part of a high protein, low carbohydrate program, mix 1 Scoop in 8 to 12 oz. of water or skim milk once or twice a day. **CAUTION:** Since not all exercise and diet programs are suitable for everyone, prior to beginning ANY exercise and/or diet program, you should consult your physician.

REFERENCES:

- Mokdad AH, Bowman, BA, Ford ES, et al. The Continuing Epidemics of Obesity and Diabetes in the United States. JAMA Sep 12;286(10):1195-1200.
- Fine JT, Colditz GA, Coakley EG, et al. A prospective study of weight change and health-related quality of life in women. JAMA 1999;282:2136-2142.
- Willett WC. Dietary fat and obesity: an unconvincing relation. Am J Clin Nutr 1998;68:1149-1150.
- de Roos NM, Bots ML, Katan MB. Replacement of dietary saturated fatty acids by trans fatty acids lowers serum HDL cholesterol and impairs endothelial function in healthy men and women. Arterioscler Thromb Vasc Biol 2001 Jul;21(7):1233-1237
- Liu S, Willett WC, Stampfer MJ, et al. A Prospective study of dietary glycemic load, carbohydrate intake, and risk of coronary heart disease in US women. Am J Clin Nutr 2000 Jun;71(6):1455-61
- Spieth LE, Harnish JD, Lenders CM, et al. A low-glycemic index diet in the treatment of pediatric obesity. Arch Pediatr Adolesc Med 2000 Sep;154(9):947-951.
- Rossner S, von Zweigbergk D, et al. Weight reduction with dietary fibre supplements. Acta Med Scand 1987;222:83-88.
- Muls E, Kempen K, Vansant G, et al. Is weight cycling detrimental to health? A review of the literature in humans. Int J Obes 1995;19(3):S46-S50.
- Bahadori B, Wallner S, Schneider H, et al. Effect of chromium yeast and chromium picolinate on body composition of obese, non-diabetic patients during and after a formula diet. Acta Med Austriaca 1997;24:185-187.
- Racette SB, Schoeller DA, Kushner RF, Neil KM. Exercise enhances dietary compliance during moderate energy restriction in obese women. Am J Clin Nutr 1995;62:345-349.
- Zemel MB. Role of calcium and dairy products in energy partitioning and weight management. Am J Clin Nutr. 2004 May;79(5):907S-912S.
- U.S. Department of Agriculture, Agricultural Research Service. 2005. USDA National Nutrient Database for Standard Reference, Release 18. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp> (USDA Handbook No. 8).
- Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. Obesity Education Initiative, National Heart, Lung, and Blood Institute of the National Institutes of Health (NIH). NIH Publication No. 98-4083, September, 1998.
- Statistics Related to Overweight and Obesity. National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK) of the National Institutes of Health. <http://www.medhelp.org/NIHlib/GF-367.html>.

Nutrition Facts - Vanilla

Serving Size **1 Scoop (27.3 g)**
Servings Per Container **18**

Amount Per Serving
Calories **97** Calories from Fat **5**

	% Daily Value
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 165 mg	7%
Potassium 533 mg	15%
Total Carbohydrate 1 g	0%
Dietary Fiber 0.2 g	1%
Sugars 0.3 g	
Protein 20 g	40%

Vitamin A (100% as Carotenes)	35%	Vitamin C	35%
Calcium	60%	Iron	40%
Vitamin D-3	35%	Vitamin E	35%
Vitamin K-1	35%	Thiamin (Vitamin B-1)	35%
Riboflavin (Vitamin B-2)	35%	Niacin (Nicotinamide)	35%
Vitamin B-6 (Pyridoxine HCl)	35%	Folic Acid	35%
Cyanocobalamin (Vitamin B-12)	30%	Biotin	40%
Pantothenic Acid	35%	Phosphorus	30%
Iodine	35%	Magnesium	50%
Zinc	35%	Selenium	35%
Copper	35%	Manganese	35%
		Molybdenum	35%

*Percent Daily Values are based on 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 Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Soy Protein Isolate, Whey Protein Isolate, Milk Protein Isolate, Natural and Artificial Vanilla and Honey Flavors, Milk Calcium, Potassium Tartrate, Xanthan Gum, Magnesium Amino Acid Chelate, Carrageenan, Sucralose (Non-Nutritive Sweetener), Vitamin C (L-Ascorbic Acid), Niacin (Nicotinamide), Zinc Sulfate, Carotenoids (Palm/Carrot Oil), Vitamin E (D Alpha Succinate), Pantothenic Acid (Calcium D Pantothenate), Manganese Sulfate, Vitamin B-6 (Pyridoxine HCl), Riboflavin (Vitamin B-2), Copper Sulfate, Thiamin Mononitrate (Vitamin B-1), Vitamin D-3 (Cholecalciferol), Folic Acid, Biotin, Silica, Potassium Iodide, Vitamin K-1 (Phytomenadione), Sodium Molybdate, Sodium Selenite, Vitamin B-12 (Cyanocobalamin).

LIFE PLUS® INTERNATIONAL • P.O. Box 3749, Batesville, Arkansas 72503 • 800-572-8446 • www.lifeplus.com

This information is for use and distribution only in the United States.



ITEM NUMBER 7815

07/08

© 2008 Life Plus International. All rights reserved.