





POSITIONING STATEMENT

ageLOC TR90 GreenShake can be used as part of the ageLOC TR90 program, a weight management and body shaping system designed to promote a leaner, younger looking you. ageLOC TR90 GreenShake contains a complete range of amino acids from premium plant-based (vegetarian) proteins to support lean muscle maintenance. This shake is specially formulated for people wanting to avoid lactose, wheat gluten, artificial sweeteners, and preservatives. It also includes a variety of greens, including: spirulina, chlorella, beetroot, spinach, kale, and green tea extract.

ageLOC TR90 GreenShake is a great way for vegetarians to add essential protein to their diet and is also an acceptable substitute for individuals sensitive to lactose, wheat gluten, or anyone wanting to increase their protein intake. Its low glycemic formulation makes it a great option for individuals who want to maintain healthy blood glucose levels.

CONCEPT

ageLOC TR90 GreenShake is a convenient, delicious source of lean protein that removes the guesswork, giving you a quality source of protein while helping you control calories (each packet of ageLOC TR90 GreenShake counts toward one burning food portion). ageLOC TR90 GreenShake contains all-natural pea and rice proteins in a tasty, natural vanilla-flavored powder free of sugar, lactose, and wheat gluten. It's a healthy way to obtain ageLOC TR90 protein requirements to maintain lean muscle tissue.

ageLOC TR90 GreenShake does not contain yeast, wheat gluten, milk, egg, whey, artificial sweetener, or preservatives, and is suitable for vegetarians.

PRIMARY PROGRAM BENEFITS

- Use as part of the ageLOC TR90 weight management program
- A convenient way to obtain ageLOC TR90 protein recommendations to support lean muscle tissue
- Lactose, wheat gluten, and sugar free
- Ideal for vegetarians and individuals wanting to maintain healthy blood glucose levels.

FREQUENTLY ASKED QUESTIONS

What makes ageLOC TR90 GreenShake unique? ageLOC TR90 GreenShake is specially formulated with premium plant-based proteins and contains no lactose or wheat gluten. It also includes a variety of greens, including: spirulina, chlorella, beetroot, spinach, kale, and green tea extract.

Does ageLOC TR90 GreenShake contain Tegreen 97? Yes, each packet of ageLOC GreenShake contains green tea extract equivalent to 1 capsule of Tegreen 97.

How does ageLOC TR90 GreenShake fit into the ageLOC TR90 eating plan?

Each ageLOC TR90 GreenShake serving is designed to fill one protein portion recommended as part of the ageLOC TR90 eating plan. ageLOC TR90 GreenShake contributes to daily protein intake, which helps promote satiety and support lean muscle tissue.

Can I mix the ageLOC TR90 GreenShake into my ageLOC TR90 TrimShake to obtain two ageLOC TR90 portions of protein in one shake?

The ageLOC TR90 Eating Plan recommends consuming two portions of protein at each meal. If one portion of protein is obtained from ageLOC TR90 TrimShake, the second



O ageloc° TR90° greenshake

portion should be obtained from a lean meat or a non-meat protein source. Please see the program guide for examples of both lean meat and non-meat protein sources. If you wish to obtain two portions of protein from ageLOC TR90 TrimShakes alone, you can either use two packets of ageLOC TR90 GreenShake, or two packets of ageLOC TR90 TrimShake. Alternatively, you can create a shake using one packet of each.

Why is it important to obtain two portions of protein per meal, for three meals a day?

Sufficient protein is essential to support healthy gene expression within muscle tissue, which is the best target tissue for calorie burning. Consuming at least 30g of protein in each meal is essential to achieve ageLOC TR90 success. Each packet of ageLOC TR90 GreenShake delivers one ageLOC TR90 portion of protein. ageLOC TR90 users can combine shakes with protein from food such as lean meat, dairy products, eggs, and beans, to obtain ageLOC TR90 protein requirements, or they can use two packets of ageLOC TR90 GreenShake to obtain two protein portions in one shake.

Can I take ageLOC TR90 GreenShake after the 90-day program?

ageLOC TR90 GreenShake is a fantastic way to maintain adequate protein after the 90-day program, but it is not a requirement. We recommend that you continue to incorporate ageLOC TR90 eating plan as part of your lifestyle even after you reach your goals. ageLOC TR90 GreenShake can be used as a protein source with any meal to ensure adequate intake throughout the day to help support metabolically active lean tissues. Just make sure to consume adequate amount of protein from variety of recommended protein food sources.

KEY SCIENTIFIC STUDIES

- 1. Mariotti F, Pueyo ME, Tomé D, Bérot S, Benamouzig R, Mahé S. The influence of the albumin fraction on the bioavailability and postprandial utilization of pea protein given selectively to humans. J Nutr. 2001 Jun;131(6):1706–13.
- Abou-Samra R, Keersmaekers L, Brienza D, Mukherjee R, Macé K. Effect of different protein sources on satiation and short-term satiety when consumed as a starter. Nutr J. 2011 Dec 23;10:139.

- Burris RL, Xie CH, Thampi P, Wu X, Melnyk SB, Nagarajan S. Dietary rice protein isolate attenuates atherosclerosis in apoE-deficient mice by upregulating antioxidant enzymes. Atherosclerosis. 2010 Sep;212(1):107–15.
- 4. Reche M, Pascual C, Fiandor A, Polanco I, Rivero-Urgell M, Chifre R, Johnston S, Martín-Esteban M. The effect of a partiallyhydrolysed formula based on rice protein in the treatment of infants with cow's milk protein allergy. Pediatr Allergy Immunol. 2010 Jun;21 (4 Pt 1):577–85.

Nutrition Facts		Vitamin A 15%	. •	Vitam	in C 2%
		Calcium 6%	•		Iron 0%
Serving Size One Packet (25.3g)		*Percent Daily Value are based on a 2,000 calorie diet.			
Servings Per Container 15		**Contains less than 2% of the Daily Value of this nutrient. Your daily values may be higher or lower depending on			
		your calorie needs	, ,		
Amount Per Serving			Calories:	2,000	2,500
Calories 90 Calories from	Fat 15	Total Fat	Less than	65g	80g
	% DV*	Saturated Fat		5	25g
		Cholesterol	Less than		300mg
Total Fat 1.5 g	2%	Sodium	Less than	-,	2,400mg
Saturated Fat 0 g	0%	Potassium Total Carbohydrate		3,500mg 300g	3,500mg
Trans Fat 0 g		Dietary Fiber		25g	30g
Cholesterol 0 mg	0%	Protein		50g	65g
Sodium 240 mg 10 %		Calories per gram:			
Potassium 30mg 1%		Fat 9 • Carbohydrates 4 • Protein 4			
Total Carbohydrate 3 g	1%				
Dietary Fiber 1 g	4%				
Sugars 0 g					
Protein 16 g	22%				

INGREDIENTS: Pea Protein Powder, Natural Flavors, Rice Protein Powder, Spirulina Powder, Spinach Powder, Chlorella Powder, Green Tea Extract, Maltodextrin, Kale Powder, Beet Root Powder, Guar Gum, Stevia Extract Powder.

MAY CONTAIN: Soy

