Why Protein Matters. Every Day

Every day, your body repairs cells, builds tissues, renews skin and keeps your metabolism running – all powered by protein. Protein makes up 18 – 20% of your body weight, and is the foundation of your skin, muscles, hair, and vital organs.

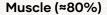
Did You Know?

Your body cannot make or store protein, so it must come from your daily diet. That's why getting enough high-quality protein every day is essential to help your body repair, renew and perform at its best.

Protein plays a crucial role in your body

Brain (≈45%)

Supports focus, learning and neurotransmitter function for a sharp, active mind.



Provides structure and supports bone formation for strength and stability.

Bone (≈30%)

Digestive Tract (≈65%)

Supports the renewal of intestinal cells and promotes a healthy gut barrier for better nutrient absorption.



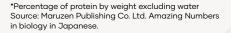
Skin (≈60%)

Promotes firmness, elasticity and renewal for healthy, glowing skin.



Heart (≈60%)

Helps maintain heart muscle function and supports healthy blood circulation.



Everyday Shake Protein for the Whole Family



14g Protein per Serving

PDCAAS 1.0 - High Quality

Essential Amino Acids

High in Calcium 7
B Vitamins
for Energy
Support

Protein

Free