

Everyday Shake® Protein



Choose Your Wellness Goal

Everything your body needs to stay healthy starts with protein. As your body's fuel, protein builds and repairs muscles, supports your skin, and keeps you energised and strong. Discover how protein powers every area of wellness, from beauty and vitality to fitness and daily strength.



Strengthen
your gut for
better digestive
balance



Daily Pro-Gut

Soy protein provides high-quality plant protein that **supports gut lining**, helping to maintain a strong and balanced digestive system.

Prebiotic & Probiotic feed and replenish good bacteria in your gut for better digestive balance.



Boost skin
radiance for
a confident
glow



Inner Glow

Soy protein provides essential amino acids to **build and repair skin cells**, maintaining firm, healthy skin from within.

Vitamin C supports collagen production and helps to **protect skin** from oxidative stress for a brighter, radiant glow.



Build a solid
foundation for
better daily
health



Wellness Start

Soy protein provides amino acids to support **muscle repair, body maintenance and overall wellbeing**.

Multivitamin and multimineral provide 25 key vitamins and minerals to help **fill nutritional gap** and support the body's daily functions.



Shape a fitter
you by building
lean muscle
and curbing
cravings



Fitness Go

Soy protein added with leucine helps retain **lean muscles** and keeps you fuller for longer.

Green, white and red teas plus taurine help **curb cravings** while supporting energy and alertness.