



## Ultra TKD Shake

**This reformulation now has 20g Fat, 18g Protein, 9g Carbohydrate**

**Form:** Powder

**Flavour:** Chocolate

**Size:** 14 Servings

Information Per Serving	Amount
One Serving (2 scoops)	54 g
Servings per Container	14
Calories	290
Fat	20 g
Sodium	300 mg
Carbohydrate	8g
Dietary Fibre	2 g
<b>Medicinal Ingredients</b>	
Whey Protein	15 g
Vitamin C (ascorbic acid)	30 mg
Zinc (zinc gluconate)	11.25 mg
Niacinamide	5 mg
Vitamin E (d-alpha tocopheryl acetate)	5 mg AT
Pantothenic Acid (calcium d-pantothenate)	2.5 mg
Manganese (manganese gluconate)	1.5 mg
Vitamin B <sub>6</sub> (pyridoxine HCl)	0.5 mg
Riboflavin	0.425 mg
Thiamin (thiamin HCl)	0.375 mg
Vitamin A (retinyl palmitate)	375 mcg
Folate (calcium L-5-methyltetrahydrofolate)	185.2 mcg
Chromium (chromium picolinate)	120 mcg
Biotin	75 mcg
Selenium (selenomethionine)	52.5 mcg
Iodine (potassium iodide)	37.5 mcg
Vitamin D (cholecalciferol)	10 mcg
Vitamin B <sub>12</sub> (methylcobalamin)	1.5 mcg

**Non-Medicinal Ingredients:** Sunflower oil, medium-chain triglycerides, cocoa powder, natural flavours, rice bran, silicon dioxide, xanthan gum, monk fruit extract, guar gum, and sodium chloride.

**Recommended Dose:** Adults blend, shake, or briskly stir 2 scoops (54 g) of Ultra TKD Shake into 237 mL (8

fl. oz.) of chilled water or as directed by your healthcare practitioner. Take a few hours before or after taking other medications.

**Recommended Use:** : Source of vitamins and minerals to support biological functions which play a key role in the maintenance of good health. Supports energy production. Source of protein which helps build and repair body tissues. Antioxidant for good health. As part of a healthy diet (when taken with Vitamin D) may help prevent bone loss/osteoporosis. Helps to support immune function, maintain normal electrolyte balance, and the function of the thyroid gland. Helps to maintain normal metabolism of iron and to maintain normal red blood cells.

Helps to maintain the body's ability to metabolize nutrients and helps in tissue formation. Helps to support liver function. Helps to support prostate health. Provides support for healthy glucose metabolism. Source of an antioxidant that protects the fat in body tissues from oxidation.

**Caution:** : Do not use this product if you are pregnant or breastfeeding, or with other potassium-containing supplements or with potassium-containing salt-substitutes. Consult a health care practitioner for use beyond 3 months. Consult a health care practitioner prior to use if you have a kidney disorder, liver disorder, cardiovascular disease and/or diabetes. Consult a health care practitioner prior to use if you have cancer or a history of non-melanoma skin cancer, taking blood thinners, sulfonamides or if you are a tobacco smoker. This product may cause mild gastrointestinal disturbances. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Some people may experience constipation, diarrhea, and/or vomiting. Stop use if hypersensitivity occurs. Zinc supplementation can cause a copper deficiency. If you are unsure, whether you are taking enough copper, consult a health care practitioner prior to use.

**This product is non-GMO and gluten-free.**