

THE ES FIT STORY

We're on a mission to help people become stronger every day. We've taken an innovative approach to nutrition and packed all our expertise and passion into this line of supplements. Our supplements deliver the perfect blend of nutrition and taste. We use only the highest quality ingredients and each product is third party tested so you can use them with confidence to reach your fitness goals.

KEY FEATURES

Combines premium vegan plant proteins designed to deliver fast activation and slow release to effectively support muscle growth and aid in recovery.*

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



**muscle
growth**



**better
recovery**



ESFiT

PLANT BASED PROTEIN



**SMOOTH
VANILLA**

NATURALLY/ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WEIGHT
2 LBS (907g)

Supplement Facts

Serving Size: 32g

Servings Per Container: 28

Amount Per Serving	% Daily Value**
Calories 130	
Total Fat 3 g	4%
Saturated Fat 1 g	4%
Sodium 310 mg	14%
Total Carbohydrate 7 g	2%
Dietary Fiber 1 g	5%
Total Sugars 4 g	
Includes 2g Added Sugars	4%
Protein 20 g	41%
Vitamin D 0 mcg	0%
Calcium 32 mg	2%
Iron 6 mg	30%
Potassium 0 mg	0%
Vegan Protein Blend 25 g	‡
(Pea Protein Isolate, Brown Rice Protein, Quinoa)	
MCT Oil Powder 400 mg	‡
(Natural MCT Oil, Maltodextrin, Modified Food Starch)	
Antioxidant Blend 150mg	‡
(Acai Berry, Acerola, Amla, Jabuticaba, Cranberry, Goji, Mangosteen, Maqui Berry, Pomegranate, Strawberry, Organic Schisandra)	

**Percent Daily Values are based on a 2,000 calorie diet.

‡Daily Value not established.

Other Ingredients: Creamer (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, D Alpha Tocopherols), Raw Sugar, Natural Flavors, Stevia.

Approximate Amino Acids per Serving

(Naturally Occurring)

Alanine	850 mg	Arginine	1565 mg
Aspartic Acid . .	2180 mg	Cystine	184 mg
Glutamic Acid .	3240 mg	Glycine	3127 mg
Histidine	501 mg	Isoleucine*	929 mg
Leucine*	1670 mg	Lysine	1403 mg
Methionine	189 mg	Phenylalanine .	1055 mg
Proline	898 mg	Serine	900 mg
Threonine	709 mg	Tryptophan	157 mg
Tyrosine	676 mg	Valine*	1030 mg

Total BCAAs . . 3629 mg

SUGGESTED USE: Mix one level scoop in 8 oz. of water, milk, juice or your favorite beverage and stir.

WARNING: As with any supplement, consult your doctor before use. This product is only intended to be consumed by adults 18 years of age or older. Do not use if you are pregnant, nursing, trying to conceive, taking any medications, have any medical condition or anticipate surgery. Discontinue use and consult your doctor if any adverse reactions occur after use. Do not exceed daily recommended dosage on the label. Keep out of reach of children. Store at room temperature and avoid excessive heat. Tamper resistant: do not use product if seal around cap is broken.

Distributed by Shake This
1900 W. Sunset, Springfield, MO 65807
www.ShakeThis.com • 866-224-8265

