



# CLUB PRODUCT PROFILE: LIFESTYLE30® PROTEIN SHAKE

*Fuel your workout and lean muscle mass with every delicious sip*



With 120-calories per serving, and 19 grams of protein (from premium whey protein concentrate and superfood greens), Dollar Coffee Club's Lifestyle30® Protein Shake can help energize your workouts, build lean muscle mass, support healthy metabolism and help you uncover your ideal body. Two delicious scoops are all you need to optimize your health—supporting strength and power during exercise and fitness training, sustaining your energy, and promoting a quicker post-workout recovery.\*

### Lifestyle30® Protein Shake can help:

- Suppress appetite, leading to reduced calorie intake.\*
- Boost metabolism, helping you burn more calories.\*
- Preserve muscle mass when losing weight.\*
- Provide sustained energy.\*
- Support weight loss when combined with proper diet and exercise.\*

Each bag contains 18 (33 gram) servings.

Preferred Customer \$40 • **Club Member: \$37** • **AutoShip: \$35**

**Directions:** Mix two scoops of powder with 8-10 oz of water, skim milk or yogurt. Shake, stir or blend and enjoy. For some variety or added health benefits, blend with fruit and vegetables or your favorite DCC product.

When it comes to fat loss and a better-looking body, protein is the king of nutrients. A high-protein diet can also be an effective obesity prevention strategy, not something that you just use temporarily to lose fat. By permanently increasing your protein intake, you tip the "calories in vs calories out" balance in your favor. Over months, years or decades, the difference in your waistline could be huge.



### Whey Protein

*Supports lean muscle, as well as improves tone and strength training.\**



### Superfood Greens Blend

*Featured fruits and veggies aid in digestion, enhances your immune system and boost energy.\**

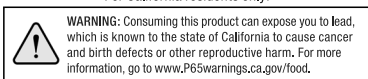
### Exceeding Your Expectations

*"Our Lifestyle30 Protein Shake is a combination of fruits and vegetables rich in antioxidants to help protect from lipid peroxidation, a benefit for weight management."*

– Monica Johnson, M. SC. Director of Botanical Research & Development

For more information including FAQs, white papers, product comparison sheets, testimonials and more, visit our blog at [www.dclife.com](http://www.dclife.com).

For California residents only:



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

### Supplement Facts

Serving Size 2 Scoops (33 g)  
Servings Per Container 18

	Amount Per Serving	% Daily Value
<b>Calories</b>	120	
<b>Total Fat</b>	2 g	3%
<b>Cholesterol</b>	45 mg	15%
<b>Sodium</b>	45 mg	2%
<b>Total Carbohydrates</b>	8 g	3%
Dietary Fiber	3 g	11%
Sugars	6 g	
<b>Protein</b>	19 g	
<b>Thiamin (Vitamin B1)</b>	1.5 mg	130%
<b>Riboflavin (Vitamin B2)</b>	1.7 mg	130%
<b>Niacinamide (Vitamin B3)</b>	20 mg	130%
<b>Pyridoxine HCl (Vitamin B6)</b>	10 mg	590%
<b>Folic Acid (Vitamin B9)</b>	400 mcg	100%
<b>Cyanocobalamin (Vitamin B12)</b>	30 mcg	1250%

**Superfood Greens Blend** 2500 mg  
Strawberry, Kale, Spinach, Apple, Barley Grass, Wheatgrass, Maca Root, Blueberry, Spirulina, Chlorella BCW.

**Other ingredients:** Cocoa powder, raw cane sugar, natural flavors, xanthan gum, stevia leaf and tapioca starch.

Contains: Dairy, soy and wheat.

