

Ultra-Nutrition Shake with Fiber™

Item #F1007, #F1008, #F1009, #F1010

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It's a multivitamin in a glass!

Balance and Burn® Ultra-Nutrition Shake™ is like a “multivitamin in a glass” used to enhance anyone’s daily nutritional intake. It is a highly dense, low-calorie, enzyme enhanced nutrition complex that provides all the minerals, amino acids, enzymes, carbohydrates, protein, fatty acids, fiber, phytonutrients and naturally occurring minerals and vitamins the body needs to keep its metabolic enzyme systems running at optimal rates and provide complete nutrition. This formula contains no stimulants, caffeine, artificial ingredients or synthetic vitamins making it safe for all ages.

The **Balance and Burn® Ultra-Nutrition Shake™** comes in two delicious flavors, **Double French Vanilla** and **Dutch Chocolate**. Both flavors are loaded with the vitamins, minerals and nutrients you need to stay healthy. Whether you are dieting or simply want great nutrition, this drink should be a part of your daily diet.

- **Adults can use it for overall balance and energy.**
- **Kids can enjoy delicious and nutritious milkshakes as a snack.**
- **Athletes can mix it into smoothies before a workout or after a workout for fast recovery.**
- **Seniors can drink it with water or juice as a midday energy booster.**

Balance and Burn® Ultra-Nutrition Shake™ can also be used effectively for weight loss. The problem with other low-calorie meal replacement shakes is that they lack the vital nutrients the body needs to function at a basic level. This shortage of nutrients forces the metabolism to slow down so that even if people are eating almost nothing they will stop losing weight. And when they stop dieting, they can actually gain back more weight than they lost.

Balance and Burn® Ultra-Nutrition Shake™ will not cause you to experience the mood swings or food cravings normally associated with other diets or weight loss supplements. As a meal replacement shake this formula activates the body's metabolic enzyme systems, allowing the body to burn a maximum amount of energy (stored calories/fat) without causing cravings or hunger. This low calorie meal replacement shake is formulated to activate and reset the body's metabolic enzyme systems, resulting in rapid, lasting weight loss-with no drugs, stimulants or synthetic ingredients. It's 100% natural weight loss!

Balance and Burn® Ultra-Nutrition Shake™ is enhanced with the **L.E.A.D.S.®** (Live Enzyme Activated Delivery System®), to insure assimilation at a cellular level. Mineral co-factors help to activate each enzyme to digest and deliver each nutritious ingredient for maximum particle digestion and complete nutrient distribution throughout the body, thereby increasing the formula's bioavailability.

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This product has been awarded the Gold Medallion award for outstanding mineral nutrition by Albion Laboratories the world's authority on mineral nutrition.



NATURAL WELLNESS CENTER'S PROPRIETARY NUTRIENT BLEND

NWC has included a proprietary blend of highly dense nutrients including proteins, carbohydrates and green foods for assistance with overall health. This “multi-vitamin in a glass” is designed to provide complete nutrition for people of all ages. This proprietary blend has been created using the latest scientific research and many organic and only whole food sources. It does not contain any synthetic or isolated vitamins or non-chelated minerals making it a truly natural and highly nutritional addition to anyone's diet.

The proprietary blend contains over 36 nutrients such as:

Whole food Nutrient	Nutrients provided
BROWN RICE PROTEIN POWDER	AMINO ACIDS
FRUCTOSE	ENERGY FUEL FROM FRUIT
80% WHEY PROTEIN CONCENTRATE	WHEY IS THE HIGHEST BIOLOGICAL VALUE PROTEIN KNOWN
WHOLE FLAX SEED MEAL	HIGH IN OMEGA-3 FATTY ACIDS, 48% OF ITS FAT BEING OMEGA-3'S
HONEY POWDER	SIMPLE CARBOHYDRATES AMINO ACIDS AND VITAMINS
EGG ALBUMEN PROTEIN	PURE PROTEIN FROM EGG WHITES ONLY
SAFFLOWER OIL POWDER	HIGH IN OMEGA-6 FATTY ACIDS
GUAR GUM POWDER	GREAT PLANT FIBER
BASMATI RICE BRAN	ONE OF THE RICHEST SOURCES OF VITAMINS, MINERALS, & ANTIOXIDANTS
SWEET POTATO POWDER	VITAMINS A, B1, B2, B3, NIACIN, B6, B12, FOLATE, PANTOTHENIC ACID, C, E, PLUS TEN MINERALS
CHELATED GLUTAMINE	AIDS IN DIGESTION, INVOLVED IN MUSCLE GROWTH AND REPAIR (USED SOMETIMES FOR AIDS PATIENTS)
CHELATED CREATINE	PROVIDES ADDITIONAL ENERGY FOR YOUR MUSCLES AND BUFFERS LACTIC ACID BUILD-UP
ALFALFA POWDER	ALFALFA HAS A HIGH CHLOROPHYLL CONTENT WHICH DETOXIFIES THE BODY, ESPECIALLY THE LIVER. PROMOTES PITUITARY GLAND FUNCTIONS
CARROT JUICE POWDER	BETA CAROTENE, VITAMINS, MINERALS, AND PHYTOCHEMICALS FOUND IN RAW CARROTS.
BARLEY GREENS POWDER	BARLEY GREENS PROVIDE 30 TIMES MORE VITAMIN B1 AND CALCIUM THAN MILK, SEVEN TIMES MORE VITAMIN C THAN ORANGES, AND NEARLY FIVE TIMES THE IRON OF SPINACH.
LECITHIN	LECITHIN IS A GOOD FAT THAT IS REQUIRED BY EVERY SINGLE CELL IN YOUR BODY
WHEAT GRASS JUICE POWDER	A CONCENTRATED GREEN VEGETABLE PACKED WITH NUTRIENTS THAT NATURALLY ENCOURAGE OPTIMUM HEALTH.
BREWERS YEAST	HIGH IN B COMPLEX VITAMINS ESPECIALLY B12, FOLATE (NEEDED FOR BLOOD-CELL FORMATION) POTASSIUM, MAGNESIUM, ZINC, CHROMIUM, PHOSPHOROUS, THIAMIN AND IRON.
ENZYME BLEND	INSURES COMPLETE DIGESTION AND DELIVERY OF ALL THE NUTRIENTS IN THIS PRODUCT ON A CELLULAR BASIS
SPIRULINA	THIS MICRO ALGAE IS 60% ALL-VEGETABLE PROTEIN, RICH IN BETA-CAROTENE, IRON, VITAMIN B-12 AND THE RARE ESSENTIAL FATTY ACID, GLA (GAMMA-LINOLENIC ACID.)
WHEAT GERM	A GREAT SOURCE OF VITAMIN E AND FOLIC ACID. PLUS THE VALUE OF PHOSPHOROUS, IRON, POTASSIUM, COPPER & MAGNESIUM.

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CHLORELLA	CHLORELLA IS ALSO ONE OF THE HIGHEST SOURCES OF LIFE-GIVING CHLOROPHYLL, CONTAINING TWENTY TIMES THE AMOUNT OF CHLOROPHYLL OF ALFALFA AND NEARLY TEN TIMES THAT OF SPIRULINA." - HERBS FOR HEALTH, DECEMBER 2001
SEASEL® KELP BLEND	LIVING PLANT DERIVED COMPLETE TRACE MINERALS, CHROMIUM, MOLYBDENUM, SELENIUM, IODINE, BORON AND MORE
ROSE HIPS EXTRACT	ROSE HIPS ARE A HIGHLY RECOGNIZED SOURCE OF WHOLE FOOD VITAMIN C, AND THEY CONTAIN VITAMINS E AND K, AND THE B VITAMINS RIBOFLAVIN AND FOLATE.
INULIN FOS	FOS OFFERS PREBIOTIC PROPERTIES FOR PROBIOTIC APPLICATIONS. FOS HELPS INCREASE THE BIOAVAILABILITY OF MINERALS, PARTICULARLY CALCIUM. THROUGH INULIN/FOS STIMULATION OF BIFIDOBACTERIA AND SUPPRESSION OF PATHOGENIC BACTERIA, INULIN REDUCES LIVER TOXINS, CARCINOGENS, FOOD INTOLERANCES, AND PROVIDES IMMUNE STIMULATION PROPERTIES
PRO-BIOTIC BLEND	SCIENCE SUPPORTS THAT GOOD BACTERIA SUCH AS ACIDOPHILUS DDS-1 IS AN IMPORTANT FIRST LINE OF DEFENSE IN IMMUNITY IS INTESTINAL FLORA.
BEE POLLEN	BEE POLLEN IS CONSIDERED A HIGHLY NUTRITIOUS AND COMPLETE FOOD AND CONTAINS A RICH SUPPLY OF B VITAMINS, VITAMINS C, A, E, CAROTENOIDS, FOLIC ACID, AMINO ACIDS, AND A WIDE ARRAY OF MINERALS AND SOME ESSENTIAL FATTY ACIDS.
YELLOW DOCK ROOT POWDER	IS USEFUL FOR RELIEVING A CONGESTED LIVER AND HAS A MILD BOWEL CLEANSING EFFECT
BLACK STRAP MOLASSES POWDER	RICH SOURCE OF ORGANICALLY BOUND IRON
VEGETARIAN YEAST (TORULA)	RICH IN VITAMINS, ESPECIALLY THE B-COMPLEX VITAMINS. AN EXCELLENT SOURCE OF FOLIC ACID, WHICH IS IMPORTANT FOR FORMATION, GROWTH, AND REPRODUCTION OF RED BLOOD CELLS.
STEVIA	ALL NATURAL ZERO CALORIE SWEETENER
SHITAKE MUSHROOM	FATS, CARBOHYDRATES, PROTEINS, FIBER, LENTINAN, ANTI-TUMOR, STRENGTHENS THE IMMUNE SYSTEM
SARSAPARILLA ROOT POWDER	SARSAPARILLAS ROOT MAY REDUCE INFLAMMATION, IMPROVE DIGESTION AND ELIMINATION.
BLUE GREEN ALGAE	BETA CAROTENE, THIAMIN B1, RIBOFLAVIN B2, B6, AN ANALOGUE TO COBALAMIN B12, VITAMIN C, NIACIN, FOLIC ACID, PANTOTHENIC ACID, BIOTIN, VITAMIN E, AND CHOLINE.
DUNALIELLA SALINA	BETA-CAROTENE, ALPHA-CAROTENE, ZEAXANTHIN, CRYPTOXANTHIN, AND LUTEIN FOR GOOD EYE HEALTH.
VANADIUM	VANADIUM IS THOUGHT TO PLAY A ROLE IN METABOLISM OF CARBOHYDRATES AND MAY HAVE FUNCTIONS IN CHOLESTEROL AND BLOOD LIPID METABOLISM. IN DIABETICS, VANADIUM SUPPLEMENTS MAY HAVE A POSITIVE EFFECT IN REGULATING BLOOD GLUCOSE LEVELS.

Active Ingredient Overview

Highlights of Just Some of the Ingredients:

Alfalfa and Wheat Grass Juice Powder- have been included for nutritional support during weight loss as well as for their ability to help the body utilize fats and sugars properly. For example: Alfalfa, a natural blood cleanser, helps to keep blood cholesterol levels healthy. Wheat Grass contains every nutrient known to man and has a positive effect on bowel regularity.

Bee Pollen- is nature's most complete food. It contains over 5,000 enzymes, B complex vitamins and also vitamins A, C, D and E, as well as a variety of antibodies all in one "complete food." It is now being recognized by scientists throughout the world as a substance that can help promote a youthful feeling, build resistance to ailments, help boost healing powers and provide dynamic energy.

Flax Seed- is nature's most abundant source of Omega 3 fatty acids and is known to be a rich source of "lignans", a constituent of fiber that promotes anti-tumor, anti-viral, anti-bacterial, anti-fungal and antioxidant effects in the body. It is helpful for strengthening immune functions and promoting healthy cardiovascular function.

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Shitake Mushroom- extracts from this mushroom have been shown to help with immune system function, environmental allergies and frequent colds and flu. Shiitake has been historically used in the Orient for prevention of high blood pressure, maintaining cholesterol levels and is a potent kidney and liver tonic. It is also a great source of vitamin D.

Carrot Juice Powder- contains many important nutrients such as beta-carotene and other carotenoids, B vitamins, vitamin C, the minerals calcium and potassium and much more. This is a potent antioxidant!

PROBIOTIC BLEND

This includes Lactobacillus Acidophilus DDS-1, Bifidobacterium and FOS, which have been added to support proper digestion and to promote the growth of good intestinal flora. By increasing the good flora in your intestines you lower your risk of disease.

Active Ingredient Overview

MINERAL PROFILE ALBION PATENTED CHELATED MINERALS

Two servings of Balance and Burn® Ultra-Nutrition Shake™ supplies you with over 100% of daily value of ALL the essential minerals. This is a brief description of only some of the minerals in the profile:

Calcium and Magnesium- both play an important role in muscle and bone building, while assisting with the metabolism of carbohydrates. These minerals also play a key role in maintaining overall health during periods of weight loss.

Manganese- helps with the synthesis of fatty acids and cholesterol. It is vital to proper protein, carbohydrate and fat assimilation. Manganese also works to promote healthy blood sugar levels, energy production and overall well being.

Zinc- is a trace mineral involved in digestion and metabolism. It is a component of insulin, playing a significant role in carbohydrate digestion.

Vanadium- is a support mineral that aids in cellular metabolism. It is included in the formula to help establish overall body balancing for effective weight management.

Magnesium Glycyl Glutamine chelate- The only stabilized glutamine in the world, protected by an exclusive patent. Glutamine is an amino acid that serves as a necessary building block for protein in the body. It is also the amino acid lost in the greatest quantity during strenuous exercise. In fact, countless research has shown that glutamine is consistently deficient in athletes during and after exercise sessions. In addition, people suffering from illness and disease have been shown to be deficient in glutamine, which is essential for the body to repair itself. When an individual is in a catabolic state due to strenuous physical activity, illness, injury or nutritional imbalances, glutamine homeostasis can be compromised. Supplemental glutamine is required to restore plasma glutamine levels, protect glutamine stores, and help conserve lean muscle mass. Free-form glutamine is not stable in solutions and may decompose into pyroglutamic acid and toxic ammonia. Although L-glutamine may be listed as an ingredient in some powdered formulas, it is known to decompose in the digestive tract and may be destroyed by various processing steps. We recognized the necessity of having a stabilized form of supplemental glutamine, so we at NWC use only the patented stabilized glutamine. Magnesium Glycyl Glutamine (MGG™) is the world's only stabilized glutamine.

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Creatine MagnaPower- Creatine is one of the ingredients in **Balance and Burn® Ultra-Nutrition Shake™** because it provides cellular fuel and acts as an “energy buffer”. Creatine is stored in cells as phosphocreatine (PCr), which plays a vital role in energy production by recycling ATP (Adenosine Triphosphate). ATP is what cells use for energy and is required for all cellular functions including muscle contraction, DNA synthesis and protein synthesis. When ATP is depleted, the cell no longer has energy to perform its functions. When combined with proper exercise, creatine supplementation can effectively increase strength, speed and power.

ENZYME ENHANCEMENTS

Balance and Burn® Ultra-Nutrition Shake™ is further enhanced with **L.E.A.D.S.®**, (Live Enzyme Activated Delivery System™), to insure assimilation at a cellular level of all the nutrients in each shake. Also mineral co-factors help to activate each ingredient for maximum particle digestion and complete nutrient distribution throughout the body, thereby increasing the formula’s bioavailability.

Dairyzymes™ - is a proprietary enzyme blend of protease and lactase enzymes used to further enhance the digestion of dairy products. Even though this formula is designed to mix with water, we have included **Dairyzymes™** to digest an entire 8 oz. glass of milk. It is included to meet the special needs of people who suffer from lactose intolerance.

n•zymes PAL™ (Pancreatic Alternative with Lipase) is a proprietary blend of plant enzymes developed as an alternative to the animal based pancreatin. PAL™ consists of protease, amylase and lipase isolated from fungal sources with an increase in fungal lipase. The three enzymes in PAL™, protease, amylase and lipase, specifically help maintain adequate fat digestion and maintain healthy blood sugars levels.

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About DigestivesPlus.com

Digestivesplus.com was created specifically to offer up to date information, resources and innovative products aimed at maintaining and improving digestive health. We focus on providing in-depth information on common digestive problems including constipation, diarrhea and Irritable Bowel Syndrome (IBS) including causes, symptoms and treatments. Digestivesplus.com also provides specific sections to discuss longer term management of digestive symptoms and strategies to improve overall digestive health in the relief & cure section.

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