



Local Mailing Address:
PO Box 6384
Baulkham Hills Business
Centre NSW 2153, Australia
1800 888 306
ABN # 25 089 051 294

Manufactured by
Life Force®
12460 Kirkham Court
Poway, CA 92064
www.lifeforce.net
1 (800) 531-4877

BENew™ Protein Shake Chocolate

Product Name: BENew™ Protein Shake Chocolate, 966 g. (34.07 oz.) **Contains:** Whey (derived from milk)

Item No: 51045, single pouch. Available in other quantities.

Characteristics: BENew™ Protein Shake healthy meal substitute will propel you toward your goal to slim down or lean up by providing:

- 17 grams of protein per serving from high quality whey and pea protein isolate.
- A full spectrum of vitamins, minerals and essential fatty acids.
- A proprietary enzyme blend called Enzyboost™.
- High quality fibre.

Benefits: BENew™ Protein Shake supports your weight and fitness goals by:

- Providing a simple, easy to consume, and delicious meal replacement once a day.
- Helping you feel great without leaving you hungry.
- Providing your body with the protein, fibre, and minerals it needs to achieve the healthy, fit body you desire.

Color: Light brown

Flavor/Taste: Chocolate

Texture: Powder

Servings per container: 30

Storage/Shelf Life:

- Unopened – Shelf stable for 18 months when stored at room temperature, sheltered from light and moisture, and product is kept in its original packaging.
- Opened – For the best benefits, shake gently before use. Store in a cool, dry place. To preserve freshness, consume within 4 to 5 weeks of opening.

Recommended Daily Intake: Thoroughly mix or blend two heaping scoops (29 g) in 355 mL of 1% milk or milk substitute (unsweetened almond milk or rice milk) or in 296 mL of water. Best when consumed within 30 minutes after mixing.

General: All of Life Force International products are manufactured following cGMPs in compliance with the US Food and Drug Administration's cGMPs Regulations (21 CFR 110).

Although highly nutritious, BENew™ Protein Shake does not meet all of your daily needs and should not be the only meal you consume throughout any given day. Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to using any new product. Satisfaction guaranteed.





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BENew™ Protein Shake Chocolate

Nutrition Information

Serving Size 2 Heaping Scoops (32.2 g)
 Servings Per Container 30

Amount Per Serving (296 mL Water)	% DV	Amount per 100 mL in water
Energy 609 kJ	7%	206 kJ
Total Fat 2.5 g	4%	<1 g
Saturated Fat < 1 g	0%	<1 g
Sodium 135 mg	6%	46 mg
Total Carbohydrate 13 g	4%	4.4 g
Dietary Fiber 3.5 g	12%	1.2 g
Sugars 9.5 g	10.60%	3.2 g
Protein 17 g	34%	5.8 g

	% RDI/ESADDI	
Beta Carotene 300 mcg RE	50%	102 mcg RE
Vitamin D3 (as Cholecalciferol) 65 IU	16%	22 IU
Vitamin E (as d-Alpha Tocopheryl Succinate) 3.36 mcg	34%	1.1 mcg
Biotin 5 mcg	17%	1.7 mcg
Folic Acid 70 mcg	35%	24 mcg
Niacin (as Niacinamide) 1.65 mg	16.50%	0.59 mg
Vitamin B1 (as Thiamin HCl) 0.5 mg	45%	0.17 mg
Vitamin B12 (as Cyanocobalamin) 1 mcg	50%	0.34 mcg
Vitamin B2 (as Riboflavin) 0.4 mg	24%	0.136 mg
Vitamin B6 (as Pyridoxine HCl) 0.65 mg	41%	0.22 mg
Vitamin C (as Ascorbic Acid) 20 mg	50%	6.8 mg
Vitamin K1 (as Phytonadione) 13 mcg	16%	4.4 mcg
Chromium (as Chromium Chloride) 30 mcg	15%	10.2 mcg
Iodine (as Potassium Iodide) 20 mcg	13%	6.8 mcg
Iron (as Ferrous Gluconate) 770 mcg	6%	261 mcg
Manganese (as Manganese Gluconate) 770 mcg	15%	261 mcg
Molybdenum (as Sodium Molybdate) 7.5 mcg	3%	2.54 mcg
Selenium (as Sodium Selenite) 17.5 mcg	25%	6 mcg
Zinc (as Zinc Gluconate) 770 mg	6%	0.26 mg
Magnesium (as Magnesium Yeast)		<1 mg
Phosphorus		<1 mg
Calcium (as Calcium Carbonate and Coral Calcium) 100 mg	13%	33.9 mg

Other Ingredients: Protein Blend (Whey Protein Isolate, Pea Protein Isolate), Chocolate Powder Blend, Apple Pectin Fiber, Glycerine, Cellulose Gum, Xanthan Gum, Carrageenan, Oligo Fiber, Omega 3, 6, 9 Oil, Calcium Carbonate, Lecithin (Sunflower), Enzyboost® (Containing an Aspergillus Analog: Protease, Amylase, Lipase, Cellulase, Coral Calcium, Magnesium Yeast, Zinc Gluconate, Manganese Gluconate), Purified Stevia Extract (Leaf), Natural Flavor, Vitamin and Mineral Premix.

* RDI means recommended daily amount

** ESADDI means Estimated Safe and Adequate Daily Dietary Intake

Serving Size 2 Heaping Scoops (32.2 g)
 Servings Per Container 30

Amount Per Serving (355 mL 1% Lowfat Milk)	% DV	Amount per 100 mL in Milk
Energy 1302 kJ	15%	367 kJ
Total Fat 6.25 g	9%	1.8 g
Saturated Fat 2.35 g	9.80%	<1 g
Sodium 330 mg	14.30%	93 mg
Total Carbohydrate 31 g	10%	8.7 g
Dietary Fiber 3.5 g	12%	<1 g
Sugars 27.5 g	30.60%	7.7 g
Protein 29 g	58%	8.2 g

	% RDI/ESADDI	
Beta Carotene 300 mcg RE	50%	84.5 mcg RE
Vitamin D3 (as Cholecalciferol) 250 IU	63%	70 IU
Vitamin E (as d-Alpha Tocopheryl Succinate) 3.36 mcg	34%	0.94 mcg
Biotin 5 IU	17%	1.4 mcg
Folic Acid 70 mcg	35%	20 mcg
Niacin (as Niacinamide) 1.65 mg	16.50%	0.46 mg
Vitamin B1 (as Thiamin HCl) 0.5 mg	45%	0.14 mg
Vitamin B12 (as Cyanocobalamin) 1 mcg	50%	0.28 mcg
Vitamin B2 (as Riboflavin) 0.4 mg	24%	0.123 mg
Vitamin B6 (as Pyridoxine HCl) 0.65 mg	41%	0.183 mg
Vitamin C (as Ascorbic Acid) 20 mg	50%	5.6 mg
Vitamin K1 (as Phytonadione) 13 mcg	16%	3.7 mcg
Chromium (as Chromium Chloride) 30 mcg	15%	8.45 mcg
Iodine (as Potassium Iodide) 20 mcg	13%	5.6 mcg
Iron (as Ferrous Gluconate) 770 mcg	6%	217 mcg
Manganese (as Manganese Gluconate) 770 mcg	15%	217 mcg
Molybdenum (as Sodium Molybdate) 7.5 mcg	3%	2.1 mcg
Selenium (as Sodium Selenite) 29 mcg	41%	8.2 mcg
Zinc (as Zinc Gluconate) 2.19 mg	18%	0.62 mg
Magnesium (as Magnesium Yeast)	12%	39 mg
Phosphorus	34%	337 mg
Calcium (as Calcium Carbonate, Coral Calcium and Milk Calcium) 522 mg	65%	147 mg

Note: Although highly nutritious, BE*Full*™ does not meet all of your daily needs and should not be the only meal you consume throughout any given day.

Warning: Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to using any new product. Satisfaction guaranteed.

Net Weight 966 g (34.07 oz)





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BENew™ Protein Shake Vanilla

Product Name: BENew™ Protein Shake Vanilla, 870 g. (30.69 oz.) **Contains:** Whey (derived from milk)

Item No: 51044, single pouch. Available in other quantities.

Characteristics: BENew™ Protein Shake Vanilla healthy meal substitute will propel you toward your goal to slim down or lean up by providing:

- 17 grams of protein per serving from high quality whey and pea protein isolate.
- A full spectrum of vitamins, minerals and essential fatty acids.
- A proprietary enzyme blend called Enzyboost™.
- High quality fibre.

Benefits: BENew™ Protein Shake supports your weight and fitness goals by:

- Providing a simple, easy to consume, and delicious meal replacement once a day.
- Helping you feel great without leaving you hungry.
- Providing your body with the protein, fibre, and minerals it needs to achieve the healthy, fit body you desire.

Color: Off-white

Flavor/Taste: Vanilla

Texture: Powder

Servings per container: 30

Storage/Shelf Life:

- Unopened – Shelf stable for 18 months when stored at room temperature, sheltered from light and moisture, and product is kept in its original packaging.
- Opened – For the best benefits, shake gently before use. Store in a cool, dry place. To preserve freshness, consume within 4 to 5 weeks of opening.

Recommended Daily Intake: Thoroughly mix or blend two heaping scoops (29 g) in 355 mL of 1% milk or milk substitute (unsweetened almond milk or rice milk) or in 296 mL of water. Best when consumed within 30 minutes after mixing.

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BENew™ Protein Shake Vanilla

Nutrition Information

Serving Size 2 Heaping Scoops (29 g)
 Servings Per Container 30

Amount Per Serving (296 mL Water)	% DV	Amount per 100 mL in water
Energy 504 kJ	5.80%	170 kJ
Total Fat 2 g	4%	<1 g
Saturated Fat 0 g	0%	0 g
Sodium 120 mg	5%	41 mg
Total Carbohydrate 9 g	3%	3 g
Dietary Fiber 3.5 g	12%	1.2 g
Sugars 5.5 g	6.10%	1.9 g
Protein 17 g	34%	5.8 g

	% RDI/ESADDI	
Beta Carotene 300 mcg RE	50%	102 mcg RE
Vitamin D3 (as Cholecalciferol) 65 IU	16%	22 IU
Vitamin E (as d-Alpha Tocopheryl Succinate) 3.36 mcg	34%	1.1 mcg
Biotin 5 mcg	17%	1.7 mcg
Folic Acid 70 mcg	35%	24 mcg
Niacin (as Niacinamide) 1.65 mg	16.50%	0.59 mg
Vitamin B1 (as Thiamin HCl) 0.5 mg	45%	0.17 mg
Vitamin B12 (as Cyanocobalamin) 1 mcg	50%	0.34 mcg
Vitamin B2 (as Riboflavin) 0.4 mg	24%	0.136 mg
Vitamin B6 (as Pyridoxine HCl) 0.65 mg	41%	0.22 mg
Vitamin C (as Ascorbic Acid) 20 mg	50%	6.8 mg
Vitamin K1 (as Phytonadione) 13 mcg	16%	4.4 mcg
Chromium (as Chromium Chloride) 30 mcg	15%	10.2 mcg
Iodine (as Potassium Iodide) 20 mcg	13%	6.8 mcg
Iron (as Ferrous Gluconate) 770 mcg	6%	261 mcg
Manganese (as Manganese Gluconate) 770 mcg	15%	261 mcg
Molybdenum (as Sodium Molybdate) 7.5 mcg	3%	2.54 mcg
Selenium (as Sodium Selenite) 17.5 mcg	25%	6 mcg
Zinc (as Zinc Gluconate) 770 mg	6%	0.26 mg
Magnesium (as Magnesium Yeast)		<1 mg
Phosphorus		<1 mg
Calcium (as Calcium Carbonate and Coral Calcium) 100 mg	13%	33.9 mg

Other Ingredients: Protein Blend (Whey Protein Isolate, Pea Protein Isolate), Apple Pectin Fiber, Glycerine, Vanilla Flavor, Cellulose Gum, Xanthan Gum, Carrageenan, Oligo Fiber, Omega 3, 6, 9 Oil, Calcium Carbonate, Lecithin (Sunflower), Enzyboost® (Containing an Aspergillus Analog: Protease, Amylase, Lipase, Cellulase, Coral Calcium, Magnesium Yeast, Zinc Gluconate, Manganese Gluconate), Purified Stevia Extract (Leaf), Natural Flavor, Vitamin and Mineral Premix.

* RDI means recommended daily amount

** ESADDI means Estimated Safe and Adequate Daily Dietary Intake

Serving Size 2 Heaping Scoops (29 g)
 Servings Per Container 30

Amount Per Serving (355 mL 1% Lowfat Milk)	% DV	Amount per 100 mL in Milk
Energy 1197 kJ	13.80%	337 kJ
Total Fat 5.75 g	8%	1.6 g
Saturated Fat 2.25 g	9.40%	<1 g
Sodium 315 mg	14%	88.7 mg
Total Carbohydrate 27 g	9%	7.6 g
Dietary Fiber 3.5 g	12%	986 mg
Sugars 23.5 g	26.10%	6.6 g
Protein 29 g	58%	8.2 g

	% RDI/ESADDI	
Beta Carotene 300 mcg RE	50%	84.5 mcg RE
Vitamin D3 (as Cholecalciferol) 250 IU	63%	70 IU
Vitamin E (as d-Alpha Tocopheryl Succinate) 3.36 mcg	34%	0.94 mcg
Biotin 5 mcg	17%	1.4 mcg
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Net Weight 870 g (30.69 oz.)

