

# KIDS SHAKE

The same delicious combination of ingredients as Shake, but in proportions proven to best benefit our children.\*



## DIRECTIONS:

Add one scoop of Kids Shake to 6-8 ounces of cold water, milk or other beverage of your choice and mix thoroughly until blended. Wait 2-3 minutes after mixing before consumption to allow the chia seeds to activate their interfusion process with the proteins and fluid.

## AVAILABLE FLAVORS:

- Vanilla

## BENEFITS:

- Natural Flavors & Sweeteners
- 12 g Protein
- Delicious Kid-Friendly Taste
- Vegetarian-Friendly

## FAQs:

### WHAT MAKES THIS SHAKE KID-SPECIFIC?

The reduction in protein content and the flavoring were designed specifically for children.

### CAN MY CHILD HAVE MORE THAN ONE SHAKE IN A DAY?

Yes.

### MY CHILD USED THE REGULAR SHAKE BEFORE THIS WAS RELEASED, IS THAT OKAY?

Yes, there is no harm from consuming the IDLife Shake. After review with our Scientific Medical Advisory Board, the Kids Shake was developed because it is easier for children with developing bodies to process lower protein content.

### MY CHILD HAS A MILK ALLERGY OR IS LACTOSE INTOLERANT, CAN THEY CONSUME THE KIDS SHAKE?

The Kids Shake contains whey protein derived from milk. The shake is cold-filtered and hydrogenated to remove as much lactose as possible, however there still remains a measurable amount in the product.

### WHAT LIQUID SHOULD I MIX WITH THE KIDS SHAKE?

Your choice.

### WHY IS THERE SUGAR IN THE KIDS SHAKE? WHAT IS IT FROM?

The low amount of sugar listed naturally occurs from the natural, plant-based ingredients in the Shake.

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

## Nutrition Facts

30 servings per container  
Serving size **1 scoop (22g)**

Amount per serving

**Calories 80**

% Daily Value\*

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

**Cholesterol** 15mg **5%**

**Sodium** 35mg **2%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

**Protein** 12g

Vitamin D 0mcg **0%**

Calcium 54mg **4%**

Iron 0mg **0%**

Potassium 62mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram.  
Fat 9 • Carbohydrate 4 • Protein 4



# KIDS NUTRITION

A fun and great tasting chewable packed with 24 vitamins and minerals designed just for kids to fill the nutritional gaps they may not be getting from food alone.\*

## DIRECTIONS:

Under adult supervision, product should be fully chewed or crushed. Children 2 & 3 years of age - Chew 1 tablet daily. Adults and children 4 years of age and older - Chew 2 tablets daily.

## AVAILABLE FLAVORS:

- Mixed Berry

## BENEFITS:

- 24 Vitamins & Minerals
- Delicious Kid-Friendly Taste
- 0 g of Sugar
- No Artificial Dyes

## FAQs:

### I USE IDNUTRITION FOR MY KIDS. SHOULD THIS REPLACE THEIR IDNUTRITION?

Kids Nutrition is designed for children who have not achieved the maturity or weight to receive the benefits of IDNutrition. If your child has already reached maturity or weight for IDNutrition, it is the better choice because of the customization.

### WHEN SHOULD MY CHILD SWITCH FROM THE KIDS NUTRITION TO IDNUTRITION?

Once your child has reached maturity, it would be safe for them to switch to the IDNutrition platform.

### WHAT IS THE MINIMUM AGE FOR KIDS NUTRITION?

The product is designed for children two years of age and older.

### CAN I BREAK THE VITAMIN AND GIVE IT TO MY CHILD IN PIECES?

Yes.

### ARE THERE ANY DYES USED IN KIDS NUTRITION?

There are no dyes or artificial ingredients whatsoever in Kids Nutrition.

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Supplement Facts			
Serving Size: 2 Chewable Tablets			
Servings Per Container: 30			
Amount Per Serving		% Daily Value	
		2 & 3 Yrs <sup>1</sup>	4+ Yrs <sup>1</sup>
Vitamin A (as natural beta-carotene and retinyl palmitate).....	2500 IU.....	100%.....	50%
Vitamin C (ascorbic acid).....	100 mg.....	250%.....	167%
Vitamin D3 (cholecalciferol).....	500 IU.....	125%.....	125%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)...	15 IU.....	150%.....	50%
Vitamin K1 (phytonadione).....	25 mcg.....	50%.....	31%
Thiamin (as thiamine hydrochloride).....	1.4 mg.....	200%.....	93%
Riboflavin (as riboflavin 5'-phosphate sodium).....	1.6 mg.....	200%.....	94%
Niacin (as niacinamide and niacin).....	20 mg.....	222%.....	100%
Vitamin B6 (as pyridoxine HCl).....	1.4 mg.....	200%.....	70%
Folate (as Quatrefolic®(6S)-5-Methyltetrahydrofolic acid, Glucosamine Salt, and folic acid calcium salt).....	200 mcg.....	100%.....	50%
Vitamin B12 (as methylcobalamin).....	6 mcg.....	200%.....	100%
Biotin.....	75 mcg.....	50%.....	25%
Pantothenic Acid (as d-calcium pantothenate).....	10 mg.....	200%.....	100%
Calcium (as calcium citrate malate).....	25 mg.....	3%.....	3%
Iodine (from Laminaria digitata)(stem and leaf).....	60 mcg.....	86%.....	40%
Magnesium (as magnesium citrate).....	25 mg.....	13%.....	6%
Zinc (as TRAACS zinc bisglycinate chelate).....	2 mg.....	25%.....	13%
Selenium (as L-Selenomethionine).....	25 mcg.....	50%.....	36%
Copper (as copper gluconate).....	0.1 mg.....	10%.....	5%
Manganese (as TRAACS manganese bisglycinate chelate).....	0.25 mg.....	5%.....	13%
Potassium (as tripotassium citrate monohydrate).....	12 mg.....	0%.....	<1%
Myo-Inositol.....	12 mg.....	0%.....	0%
Choline (as choline bitartrate).....	8.88 mg.....	0%.....	0%
Marigold Extract (Tagetes erecta)(flower)(45% trans-lutein, 90% lutein esters, 48% total carotenoids, 2% zeaxanthin).....	5 mg.....	0%.....	0%
<sup>1</sup> Percent Daily Values are Based on a 2,000 Calorie Diet.			
<sup>2</sup> Daily Value Not Established.			
<b>Other Ingredients:</b> Xylitol, Microcrystalline Cellulose, Stearic Acid, Natural Flavors, Red Beet Powder, Silica, Citric Acid Anhydrous, Magnesium Stearate, Malic Acid, Monk Fruit Extract and Stevia Leaf Extract.			
Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.			
TRAACS is a registered trademark of Albion Laboratories, Inc.			



Children have different health needs than adults. As we become more aware of our needs as adults, it's necessary that we also pay close attention to the health of our children. Nutrition comes in many offerings, all of which play an integral part in raising healthy kids.

#### **THE PROBLEM:**

- The #1 kids multivitamin in the world has 11 vitamins, several different artificial sweeteners, and provides a questionable overall nutritional benefit to children. Most kids vitamins don't include all the essential vitamins and minerals kids are deficient in, and fail to include any cofactors necessary to deliver those vitamins and minerals to the body's organs and systems that need them.
- Kids vitamins are mostly designed to be marketed and sold as a candy treat, filled with artificial sweeteners, that diminish the nutritional value of the product being provided.
- Kids diets lack the protein necessary to help them develop strong bones and lean muscle.

#### **THE SOLUTION:**

- IDLife Kids Nutrition is a chewable vitamin packed with all 18 essential vitamins and minerals kids need, the 6 cofactors necessary to deliver those vitamins to the organs and systems of the body, and an ingredient profile that is unmatched and a one-of-a-kind on the market.
- IDLife Kids Shake offers 12 grams of cold-filtered whey protein from hormone-free grass fed cows and micro-milled chia seeds that delivers a great tasting and nutritious alternative that both parents and kids will love.
- Because kids learn how to eat at home, IDLife provides parents the ability to mirror good nutritional habits by providing kids with their own high quality treat and vitamins.

*"Stores are filled with sugar-based products that market to kids. We love that IDLife cares about kids and has safe products we can trust" —Dana Kantara, MHS, PA-C*