



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives
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Naturemedies MilkShake Superfood Vanilla

HIGH IN PROTEIN | DAIRY AND GLUTEN FREE | HIGH IN FIBRE | NUTRIENTS-FORTIFIED
 NO ARTIFICIAL SWEETENERS | LOW IN FAT (NO SATURATED FAT) | ONLY 87 CALORIES PER SERVING



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Naturemedies MilkShake Superfood Vanilla 300g 10.5oz

Usage:

1 to 3 servings to be taken per day or as required.

For best results add 1 scoop OR 3 heaped teaspoons (25g) into a glass. Add water, fruit juice, soya milk or other liquid of your choice for a delicious high protein shake. Be adventurous with this powder - add it to yoghurt, mix with berries etc.

Possible uses of Naturemedies MilkShake Superfood Vanilla (vanilla flavour)

This meal shake / protein powder can be used as follows:

as a breakfast shake

as a healthy anytime snack

as a delicious smoothie

between meals as a nutritious drink that helps to increase satiety and promote stable blood sugar levels

as part of a healthy slimming programme

as a protein shake, to boost protein levels in the diet

to provide additional healthy calories for those with a small appetite or restricted food choice (e.g. due to an allergy or vegetarian / vegan lifestyle)

to add fibre to the diet and support healthy digestion

as a healthy "fast food" for the whole family.

Blending with liquids

How to mix with liquids for best results...

Fill half a glass with water, fruit juice, soya milk, rice milk or any other liquid of choice.

Add 1 scoop of the powder to the liquid and stir.

Leave for around 2 to 3 minutes to allow the unprocessed ingredients to absorb the liquid.

The powder will dissolve fully and become a thick, smooth blend.

You can now add more liquid if desired or drink as is.

Add chopped fruits and berries and blend into a delicious, filling and highly nutritious smoothie, protein shake or meal shake. For a frothy effect, use a hand-held frother or blender.

A dairy-free, gluten-free and vegan meal shake and non-GM soya isolate protein powder that has been fortified with vitamins and minerals.

– Manufactured in the UK under GMP and ISO 22000 standards in an Informed Sports Factory.

High in protein, low in saturated fat and with no artificial sweeteners, this vanilla flavoured daily shake is also high in dietary fibre (from chicory root extract).

Tasty and filling, Naturemedies MilkShake Superfood Vanilla (Vanilla Flavour) makes for the ideal in-between meals shake. It can even be used as a tasty, guilt-free dessert.

Also available in chocolate flavour.

Approved EFSA health claims.

Approved EFSA health claims: A protein powder that contributes to a growth in muscle mass, the maintenance of muscle mass and the maintenance of normal bones.

Vitamin A contributes to normal iron metabolism, the maintenance of normal mucous membranes, the maintenance of normal skin, the maintenance of normal vision, the normal function of the immune system and has a role in the process of cell specialisation.

Vitamin B6 contributes to normal cysteine synthesis, normal energy-yielding metabolism, normal functioning of the nervous system, normal homocysteine metabolism, normal protein and glycogen metabolism, normal psychological function, normal red blood cell formation, normal function of the immune system, the reduction of tiredness and fatigue and the regulation of hormonal activity.

Vitamin C contributes to maintaining the normal function of the immune system. It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Vitamin E contributes to the protection of cells from oxidative stress.

Thiamine contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function and the normal function of the heart.

Riboflavin contributes to normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal red blood cells, the maintenance of normal skin, the maintenance of normal vision, the normal metabolism of iron, the protection of cells from oxidative stress and the reduction of tiredness and fatigue.

Niacin contributes to normal psychological function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of tiredness and fatigue.

Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. The target population is women of child-bearing age and the beneficial effect is obtained with a supplemental folic acid daily intake of 400 µg for at least one month before and up to three months after conception.

Vitamin B12 contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal homocysteine metabolism, normal psychological function, normal red blood cell formation, normal function of the immune system, the reduction of tiredness and fatigue and it has a role in the process of cell division.

Potassium contributes to the normal functioning of the nervous system, normal muscle function and the maintenance of normal blood pressure.

Chloride contributes to normal digestion by production of hydrochloric acid in the stomach.

Phosphorus contributes to normal energy-yielding metabolism, normal function of cell membranes, the maintenance of normal bones and the maintenance of normal teeth.

Magnesium contributes to a reduction of tiredness and fatigue, electrolyte balance, normal energy-yielding metabolism, normal functioning of the nervous system, normal muscle function, normal protein synthesis, normal psychological function, the maintenance of normal bones and teeth, and it has a role in the process of cell division.

Iron contributes to normal cognitive function, normal energy-yielding metabolism, normal formation of red blood cells and haemoglobin, normal oxygen transport in the body, normal function of the immune system, the reduction of tiredness and fatigue, the process of cell division and to the normal cognitive development of children.

Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Copper contributes to the maintenance of normal connective tissues, normal hair pigmentation, normal skin pigmentation, protection of cells from oxidative stress, normal function of the immune system, normal functioning of the nervous system, normal energy-yielding metabolism and normal iron transport in the body.

Iodine contributes to normal cognitive function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal skin, the normal production of thyroid hormones and normal thyroid function and the normal growth of children.

Soy protein isolate: Soy protein is a protein that is isolated from soybean. It is made from soybean meal that has been dehulled and defatted. Such soybeans are processed into three kinds of high protein commercial products:

soy flour, concentrates, and isolates. Soy protein isolate has been used since 1959 in foods for its functional properties. Recently, soy protein popularity has increased due to its use in health food products, and many countries allow health claims for foods rich in soy protein. Soy protein is generally regarded as being concentrated in protein bodies, which are estimated to contain at least 60–70% of the total soybean protein.

Chicory root extract: Chicory root is rich in a natural vegetable fibre called inulin. Plants like chicory store extra energy in their roots in the form of inulin and other carbohydrates. The inulin in chicory root can be extracted and isolated for use as dietary fibre. The digestive tract doesn't have the enzymes needed to digest inulin, so it passes through our gastrointestinal tract and into the large intestine intact. There, it serves as nourishment for our microbiota, making it a prebiotic. Inulin, in particular, is very effective in supporting the beneficial bacteria of our microbiota. Both inulin and oligofructose are among the few fibres in our diet that can serve as prebiotics. Prebiotics are foods or ingredients that boost the growth of the microbiota. Thus, while our body can't break down chicory root fibres, our microbiota can. The short-chain fatty acids (SCFA), created during this fermentation process in our large intestine help to regulate our metabolism, as well as our hunger/satiety mechanism. The combination of SCFAs, good bacteria and extra fibre may benefit us in numerous other ways:

- Supports the absorption of the mineral calcium
- Lowers blood glucose response after eating
- Maintains regularity.

Vitamin A: Vitamin A has a role to play in a diverse range of functions, such as vision, immunity, maintenance of skin, bone and body growth, normal cell development, re-production, maintaining healthy teeth, skeletal and soft tissue and mucous membranes.

Vitamin B1 (Thiamine): Vitamin B1 plays an important role in maintaining a healthy nervous, digestive and cardiovascular system. It helps in the conversion of carbohydrates into glucose, which in turn is used to produce energy for carrying out various body functions. It is required for the breakdown of fats and protein.

Vitamin B2 (Riboflavin): Affects thyroid hormone production, which is responsible for speeding up the metabolism and providing steady energy. It also helps the body produce immune cells and build red blood cells.

Contains substances that assist other nutrients as powerful antioxidants, repair and maintain tissue and heal wounds. It also helps with healthy eye functions and healthy nerves.

Vitamin B3 (Niacin): This vitamin helps the body to convert food into glucose, produce energy and for DNA repair and stress responses. High doses have been used successfully to lower elevated LDL ('bad') cholesterol and fat levels in the blood and to increase HDL ('good') cholesterol. There is also evidence to suggest that, in cases of Type 1 diabetes, it can help to delay the time individuals need to take insulin.

Vitamin B6 (Pyridoxine HCL): Essential for the breakdown of food and the production of energy, the production of neurotransmitters and for the proper functioning of the nervous system and the immune system. It is also involved in the synthesis of hormones and red blood cells. Also helps fight stress and manage symptoms of pre-menstrual syndrome (PMS).

Vitamin B12 (Cyanocobalamin): Cyanocobalamin is the most common and widely produced form of the chemical compounds that have vitamin B12 activity. Cyanocobalamin is usually prescribed after surgical removal of part or all of the stomach or intestine to ensure adequate levels of vitamin B12 in the bloodstream. It is also used to treat pernicious anaemia, vitamin B12 deficiency (due to low intake from food), thyrotoxicosis, haemorrhage, malignancy, liver disease and kidney disease. Cyanocobalamin injections are often prescribed to gastric bypass patients having had part of their small intestine bypassed, making it difficult for B12 to be absorbed via food or vitamins. Cyanocobamide is also used to perform the Schilling test to check a person's ability to absorb vitamin B12.

About the ingredients cont...

Vitamin C: Supports the immune system, wound healing and recovery, heart health, healthy cholesterol levels, healthy blood pressure, stable blood sugar levels and the growth and repair of cells. It is also a powerful antioxidant.

Vitamin E: A powerful antioxidant, vitamin E helps to remove free radicals - unstable compounds that damage cell structure, increasing the risk of cancer and weakening the immune system. It also protects against eye diseases, diabetes, pancreatic disorders, Alzheimer's Disease and supports healthy cholesterol levels, skin and joint mobility.

Folic acid (Folacin): One of several B-vitamins, it is needed for the production and maintenance of new cells, as well as for DNA and RNA synthesis. Especially important for women of child-bearing age, those considering becoming pregnant, or already pregnant. This is because folate is vital for proper development of a foetus' brain and spine and the prevention of neural tube defects.

Magnesium: Magnesium is a co-factor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control and blood pressure regulation. It is required for energy production, oxidative phosphorylation and glycolysis. It contributes to the structural development of bone and is required for the synthesis of DNA, RNA and the antioxidant glutathione.

Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm.

Potassium: Potassium is one of the seven essential macrominerals. It can help to decrease the risk of stroke, lower blood pressure, protect against loss of muscle mass, preserve bone mineral density and reduce the formation of kidney stones. It is also an electrolyte that counteracts the effects of sodium, helping to maintain consistent blood pressure.

Potassium is important for maintaining the balance of acids and bases in the body. Bases are alkaline that have not yet dissolved in water.

Chloride: Chloride is an essential mineral for humans - a major mineral nutrient that occurs primarily in body fluids. It is a prominent negatively charged ion of the blood, where it represents 70% of the body's total negative ion content.

On average, an adult human body contains approximately 115 grams of chloride, making up about 0.15% of total body weight. As the principal negatively charged ion in the body, chloride serves as one of the main electrolytes of the body. Chloride, in addition to potassium and sodium, assist in the conduction of electrical impulses when dissolved in bodily water.

Phosphorus: The body needs phosphorus for many functions, such as filtering waste and repairing tissue and cells.

Certain health conditions (such as diabetes and alcoholism) or medications (such as some antacids) can also cause phosphorus levels in the body to drop too low. Phosphorus levels that are too low can cause medical complications, such as heart disease, joint pain or fatigue.

Iron: Adequate iron intake and/or stores provide cells with the necessary oxygen required for cell functions and to prevent fatigue.

Zinc: Zinc supports normal growth and health of skin, bones, hair, nails and eyes. Furthermore, it assists in the maintenance of the immune, reproductive and digestive systems. It plays a role in cell reproduction, proper absorption of vitamins and protein synthesis, and hormonal balance. It is essential for making growth hormones and the important male hormone, testosterone.

Copper: Copper contributes to the maintenance of normal connective tissues, normal hair pigmentation, normal skin pigmentation, protection of cells from oxidative stress, normal function of the immune system, normal functioning of the nervous system, normal

energy-yielding metabolism and normal iron transport in the body. Iodine (Potassium Iodide): Needed for the healthy function of the thyroid gland and aids the body in detoxification. Iodine deficiency may also be linked to arthritis, emotional disorders, malfunctioning glandular systems and weight gain associated with hormonal imbalance.

Usage suggestions

As a slimming aid

Skipping meals and drastically cutting down on calories produces weight loss results, but it can also leave you feeling tired, irritable and run-down. Over time, it can lead to nutrient deficiencies. Naturemedies MilkShake Superfood Vanilla (Vanilla Flavour) is an ideal daily shake for slimmers as part of a calorie-controlled diet. Not only is it low in fat and fortified with vitamins and minerals, it also contains fibre (from chicory root extract) which adds bulk and promotes a feeling of fullness, helping to curb the appetite. It also supports stable blood sugar levels, which helps to prevent cravings and binge eating.

As a light nutritious meal, healthy snack or breakfast 'on the go'

This is much more than just another meal shake! It contains a wide variety of important vitamins and minerals, as well as dietary fibre for a bowel cleansing and detoxifying effect. Naturemedies MilkShake Superfood Vanilla (Vanilla Flavour) is therefore a great choice for anyone who is too busy to eat a full meal at suitable times of the day. Notably, it is also dairy-free, gluten-free and contains no added sugar, which makes it suitable for people with sensitive stomachs and those who have diabetes, a dairy allergy, lactose intolerance, gluten intolerance or coeliac disease.

As a protein boost

Protein plays a key role in a healthy metabolism, muscle repair and recovery, bone maintenance and building mass after training. It is also one of the main sources of energy when following a low carbohydrate diet, which many slimmers, bodybuilders and athletes do, as it aids in fat loss and can improve muscle definition. Naturemedies MilkShake Superfood Vanilla (Vanilla Flavour), with its impressive 72.2g of high quality plant-based protein per 100g, added vitamins, minerals and fibre, can therefore provide a beneficial lean protein boost for anyone who is trying to lose weight, or who leads an active lifestyle where energy is in high demand.

As a healthy addition to a balanced diet

Vegetarians, vegans and many others can find it a challenge to: take in adequate amounts of complete protein take in sufficient calories

and/or ensure that they are regularly receiving a broad spectrum of nutrients (particularly calcium and vitamin B12).

However, with Naturemedies MilkShake Superfood Vanilla (Vanilla Flavour), there is no need for this lifestyle choice to mean a diet lacking in nutritional value. It is packed with beneficial dietary fibre, high quality vegetable protein and a wide array of vitamins and minerals.

To support healthy digestion

Naturemedies MilkShake Superfood Vanilla (Vanilla Flavour) not only contains high levels of fibre from chicory root extract, it also contains chloride, which contributes to normal digestion by production of hydrochloric acid in the stomach.

The ingredients in Naturemedies MilkShake Superfood Vanilla (Vanilla Flavour) are kept as close to natural as possible, in order to maintain the highest possible nutritional content, status and therefore benefits to the user.



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