

The Inside Scoop on the Rooibos Lifestyle Shake

Annique's Rooibos Lifestyle Shake is a firm favourite amongst thousands of Consultants and Customers. Did you know it was the first product Annique launched in 1971 when the business started? And it is still one of our top sellers.

We have received countless testimonials over the years on how the Lifestyle Shake has improved people's lives for the better, from healthy weight loss to a healthy snack for growing kids and how it has helped the elderly and others to recover from illness.

There have been several new developments and technological advancements in the health supplement space in recent years, paving the way for developing a new, improved Annique Rooibos Lifestyle Shake. The South African Health Products Regulatory Authority (SAHPRA) also established new rules with recommendations for the minimum and maximum dosages for ingredients providing the opportunity to include more of some essential ingredients in the new formula.

Annique's new and improved Rooibos Lifestyle Shake is a premium supplement with a special blend of ingredients to help replace and maintain your body's nutrient levels.



This incredible new formulation now contains the following:

- 54% fewer carbohydrates
- More protein and good fats for sustainable energy
- More vitamins and minerals to support good health
- One month's supply (33 servings)

The Difference Between the New Lifestyle Shake 500g and the previous Shake 300g:

	New Shake Formula	Previous Formula
	New and improved formula	
SAHPRA	SAHPRA (South African Health Products Regulatory Authority) approved and compliant with the Complementary Medicines (Quality, Safety and Efficacy) act.	Not SAHPRA approved
Macro nutrient (carbohydrates, proteins and fats) comparison	<ul style="list-style-type: none"> • More good fats added (from responsibly sourced palm oil, which is naturally rich in vitamin E, essential to improve mental and heart health) • Protein increased by 31% • Carbohydrates reduced by 54% • The effect is more sustainable energy and improved maintenance of blood sugar levels 	
Vitamins and minerals	Increased vitamin and mineral content. 20 out of the 24 vitamins and minerals have been increased in the new formula.	
Fibre	The new Shake contains inulin, a soluble fibre that aids digestion, helps to relieve constipation, and even aids in the body's absorption of calcium and magnesium.	Contains apple fibre
Taste	Contains a slightly different, yet still creamy and delicious taste	
Size of pack	Now available in a 500g, one-month supply pack	Available in 300g, less than one month supply
Servings per pack	33 servings	20 servings
Packaging	The packaging has also been updated to be a convenient pouch, which is more eco-friendly and uses less plastic. It is also more flexible and lightweight and is produced with significantly less carbon emissions.	Plastic jar
Both formulas contain:	<ul style="list-style-type: none"> • Skim and full cream milk • Rooibos extract • Stevia (sweetener) • Vitamins and minerals 	

Directions For Use

Mix two scoops (15g) with 250ml full cream milk, yoghurt, water or Rooibos and shake or mix well.

Suitable for pregnant and breastfeeding women, but it is advised to consult your healthcare practitioner before using this product.

It is recommended from 4 years.

Before starting to use the product or any other weight loss product, it is advisable that certain people, like children, insulin-dependent diabetics, and those with damaged renal function, consult their doctors.



Supports

- 1 A healthy nervous system and brain
- 2 A healthy metabolism
- 3 The body's cell maintenance and production
- 4 Weight loss
- 5 Healthy blood sugar levels

Benefits

- Convenient
- Delicious
- It contains fewer carbs for sustained energy
- Fibre may help to keep you regular

Helps to

- Build and maintain strong bones
- Reduce fatigue and exhaustion

NEW and IMPROVED

500g (30-Day Supply)



Macro Nutrient Content	New Shake	Contribution to Total formula	Previous Shake	Contribution to Total formula	Difference
Protein	2.5	17%	1.9	13%	32%
Carbohydrates	4.7	31%	10.2	68%	-54%
Fat	5.4	36%	0.6	4%	8 times more
Fibre	1.1	7%	1.1	7%	-

Stevia is one of the best low-glycemic sweeteners around. It is derived from the stevia plant leaves and is 40 times sweeter than sugar. It is a highly effective alternative to a healthy lifestyle. It also helps with the digestion of lactose (in dairy products).

Vitamin and mineral composition

NUTRITIONAL INFORMATION	Unit	New Shake Per 15g	Current Shake per 15g	Difference
VITAMINS				
Vitamin A	IU	599,4	76,65	522,75
Vitamin C	mg	20	15	5
Vitamin D	IU	120	0,5	119,5
Vitamin E	IU	3	2,75	0,25
Vitamin B1 (Thiamine)	mg	0,24	0,1	0,14
Vitamin B2 (Riboflavin)	mg	0,26	0,15	0,11
Vitamin B6 (Pyridoxine)	mg	0,34	0,25	0,09
Folic Acid (Vitamin B9)	mg	80	40,5	39,5
Vitamin B12	µg	0,48	0,4	0,08
Biotin (Vitamin B7)	mg	6	97,5	91,5
Pantothenic Acid (Vitamin B5)	mg	1		1
Nicotinamide (Vitamin B3)	mg	3,2	3,15	0,05
Vitamin D 3	IU	3,2	0,85	2,35
Vitamin K	µg	24	0	24
MINERALS				
Calcium	mg	28,2		28,2
Phosphorus	mg	7,9		7,9
Potassium	mg	8,8		8,8
Chromium	µg	4	1,5	2,5
Copper	mg	0,1	0,05	0,05
Iodine	µg	30	5,4	24,6
Iron	µg	3,6	1062	-1058,4
Manganese	µg	460	465	-5
Selenium	µg	11	16,5	-5,5
Zinc	µg	4	0,2	3,8

Unique Selling Points



One month's supply



Free from nuts



Free from wheat



Free from MSG



Trans fat free



Gluten-free



Preservative free



No added sugar



Free of potentially harmful artificial sweeteners



Unique formula with Rooibos for its health-promoting properties



Halaal



NEW