

## How to use - SHAPE CODE® Protein Shake

Add two flat scoops of the powder (35 g in total) to 200 ml of **cool water or your favourite plant drink**, and shake vigorously to prevent the contents from settling to the bottom. Consume the shake with vanilla and cream flavour 1 to 2 times a day. The use **immediately after workout** is recommended. Do not exceed the recommended daily intake. The product cannot be used as a substitute for a varied diet. Use this cocktail as part of a balanced and varied diet in combination with an active lifestyle.

**SHAPE CODE® Protein Shake can be combined with the following products: DuoLife Medical Formula ProStik® and DuoLife Collagen.**

**Total calories of one portion (35 g) of SHAPE CODE® Protein Shake mixed with 200 ml of a standard:**

coconut drink	ca. 171 kcal
coconut drink (no sugar)	ca. 161 kcal
almond drink	ca. 181 kcal
almond drink (no sugar)	ca. 160 kcal
rice drink	ca. 253 kcal
rice drink (no sugar)	ca. 241 kcal
soya drink	ca. 225 kcal
soya drink (no sugar)	ca. 199 kcal
oat drink	ca. 219 kcal
oat drink (no sugar)	ca. 213 kcal
with water	133 kcal

### **Precautions:**

- hypersensitivity to any of the product ingredients,
- do not use during pregnancy or breast feeding,
- not recommended for persons under 18 years of age,
- if you have a chronic condition or are taking medication, consult your doctor before starting the product,
- do not use in patients with liver diseases, cholelithiasis, obstruction of bile ducts, renal insufficiency, and clotting disorders.