



## - all in one shake - FAQs

### 1. What is the Nutritional Profile of Sequence Ageless System's All-in-One Shake?

- Protein – 20 g
- Fiber – 2 g
- Probiotics - 1 billion CFUs
- Omega-3 fatty acids – 670 mg
- Nutritional equivalency of 6+ servings of *fruits and vegetables*
- 25% of the DV of 12 essential nutrients (Vitamins A, C, D, K1 and E, Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic acid (B5), Pyridoxine (B6), Biotin (B7), Folic acid (B9)).
- No added sugars or preservatives
- Does not contain wheat, soy or artificial sweeteners

### 2. What is used to flavour and sweeten the Ageless System All-in-One Shake?

Research shows that consuming foods that cause blood sugar levels to rise quickly are not helpful in the pursuit of healthy aging. Sequence's Ageless System All-in-One Shake contains only natural sweeteners that have a very low glycemic index – stevia and monk fruit. As for that delectable berry flavour, it comes from a natural mix berry flavour. There are no added sugars or preservatives in this product.

### 3. How many servings are there in a bottle of Sequence Ageless System All-in-One Shake?

Each container holds approximately 20 servings (667 gram container). The scoop inside the container measures out 1 serving (approximately 33 grams).

### 4. What is the source of the Fish Oil in the All-in-One Shake?

Sardines (*Clupeidae*) & anchovies (*Engraulidae*) are the source of the fish oil. These are small fish which are a more sustainable and better ecological source of fish oil. The fish oil contains 9% EPA and 6% DHA. It meets international standards for purity and is tested to ensure it does not contain heavy metals or other contaminants.

### 5. Do alfalfa & pumpkin protein contain other nutrients?

Yes! Harvested young at their nutritional peak alfalfa contains 18 amino acids, 8 vitamins (beta-carotene, vitamin B1, B2, B6, B7 and vitamin E), minerals (calcium, magnesium, potassium), antioxidants (chlorophyll, xanthophyllus (lutein and zeaxanthin) and omega-3 fatty acids (ALA)). The alfalfa is a non-GMO plant, grown without the use of pesticides or fertilizer. The alfalfa is processed without solvents; it is cold juice pressed and dried at low temperature to prevent nutrient loss. Pumpkin seeds are a great source of protein and other phytonutrients such as plant sterols, vitamin K, zinc, iron, copper, magnesium, potassium, and essential fatty acids.

### 6. What makes this All-in-One Shake so important to healthy aging? Sequence Ageless System

is a group of high-end nutritional products designed to optimize health as we age. As we age, our bodies have a harder time maintaining muscle mass –called sarcopenia. Eating a diet that contains quality proteins can help. Plant-based proteins are linked to longevity in many of

the world's healthiest long-living populations. The scientific evidence supporting whey protein is irrefutable, with dozens of studies proving it supports health of bones, muscles and immune system. The **All-in-One** Shake contains 20 grams of high quality protein (*grass-fed New Zealand whey, organic pumpkin, non-GMO alfalfa, fermented brown rice & pea protein*). In addition, low-grade inflammation (called "inflammaging") is an underlying cause of aging. The **All-in-One** Shake contains colostrum, fish oil and probiotics – clinically proven to support the immune system. Antioxidants are vital in the fight against free radical damage in the body. Free radicals damage cells, and shorten telomeres (long telomeres are linked to better longevity). The **All-in-One** Shake contains many sources of antioxidants: *kale, chlorella, moringa, spirulina, green tea extract, shitake mushrooms & a dozen organic fruits and vegetables*. Plus, there are digestive enzymes in the **All-in-One** – help to support digestion.

## 7. Why is there no Nutritional profile on the label?

Ageless System's All in One Shake is a Natural Health Product. Why? The Canadian Natural Health Product Directorate agrees there is strong evidence that the ingredients in the Ageless System All in One Shake offer health benefits that promote healthier aging, including:

- Source of antioxidants that help protect against the oxidative damage caused by free radicals.
- Source of omega-3 fatty acids (eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)) for the maintenance of good health.
- Source of fungal polysaccharides with immunomodulating properties.
- Source of protein which helps build and repair body tissues.
- Source of protein and amino acids (and branch chain amino acids) involved in muscle protein synthesis for the maintenance of good health.
- Digestive enzyme & Source of probiotics.

<b>Nutritional Facts</b>	
Per 1 scoop (33g) serving	
Calories 140	% Daily Value*
<b>Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	3%
+Trans Fat 0g	
<b>Carbohydrate 11g</b>	
Fibre 4g	14%
Sugars 1g	1%
<b>Protein 20g</b>	<b>4%</b>
<b>Cholesterol 20mg</b>	<b>(7%)</b>
<b>Sodium 90mg</b>	<b>4%</b>
Potassium 60mg	1%
Calcium 75mg	6%
Iron 3.5mg	19%

## 8. What is the protein breakdown per serving of the All in One Shake?

Whey protein concentrate (New Zealand, grass-fed, hormone free)

...9000mg (80% protein) = 7.2g of protein

Alfalfa Protein (Non-GMO certified) ...5000mg (50% protein) = 2.5g of protein

Pumpkin seed protein (Organic) ...5000mg (67.5% protein) = 3.4g of protein

Pea protein ...5000mg (85% protein) = 4.3g of protein

Brown Rice protein (fermented) ...3500mg (85% protein) = 2.9g of protein

*Total Protein = 20.3 g per serving*