

# SHAKE & TAKE CARDIO

## PRODUCT INFO SHEET

### Description

#### Support for the Nutritional Management of Dyslipidemia

**Shake & Take Cardio**® is a medical food formulated to provide specialized nutritional support within a nutritional management program for dyslipidemia by supplying a combination of phytosterols, bioavailable xanthohumol from hops (XNT ProMatrix®), beneficial macronutrient profile, 5 g of prebiotic isomalto-oligosaccharides, antioxidant nutrients (vitamins C and E), and a proprietary pea/rice protein base with added amino acids. As part of a heart healthy eating plan the addition of 1.8 g/day of plant sterols/stanols has been shown to lead to beneficial changes in LDL cholesterol in individuals with hypercholesterolemia.

### Ingredients

Pea protein isolate, isomalto-oligosaccharide, rice protein concentrate, organic cane sugar, organic cocoa powder (processed with alkali),<sup>^</sup> high oleic sunflower oil, natural flavors,<sup>^</sup> flaxseed, L-lysine HCl, phytosterols, dextrose, silica, L-leucine, magnesium citrate, L-valine, guar gum, rice protein matrix and polyphenols from hops extract, vitamin and mineral blend (zinc gluconate, ascorbic acid, manganese gluconate, d-alpha tocopheryl acetate, copper gluconate, D-biotin, retinyl palmitate, niacinamide, cholecalciferol, d-calcium pantothenate, chromium picolinate, pyridoxine HCl, riboflavin, potassium iodide, thiamin HCl, calcium L-5-methyltetrahydrofolate, selenomethionine, and methylcobalamin), L-isoleucine, xanthan gum, dicalcium phosphate, and Luo Han Guo fruit (monk fruit) extract.

### Dosage

**SUGGESTED USE:** Blend (for no longer than 15 seconds), shake, or briskly stir about 2 level scoops of **Shake & Take Cardio** (41 g) into 8 ounces of chilled water twice daily, or as directed by your healthcare practitioner. Consume within 10 minutes of reconstitution. You may also blend with ice cubes and/or your favorite fruit.

### Caution

This medical food has not been studied in children and pregnant or nursing women. If taking medication or other nutritional supplements, consult your healthcare practitioner before use. For adult use only. Keep out of the reach of children.

**This product is non-GMO and gluten free.**

**THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.**

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease.*

**Dr. David C. Kolbaba & Associates**  
 1065 Dundee Avenue East Dundee, IL 60118  
 847-428-8850

**HealthQuest Radio**  
 HealthQuestRadio.com Hotline: 800-794-1855

### Supplement Facts

Serving Size About 2 Scoops (41g)  
 Servings Per Container: 14 Flavors: Chocolate, Vanilla, Pear

	Amount Per Serving	% Daily Value
Calories.....	150	
Total Fat.....	5 g	
Saturated Fat.....	1 g	
Trans Fat.....	0 g	
Polyunsaturated Fat.....	1 g	
Monounsaturated Fat.....	2.5 g	
Cholesterol.....	0 mg	
Sodium.....	130 mg	
Potassium.....	250 mg	
Total Carbohydrate.....	14 g	
Dietary Fiber.....	5 g	
Sugars.....	4 g	
Protein.....	13 g†	

#### Typical Amino Acid Profile per Serving\*:

Amino Acid	Mg/Serving
L-Alanine.....	580 mg
L-Arginine***	1,130 mg
L-Aspartic Acid.....	1,430 mg
L-Cystine (Cysteine)***	150 mg
L-Glutamic Acid.....	2,150 mg
Glycine**.....	530 mg
L-Histidine**.....	320 mg
L-Isoleucine (BCAA)**	800 mg
L-Leucine (BCAA)**	1,800 mg
L-Lysine**.....	1,800 mg
L-Methionine**.....	160 mg
L-Phenylalanine**.....	700 mg
L-Proline***	570 mg
L-Serine***	660 mg
L-Threonine**.....	490 mg
L-Tryptophan**.....	130 mg
L-Tyrosine***	510 mg
L-Valine (BCAA)**	1,140 mg

#### Percentage of Reference Daily Intakes (RDI) Daily Intakes

Each Serving Contains	Amt/Serving	% RDI
Vitamin A (retinyl palmitate).....	1250IU	25%
Vitamin C.....	30 mg	50%
Calcium.....	150 mg	15%
Iron.....	4 mg	20%
Vitamin D3 (as cholecalciferol).....	400 IU	100%
Vitamin E.....	7.5 IU	25%
Thiamin.....	0.375 mg	25%
Riboflavin.....	0.425 mg	25%
Niacin.....	5 mg	25%
Vitamin B6.....	0.5 mg	25%
Folate (as calcium L-5 methyltetrahydrofolate) ††	200 mcg	50%
Vitamin B 12 (as methylcobalamin).....	3 mcg	50%
Biotin.....	75 mcg	25%
Pantothenic Acid.....	2.5 mg	25%
Phosphorus.....	300 mg	30%
Iodine.....	37.5 mcg	25%
Magnesium.....	90 mg	25%
Zinc.....	13 mg	90%
Selenium.....	52.5 mcg	80%
Copper.....	2 mg	100%
Manganese.....	2 mg	100%
Chromium.....	120 mcg	100%
Chloride.....	220 mg	6%
Plant Sterols†† (including 700 mg betasitosterol).....	900 mg	†
Alpha-Linolenic Acid (ALA) (from flaxseed).....	400 mg	†
Rice Protein Matrix and Polyphenols from.....	250 mg	†
Hops (Humulus lupulus L.) Cone Extract (standardized to 2.5 % xanthohumol)		†

<sup>^</sup> Cocoa Horizons Foundation Verified

<sup>^</sup> No MSG

\*Contributed by pea protein, rice protein, added amino acids, and cocoa powder

\*\*Essential amino acid

\*\*\*Conditionally essential amino acid

†15 g total protein with added amino acids: L-leucine, L-isoleucine,

L-lysine, and L-valine

††As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt

Germany

‡‡As Reducol®. Reducol® is a registered trademark of Pharmachem Laboratories

‡Daily value not established