

# OGx FENIX™ CREAMY VANILLA

NATURALLY AND ARTIFICIALLY FLAVORED

Bioactive nutrients and protein to help you get the nutrition you need to lose weight, or just feel great.

**INGREDIENTS:** Whey Protein Concentrate, Cane Sugar, Resistant Maltodextrin, Natural and Artificial Flavor, Cellulose Gum, Sunflower Lecithin, Sea Salt, Potassium Chloride, Organic Reishi Mushroom Powder, Xanthan Gum, Stevia Extract, Ferric Orthophosphate, Ascorbic Acid, d-Alpha Tocopherol Acetate, Biotin, Chromium Chloride, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Calcium D-Panthenate, Copper Sulfate, Selenium Methionine, Folic Acid, Thiamine Mononitrate, Pyridoxine Hydrochloride, Cholecalciferol, Riboflavin, Phytonadione, Potassium Iodide, Cyanocobalamin. Contains: Milk

## WHAT IS THE OGx FENIX™?

ogx FENIX™ is our exclusive shake mix for Healthy Nutrition and Weight Management. It combines a concentrated whey protein along with vitamins, minerals, prebiotic fiber and our ganoderma mushroom. Use this delicious shake mix every day, to help you lose weight and get good nutrition.

## FEATURES AND BENEFITS

- 13 g of rBGH free whey protein concentrate – helps curb hunger and supports lean muscle
- 3 g of a prebiotic fiber – a clinically studied fiber, supports good digestive health
- Only 7 g of natural sugar
- Contains Ganoderma
- Contains Full Spectrum of Branched-Chain Amino Acids
- Vitamins and Minerals
- Provides three important electrolytes- sodium, potassium, and chloride
- Low Fat
- Gluten Free
- Supports Digestive Health
- Supports Immune System
- Lower carbs than other brands
- Packed with Protein, Nutrition and Flavor
- Simple
- Fast
- Affordable

## Nutritional Information Information Nutritionnelle

Serving Size / Portion: 1 Scoop (31g)

Servings Per Container / Porcines Por Envase 30

Amount Per Serving Quantité par portion	Powder Only Poudre Seulement	with 300ml 1% Partially Skimmed Milk Avec 300 ml de lait partiellement écrémé 1%	
<b>Calories</b>	<b>120</b>	<b>250</b>	
Kilojoules	502	1,047	
<b>Fat (g)</b>	<b>3</b>	<b>6</b>	
Saturated Fat/Saturés (g)	1	3	
Trans Fat/Trans (g)	0	0	
Linoleic Acid/acide linoléique (g)	0.8	0.8	
n-3 Linolenic Acid/acid linoléique n-3 (g)	0.1	0.1	
<b>Cholesterol / Cholestérol (mg)</b>	<b>40</b>	<b>55</b>	
<b>Sodium / Sodium (mg)</b>	<b>115</b>	<b>296</b>	
<b>Carbohydrate / Glucides (g)</b>	<b>11</b>	<b>26</b>	
Fibre/Fibres (g)	3	3	
Sugar/Sucres (g)	7	23	
<b>Protein / Protéines (g)</b>	<b>13</b>	<b>23</b>	
			<b>%RDI* %LQR*</b>
Vitamin/Vitamine A (RE/ÉR)	150	332	33
Vitamin/Vitamine D (mcg)	0	3	60
Vitamin/Vitamine E (mg AT)	3	3	30
Vitamin/Vitamine C (mg)	10	10	17
Thiamin/Thiamine (mg)	0.375	0.435	33
Riboflavin/Riboflavine (mg)	0.2	0.8	50
Niacin/Niacine (NE)	3.7	6	26
Vitamin/Vitamine B6 (mg)	0.4	0.52	29
Folacin/Folacine (mcg)	44.5	60	27
Vitamin/Vitamine B12 (mcg)	0	1.35	67
Pantothenic Acid/Acide pantothénique (mg)	1	2.11	30
Biotin/Biotine (mg)	0.03	0.03	100
Calcium/Calcium (mg)	80	448	41
Phosphorous/Phosphore (mg)	130	424	38
Potassium/Potassium	150	614	17
Magnesium/Magnésium (mg)	40	74	30
Iron/Fer (mg)	2.7	2.8	23
Zinc/Zinc (mg)	1.75	3	33
Iodide/Iode (mcg)	40	40	25
Selenium/Sélénium (mg)	0.003	0.013	26
Copper/Cuiver (mg)	0.47	0.5	40
Manganese/Manganèse (mg)	1	1	50
Chromium/Chorme (mg)	0.02	0.02	17
Molybdenum/Molybdène (mg)	0.02	0.02	27

\* Percentage recommended daily intake / pourcentage de l'apport quotidien recommandé

## WHAT DOES IT DO?

ogxFENIX™ offers a convenient, fast, nutritional meal that can help you save money, and maintain or lose weight. The shake mix contains 120 calories or 250 when mixed with milk as directed, to provide you a balanced meal to help you lose or maintain your weight.

The shake features our own proprietary blend of protein, fiber, and nutritional support bringing the Treasures of the Earth to a great tasting, creamy shake!

## KEY INGREDIENTS:

**Whey Protein Concentrate** – a superior biological protein that can help support lean muscle, help you fight hunger, and deliver great tasting nutrition, fast. ogxFENIX™ harnesses the power of nature to deliver results. Lastly, our protein is rBGH free meaning it comes from cows that have not been injected with growth hormones

**Fibersol®/ Resistance Maltodextrin** – for a healthy “gut feeling”. According to the National Digestive Diseases Information Clearinghouse, 60 to 70 million Americans have digestive (gut) health issues. Our gut health can be impacted by diminished physical activity, stress, alcohol consumption and use of antibiotics/ over-the-counter medications. The prebiotic fiber in this nutritional shake mix supports the healthy probiotic bacteria in the gut, supporting digestive health and immune support.

**Dried Cane Syrup** – only 7 g of organic dried cane syrup, this is a combination of glucose (for energy) and fructose.

**Sodium and Potassium** – contains sea salt which is lower in sodium than other brands. The shake provides electrolytes of sodium and potassium to support good health.

**Ganoderma mushroom powder** – taking the benefits of powerful Ganoderma beyond the cup.

## WHY WHEY PROTEIN?

Whey protein is a high in biological value meaning the proportion of absorbed protein that's retained in the body for maintenance and growth in the body is highly usable. Whey protein also is one of the richest sources of leucine, an essential and branched-chain amino acid that triggers initiation of muscle protein synthesis. Whey protein is considered by experts to be an excellent source of protein, with many clinical studies showing its' benefits for helping support and maintain lean muscle mass. Studies suggest that whey protein may be beneficial after exercise, and can help support increased blood levels of essential amino acids and the creation of muscle protein. Whey protein has also been studied for metabolism, appetite, and other aspects of the body, and contains Branched-Chain Amino Acids important for muscle health.

**Did you know?** Only 44% of Adults eat breakfast every day. Skipping breakfast can slow your metabolism, and lead to weight gain.

For those that eat breakfast, on average it's cold cereal or other high carb, lower protein foods like bagels, muffins, toast.

These high carb foods can lead to spikes in blood sugar that leave you hungrier than eating a breakfast with a good amount of protein like that in ogxFENIX™ when mixed as directed. Studies show that a good nutritional meal including whey protein may help you manage your blood sugar and support good health.

## HOW DO I USE OGXFENIX™?

Mix 1 scoop (31 g) with 10-8 oz. (300 ml) of non-fat milk or partially skimmed milk and enjoy

