

LYFE Fuel Essentials Nutrition Shake Reviews

Experience the power of LYFE Fuel Essentials Nutrition Shake, a complete meal replacement that nourishes your body with essential nutrients. Boost your energy, support your immune system, and promote overall wellness.

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About LYFE Fuel Essentials Nutrition Shake

Fuel your life with a complete plant-based meal that you can make in 60 seconds or less. It's easy to make and even easier to enjoy.

Our research-backed formula combines cutting edge nutritional science with ancient plant wisdom to help fill the gaps of modern lifestyles — delivering the nourishment you need to build a stronger body, sharper mind, and live a balanced, fulfilled life.

Energize your mornings, control cravings, and master your metabolism with the most complete solution to daily nutrition. With 2x more nutrition per scoop than the closest competitor, it's everything you've been looking for in one delicious & nutritious shake!

Convenient & Delicious

LYFE Fuel Essentials Nutrition Shake is a tasty and easy way to fuel your body with balanced nutrition, whether you're on-the-go or at home.

Nutrient-rich Formula

Our shake contains a powerful blend of high-quality protein, essential vitamins and minerals, healthy fats, and fiber to support your overall health and wellness goals.

Clean & Allergen-free

Free from artificial ingredients, GMOs, gluten, and dairy, our shake is suitable for a wide range of dietary preferences and restrictions.

Science-backed

Formulated by nutrition experts and backed by scientific research, our shake delivers optimal nutrition to help you achieve your health and fitness goals.

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Ingredients and Nutritional Information

Made from over 50+ whole food nutrients & superfoods, 27 Essential Vitamins & Minerals, 18 grams plant-based protein, and a more fruits & veggies than your local farmer's market.

Ingredients

- Organic Pea Protein
- Organic Brown Rice Protein
- Organic Milled Flaxseed
- Organic Acacia Fiber
- Organic Chia Seed

Nutritional Information

- Calories: 240
- Protein: 20g
- Fat: 10g
- Carbohydrates: 20g
- Sugar: 2g

Supplement Facts			Serving Size: 1 Scoop approximate (33g/1.1oz)	
			Serving Per Container: 24	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	110			
Total Fat	2g	3%		
Saturated Fat	0.5g	2%		
Polyunsaturated Fat	0.5g	**		
Total Carbohydrate	6g	2%		
Dietary Fiber	1g	4%		
Sugars	3g			
Included 3g Sugar Added	3g	6%		
Protein	18g			
Vitamin A	750mcg RAE	83%		
Vitamin C	30mg	33%		
Vitamin D	30mcg (1,200IU)	150%		
Vitamin E	23mg	153%		
Vitamin K	40mcg	33%		
Thiamin	0.75mg	62%		
Riboflavin	0.85mg	65%		
Niacin	10mg NE	62%		
Vitamin B6	1mg	59%		
Folate (as 200mcg Folic Acid)	340mcg DFE	85%		
Vitamin B12	500mcg	20,833%		
Biotin	150mcg	500%		
Pantothenic Acid	5mg	100%		
Calcium	100mg	8%		
Phosphorus	270mg	22%		
Iodine	75mcg	50%		
Magnesium	200mg	48%		
Zinc	7.5mg	68%		
Selenium	35mcg	64%		
Copper	1mg	111%		
Manganese	6.5mg	283%		
Chromium	60mcg	171%		
Molybdenum	37mcg	82%		
Chloride	180mg	8%		
Choline (as Choline Bitartrate)	8mg	1%		
Sodium	290mg	13%		
Potassium	135mg	3%		
Isomaltooligosaccharide Powder (OligoSMART™)	1,000mg	**		
Isomalutose (Palatinose™)	1,000mg	**		
Flax (Linum usitatissimum) Seed Powder	1,000mg	**		
Grape Seed (Vitis vinifera) Seed (95% Proanthyanidins) Extract	350mg	**		
Pomegranate (Punica granatum) Pericarp Extract	350mg	**		
Spirulina (Spirulina platensis Geitl) Herb Powder	250mg	**		
Super Berry Blend	170mg	**		
Strawberry Fruit, Raspberry Fruit, Blueberry Fruit, sour Cherry Fruit, European Elderberry, Cranberry Fruit, (Vita Berry™)				
Probiotic Blend 960Million CFU/Serving*	80mg	**		
Lactobacillus acidophilus DDS, L. plantarum, L. rhamosus, B. breve, B. longum				
Organic Greens Blend	50mg	**		
Alfalfa Leaf Juice, Wheatgrass Leaf, Barley Grass, Oat Grass Leaf, Broccoli Whole Plant, Cabbage Head, Parsley Leaf, Collards Leaf, Spirulina Whole Algae, Chlorella Whole Algae, Kelp Leaf, Dulse Whole Algae, Dandelion Leaf, Broccoli Sprouts				
Digestive Enzyme Blend	50mg	**		
Amylase, Cellulase, Lactase, Lipase, Protease				
Coenzyme Q 10	50mg	**		
Vitamin K2 (as Menaquinone-7)	100mcg	**		

* Percent Daily Value based on a 2,000-calorie diet
 ** %Daily Value (DV) not established
 † At time of Manufacture
 Other Ingredients: Pea Protein, Organic Rice Protein, Vitamin/Mineral Lief 50 Mix (Retinyl Palmitate, Ergocalciferol, DL-α-Tocopheryl Acetate, Biotin, Folic Acid, Niacinamide, D-Calcium Pantothenate, Thiamine Hydrochloride, Cyanocobalamin, Riboflavin, Pyridoxine Hydrochloride, Ascorbic Acid, Phytonadione, Tricalcium Phosphate Anhydrous, Tricalcium Phosphate Anhydrous, Dimagnesium Citrate, Chromium Chloride, Cupric Oxide, Potassium Iodide Manganese Sulfate, Sodium Molybdate, Sodium Selenite, Zinc Sulfate, Maltodextrin), Coconut Sugar Gran (Organic), Cocoa Powder, Natural Flavor, Sea Salt, Stevia RebaudiosideA Leaf Extract, Xanthan Gum, Guar Gum, Methylcobalamin Dicalcium Phosphate, d-Alpha Tocopherol Succinate, Cholecalciferol (Vitashine™)
 Contains: Tree Nuts (Coconut) and Wheat (Wheatgrass) CONTAINS VITASHINE™

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How to Use LYFE Fuel Essentials Nutrition Shake

1

Step 1: Prepare

Add 2 scoops of LYFE Fuel Essentials Nutrition Shake powder to 10-12 oz of your preferred liquid (water, almond milk, etc.). Mix well.

2

Step 2: Shake or Blend

Shake or blend until smooth and creamy, ensuring all powder is fully mixed.

3

Step 3: Enjoy

Pour into a glass or shaker bottle and enjoy as a delicious and satisfying meal replacement.

Customer Reviews



Sarah L.

"LYFE Fuel Essentials Nutrition Shake is my go-to morning fuel. It keeps me energized and focused throughout the day. Plus, it tastes amazing!"



Michael R.

"I've tried several meal replacement shakes, but LYFE Fuel tops them all. It's packed with nutrients and doesn't leave me feeling hungry. Highly recommend!"



Emily H.

"As a busy professional, LYFE Fuel Essentials Nutrition Shake is a game-changer. It's so convenient and gives me the nutrition I need to stay healthy on the go."

Contact Us

Customer Service

For any questions or assistance, our friendly customer service team is here to help. Contact us via phone or email.

[Contact Us](#)

Become a Retailer

Interested in carrying LYFE Fuel products in your store? Join our retailer network and discover the benefits of partnering with us.

[OFFICIAL WEBSITE](#)

Frequently Asked Questions

Can LYFE Fuel Essentials Nutrition Shake be used as a weight loss aid?

Yes, our shake can be a helpful tool for weight loss when incorporated into a balanced diet and exercise routine.

Can I use LYFE Fuel Essentials Nutrition Shake as a post-workout recovery drink?

Absolutely! Our shake provides the protein and nutrients your body needs to support muscle recovery after exercise.

Is LYFE Fuel suitable for those with dietary restrictions?

Yes, our shake is vegan, gluten-free, and free from common allergens, making it suitable for a wide range of dietary preferences and restrictions.

How many servings are in each container?

Each container of LYFE Fuel Essentials Nutrition Shake contains 20 servings.

Start Your LYFE Journey Today

Experience the nutrition and convenience of LYFE Fuel Essentials Nutrition Shake. Take the first step towards a healthier and more vibrant life.



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