



7.365 pH Shake Guide



What is Essanté Organics 7.365 pH Shake and what are the flavors?

7.365 pH Shake, by Essanté Organics, is a delicious certified USDA Organic, alkaline, vegan protein meal replacement shake made with key organic ingredients proven to help you alkalize, energize and metabolize while supporting your body's overall physical well-being and performance.

What flavors does 7.365 pH Shake come in?

Chocolate, Salted Caramel and Vanilla.

How many protein meals does each container hold?

28 meals.

How did 7.365 pH Shake get its name?

7.365 is the perfect pH (alkaline) level for humans and is the inspiration for the name of Essanté Organics vegan, alkaline protein meal replacement shake, the healthiest, easiest meal of the day.

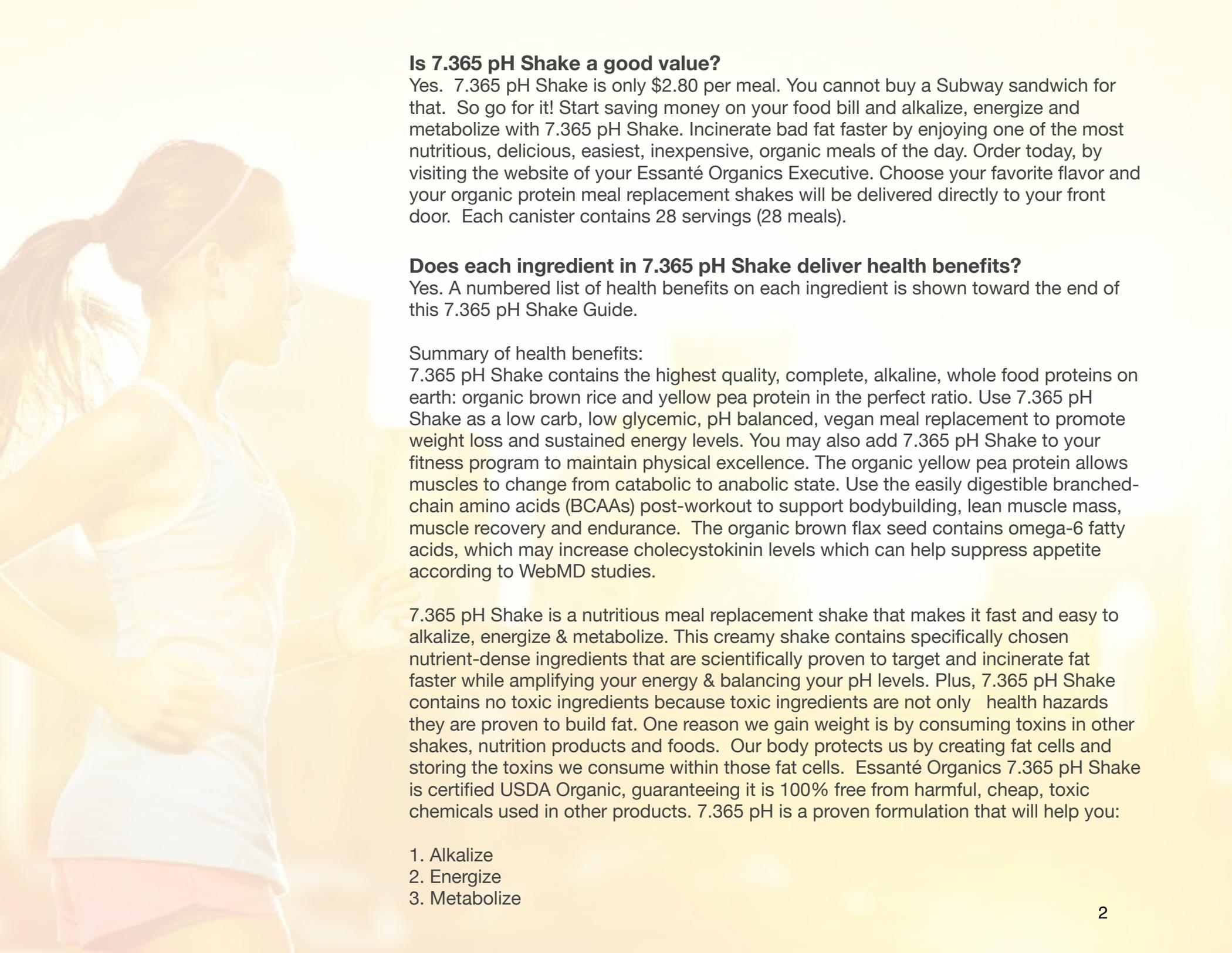
Is 7.365 pH Shake a whole food nutrition product?

Yes. When you eat whole foods, and products made from whole foods that are not high-heat dehydrated, including Essanté Organics 7.365 pH Shake, you're getting the food in its natural state; intact with all of the vitamins, minerals, electrolytes, chlorophyll, amino acids and other vital nutrients. Whole food ingredients deliver the whole healthy food, rather than the adulterated parts that remain after high heat pasteurizing, refinement and processing. Essanté Organics products derive dense nutrients from live whole foods which are more bio-available (absorbable) than cheap ingredients that do not come from whole foods.

Is 7.365 pH Shake organic and vegan?

Yes. Essanté Organics does not permit the use of animal products or byproducts in 7.365 pH Shake. With 7.365 pH Shake, you will always enjoy a whole food, vegan protein meal replacement that is egg free, whey free, dairy free, soy free, gluten free, non-GMO and certified USDA Organic.





Is 7.365 pH Shake a good value?

Yes. 7.365 pH Shake is only \$2.80 per meal. You cannot buy a Subway sandwich for that. So go for it! Start saving money on your food bill and alkalize, energize and metabolize with 7.365 pH Shake. Incinerate bad fat faster by enjoying one of the most nutritious, delicious, easiest, inexpensive, organic meals of the day. Order today, by visiting the website of your Essanté Organics Executive. Choose your favorite flavor and your organic protein meal replacement shakes will be delivered directly to your front door. Each canister contains 28 servings (28 meals).

Does each ingredient in 7.365 pH Shake deliver health benefits?

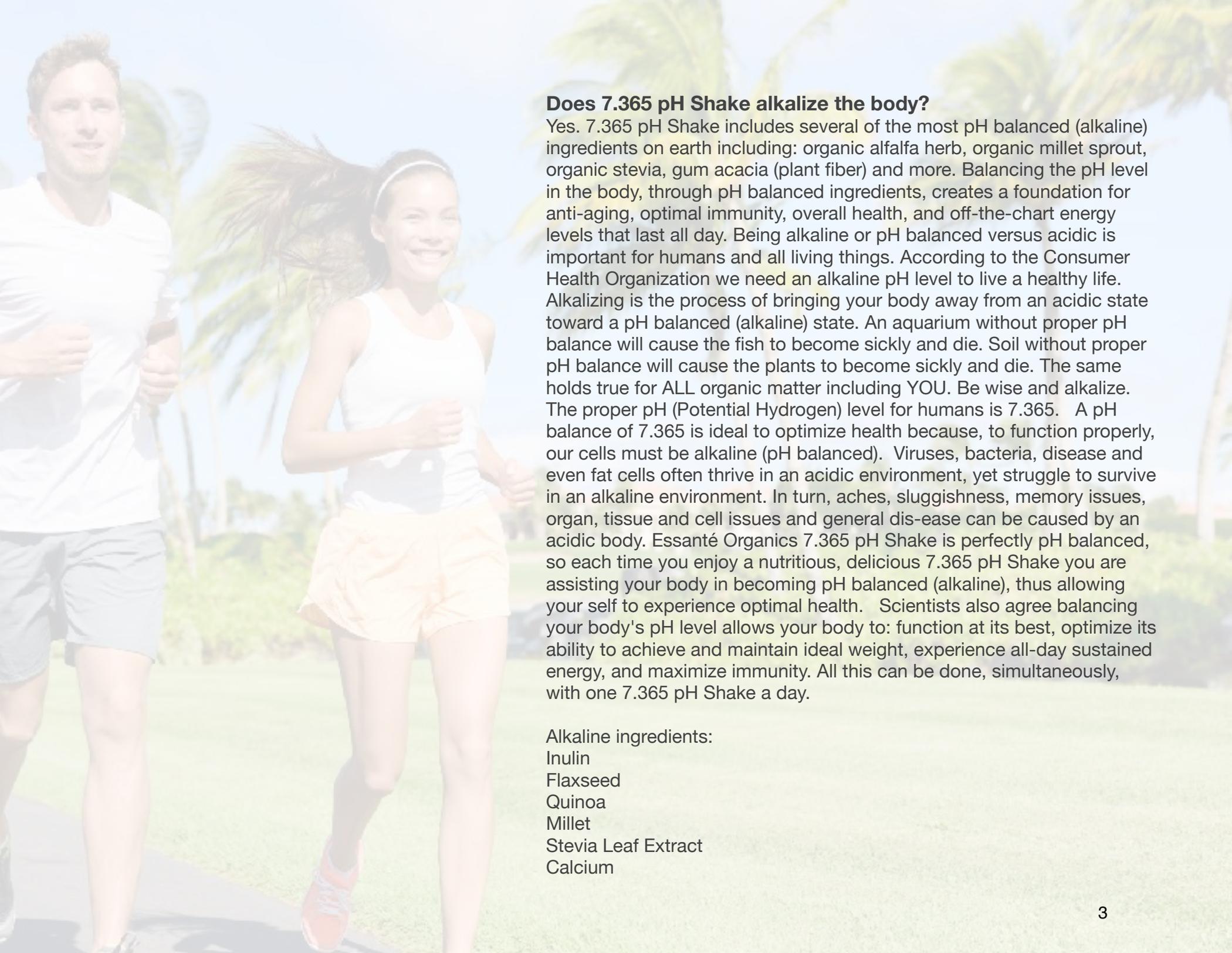
Yes. A numbered list of health benefits on each ingredient is shown toward the end of this 7.365 pH Shake Guide.

Summary of health benefits:

7.365 pH Shake contains the highest quality, complete, alkaline, whole food proteins on earth: organic brown rice and yellow pea protein in the perfect ratio. Use 7.365 pH Shake as a low carb, low glycemic, pH balanced, vegan meal replacement to promote weight loss and sustained energy levels. You may also add 7.365 pH Shake to your fitness program to maintain physical excellence. The organic yellow pea protein allows muscles to change from catabolic to anabolic state. Use the easily digestible branched-chain amino acids (BCAAs) post-workout to support bodybuilding, lean muscle mass, muscle recovery and endurance. The organic brown flax seed contains omega-6 fatty acids, which may increase cholecystikinin levels which can help suppress appetite according to WebMD studies.

7.365 pH Shake is a nutritious meal replacement shake that makes it fast and easy to alkalize, energize & metabolize. This creamy shake contains specifically chosen nutrient-dense ingredients that are scientifically proven to target and incinerate fat faster while amplifying your energy & balancing your pH levels. Plus, 7.365 pH Shake contains no toxic ingredients because toxic ingredients are not only health hazards they are proven to build fat. One reason we gain weight is by consuming toxins in other shakes, nutrition products and foods. Our body protects us by creating fat cells and storing the toxins we consume within those fat cells. Essanté Organics 7.365 pH Shake is certified USDA Organic, guaranteeing it is 100% free from harmful, cheap, toxic chemicals used in other products. 7.365 pH is a proven formulation that will help you:

1. Alkalize
2. Energize
3. Metabolize



Does 7.365 pH Shake alkalize the body?

Yes. 7.365 pH Shake includes several of the most pH balanced (alkaline) ingredients on earth including: organic alfalfa herb, organic millet sprout, organic stevia, gum acacia (plant fiber) and more. Balancing the pH level in the body, through pH balanced ingredients, creates a foundation for anti-aging, optimal immunity, overall health, and off-the-chart energy levels that last all day. Being alkaline or pH balanced versus acidic is important for humans and all living things. According to the Consumer Health Organization we need an alkaline pH level to live a healthy life. Alkalizing is the process of bringing your body away from an acidic state toward a pH balanced (alkaline) state. An aquarium without proper pH balance will cause the fish to become sickly and die. Soil without proper pH balance will cause the plants to become sickly and die. The same holds true for ALL organic matter including YOU. Be wise and alkalize. The proper pH (Potential Hydrogen) level for humans is 7.365. A pH balance of 7.365 is ideal to optimize health because, to function properly, our cells must be alkaline (pH balanced). Viruses, bacteria, disease and even fat cells often thrive in an acidic environment, yet struggle to survive in an alkaline environment. In turn, aches, sluggishness, memory issues, organ, tissue and cell issues and general dis-ease can be caused by an acidic body. Essanté Organics 7.365 pH Shake is perfectly pH balanced, so each time you enjoy a nutritious, delicious 7.365 pH Shake you are assisting your body in becoming pH balanced (alkaline), thus allowing your self to experience optimal health. Scientists also agree balancing your body's pH level allows your body to: function at its best, optimize its ability to achieve and maintain ideal weight, experience all-day sustained energy, and maximize immunity. All this can be done, simultaneously, with one 7.365 pH Shake a day.

Alkaline ingredients:

- Inulin
- Flaxseed
- Quinoa
- Millet
- Stevia Leaf Extract
- Calcium

Does 7.365 pH shake energize the body all-day long?

Yes. Each time you enjoy a creamy, rich, tasty 7.365 pH Shake you are providing your nervous system and cells with energy, directly derived from the organic whole food and alkaline ingredients on the label. An acidic body stores fat and toxins and often creates sluggishness and dis-ease. Acidic bodies are frequently tired, run-down, exhausted, fatigued and immune suppressed. Conversely, alkaline, low GI (Glycemic Index) meals, including 7.365 pH Shake, create instant, extended energy levels that last all day. The value of low GI foods, including 7.365 pH Shake, is they slowly release healthy sugar into the blood, providing a steady supply of energy. Plus they leave you feeling satisfied longer so you are less likely to snack. It is important to avoid foods with a high GI value because they cause a rapid and short-lived spike in blood sugar and leave you sapped of energy and feeling hungry.

Inulin

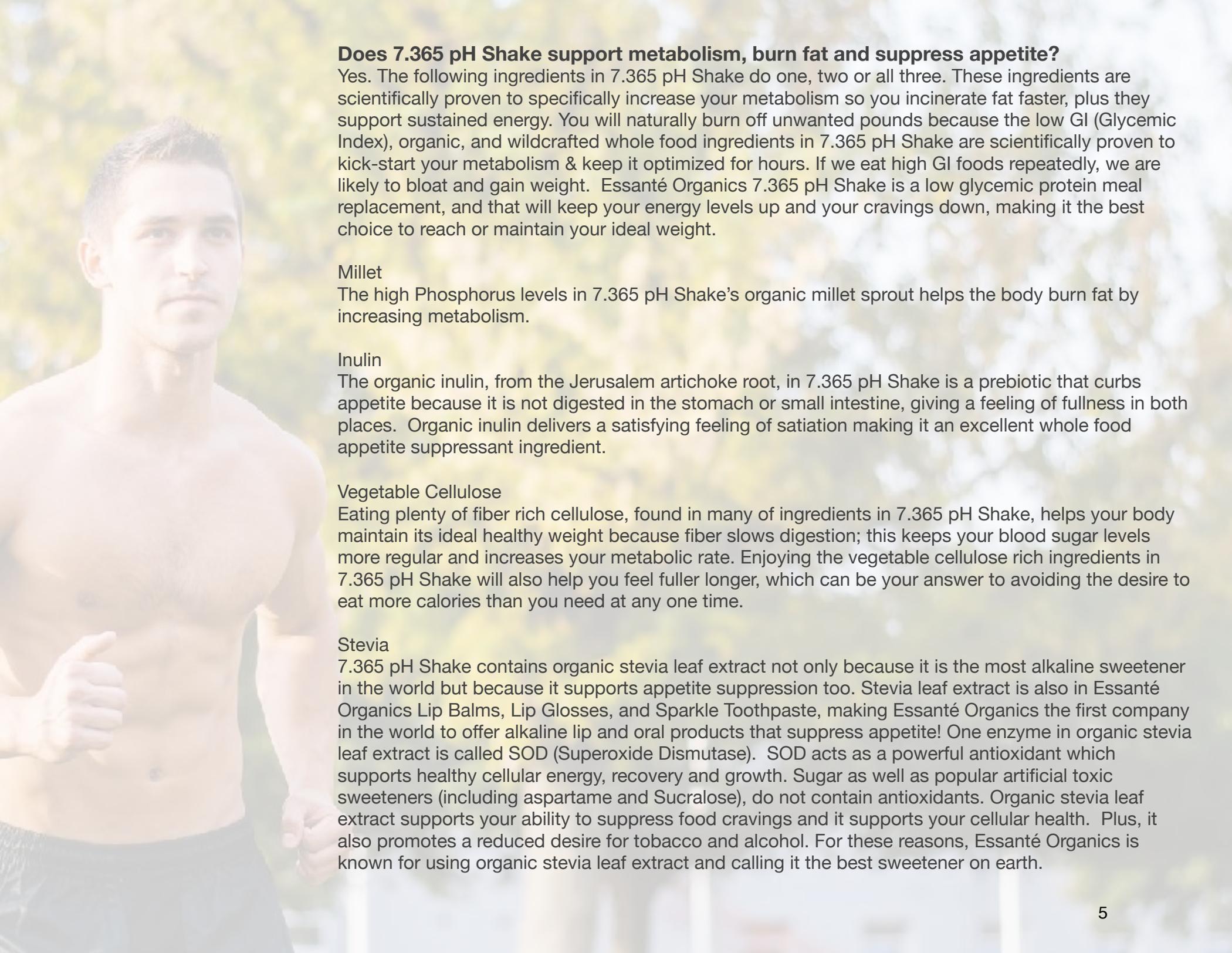
Essanté Organics believes Inulin, one of our organic, low carbohydrate, low GI whole food ingredients, will become known as “The Natural Energy Fiber”! Because organic inulin provides steady energy, about 4 to 12 hours, depending on your individual metabolism. Inulin does not require insulin for digestion, therefore inulin does not produce an energy depression before or after digestion as sucrose and glucose do. Instead, the organic inulin in 7.365 pH Shake provides steady blood-glucose to the mind and muscles over sustained periods of time; thus organic inulin delivers exceptional energy levels all day long.

Stevia

Essanté Organics uses the stevia leaf in 7.365 pH Shake because it can support energy levels, feelings of well-being, appetite suppression and metabolism. In many cultures, organic stevia leaf is used to promote healthy blood sugar levels, in-turn delivering sustainable energy.

Millet

Essanté Organics uses the seed of organic millet because it is know for supporting energy. Organic millet is able to create energy in the body because it contains phosphorus, an essential component and precursor to healthy cellular energy levels.



Does 7.365 pH Shake support metabolism, burn fat and suppress appetite?

Yes. The following ingredients in 7.365 pH Shake do one, two or all three. These ingredients are scientifically proven to specifically increase your metabolism so you incinerate fat faster, plus they support sustained energy. You will naturally burn off unwanted pounds because the low GI (Glycemic Index), organic, and wildcrafted whole food ingredients in 7.365 pH Shake are scientifically proven to kick-start your metabolism & keep it optimized for hours. If we eat high GI foods repeatedly, we are likely to bloat and gain weight. Essanté Organics 7.365 pH Shake is a low glycemic protein meal replacement, and that will keep your energy levels up and your cravings down, making it the best choice to reach or maintain your ideal weight.

Millet

The high Phosphorus levels in 7.365 pH Shake's organic millet sprout helps the body burn fat by increasing metabolism.

Inulin

The organic inulin, from the Jerusalem artichoke root, in 7.365 pH Shake is a prebiotic that curbs appetite because it is not digested in the stomach or small intestine, giving a feeling of fullness in both places. Organic inulin delivers a satisfying feeling of satiation making it an excellent whole food appetite suppressant ingredient.

Vegetable Cellulose

Eating plenty of fiber rich cellulose, found in many of ingredients in 7.365 pH Shake, helps your body maintain its ideal healthy weight because fiber slows digestion; this keeps your blood sugar levels more regular and increases your metabolic rate. Enjoying the vegetable cellulose rich ingredients in 7.365 pH Shake will also help you feel fuller longer, which can be your answer to avoiding the desire to eat more calories than you need at any one time.

Stevia

7.365 pH Shake contains organic stevia leaf extract not only because it is the most alkaline sweetener in the world but because it supports appetite suppression too. Stevia leaf extract is also in Essanté Organics Lip Balms, Lip Glosses, and Sparkle Toothpaste, making Essanté Organics the first company in the world to offer alkaline lip and oral products that suppress appetite! One enzyme in organic stevia leaf extract is called SOD (Superoxide Dismutase). SOD acts as a powerful antioxidant which supports healthy cellular energy, recovery and growth. Sugar as well as popular artificial toxic sweeteners (including aspartame and Sucralose), do not contain antioxidants. Organic stevia leaf extract supports your ability to suppress food cravings and it supports your cellular health. Plus, it also promotes a reduced desire for tobacco and alcohol. For these reasons, Essanté Organics is known for using organic stevia leaf extract and calling it the best sweetener on earth.

Is 7.365 pH Shake a high protein, low calorie meal replacement?

Yes. Several ingredients in 7.365 pH shake are high in protein. Each shake contains 15-17 grams depending on the flavor. Dr. Nancy Rodriguez, athletics dietitian at the University of Connecticut, recommends increasing fluid and fiber intake with increased protein intake, because protein requires a lot of processing by your kidneys and liver. 7.365 pH shake is a worry-free protein meal because all protein sources naturally contain fiber. It's a low calorie meal by design. Eating 4-5 smaller, low calorie meals per day is proven to be the healthiest way to support your digestive system, metabolism and energy levels. Plus, the low calorie count allows you to blend in extra fruits, vegetables, oatmeal, almond butter or other favorite add ins, without feeling guilty.

Chocolate: 17g of protein, 120 calories, 5g fiber

Salted Caramel: 15g of protein, 100 calories, 3g fiber

Vanilla: 16g g of protein, 100 calories, 3g fiber

Sprouted Brown Rice Protein

The organic sprouted brown rice protein in 7.365 pH Shake is gluten free, easily digested, and delivers many health and fitness benefits. This convenient source of vegan protein is packed with nutrients. Organic sprouted brown rice is a gluten free grain that contains natural starches and proteins, yet unlike white rice it still contains its healthy bran and natural fiber content. Organic sprouted brown rice protein is hypoallergenic too, making it an excellent choice for individuals with dairy or soy allergies (our smart bodies often reject these types of substandard proteins).

Yellow Pea Protein

The yellow protein in Essanté Organics 7.365 pH Shake delivers excellence. These protein and folate packed legumes support healthy cholesterol levels. They also contain phytochemicals called saponins, which act as antioxidants. Yellow pea protein has is proven to assimilate into the body's systems faster than any other protein on the market.

Inulin

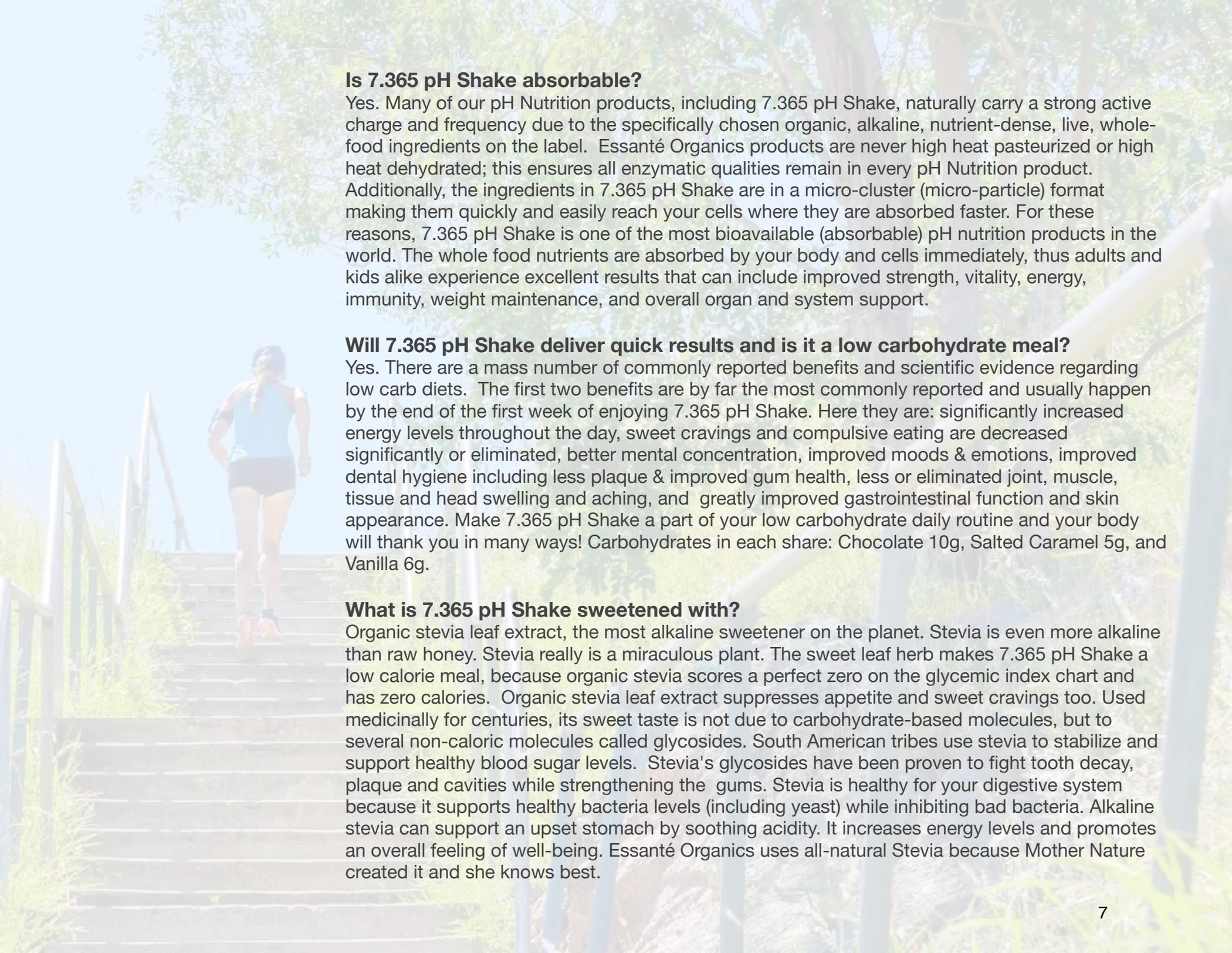
The organic inulin, from Jerusalem artichoke root, gram-for-gram has 62.5% fewer calories than other carbohydrates such as starches, fructose, glucose, and sucrose.

Quinoa (Keen-wah)

The organic quinoa sprout, a grain-like seed, in 7.365 pH Shake is a complete protein containing all 9 essential amino acids required by the body as building blocks for muscles. Organic quinoa sprout is one of the most complete foods on earth, because it contains amino acids, enzymes, vitamins, minerals, fiber, antioxidants, and phytonutrients.

Amaranth

The organic vegetable sprout amaranth is in 7.365 pH Shake. It contains large amounts of protein, up to 30% more than wheat flour, rice and oats. The high level of protein contained in amaranth is also unusually complete when compared to other plant sources. Plus, organic amaranth sprout, like all 7.365 pH Shake ingredients, lacks gluten, a problematic protein contained in many grains and protein shakes.



Is 7.365 pH Shake absorbable?

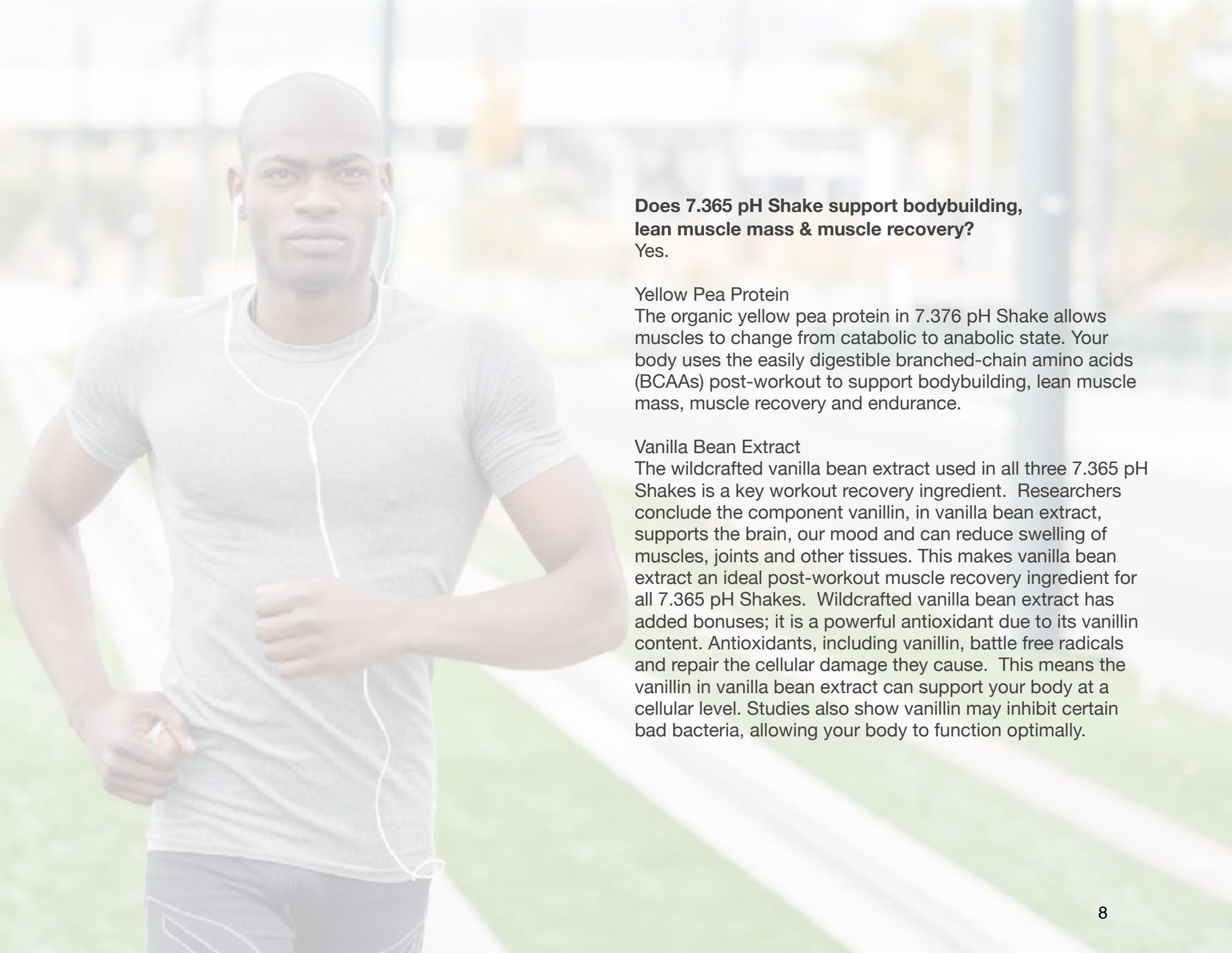
Yes. Many of our pH Nutrition products, including 7.365 pH Shake, naturally carry a strong active charge and frequency due to the specifically chosen organic, alkaline, nutrient-dense, live, whole-food ingredients on the label. Essanté Organics products are never high heat pasteurized or high heat dehydrated; this ensures all enzymatic qualities remain in every pH Nutrition product. Additionally, the ingredients in 7.365 pH Shake are in a micro-cluster (micro-particle) format making them quickly and easily reach your cells where they are absorbed faster. For these reasons, 7.365 pH Shake is one of the most bioavailable (absorbable) pH nutrition products in the world. The whole food nutrients are absorbed by your body and cells immediately, thus adults and kids alike experience excellent results that can include improved strength, vitality, energy, immunity, weight maintenance, and overall organ and system support.

Will 7.365 pH Shake deliver quick results and is it a low carbohydrate meal?

Yes. There are a mass number of commonly reported benefits and scientific evidence regarding low carb diets. The first two benefits are by far the most commonly reported and usually happen by the end of the first week of enjoying 7.365 pH Shake. Here they are: significantly increased energy levels throughout the day, sweet cravings and compulsive eating are decreased significantly or eliminated, better mental concentration, improved moods & emotions, improved dental hygiene including less plaque & improved gum health, less or eliminated joint, muscle, tissue and head swelling and aching, and greatly improved gastrointestinal function and skin appearance. Make 7.365 pH Shake a part of your low carbohydrate daily routine and your body will thank you in many ways! Carbohydrates in each share: Chocolate 10g, Salted Caramel 5g, and Vanilla 6g.

What is 7.365 pH Shake sweetened with?

Organic stevia leaf extract, the most alkaline sweetener on the planet. Stevia is even more alkaline than raw honey. Stevia really is a miraculous plant. The sweet leaf herb makes 7.365 pH Shake a low calorie meal, because organic stevia scores a perfect zero on the glycemic index chart and has zero calories. Organic stevia leaf extract suppresses appetite and sweet cravings too. Used medicinally for centuries, its sweet taste is not due to carbohydrate-based molecules, but to several non-caloric molecules called glycosides. South American tribes use stevia to stabilize and support healthy blood sugar levels. Stevia's glycosides have been proven to fight tooth decay, plaque and cavities while strengthening the gums. Stevia is healthy for your digestive system because it supports healthy bacteria levels (including yeast) while inhibiting bad bacteria. Alkaline stevia can support an upset stomach by soothing acidity. It increases energy levels and promotes an overall feeling of well-being. Essanté Organics uses all-natural Stevia because Mother Nature created it and she knows best.



Does 7.365 pH Shake support bodybuilding, lean muscle mass & muscle recovery?

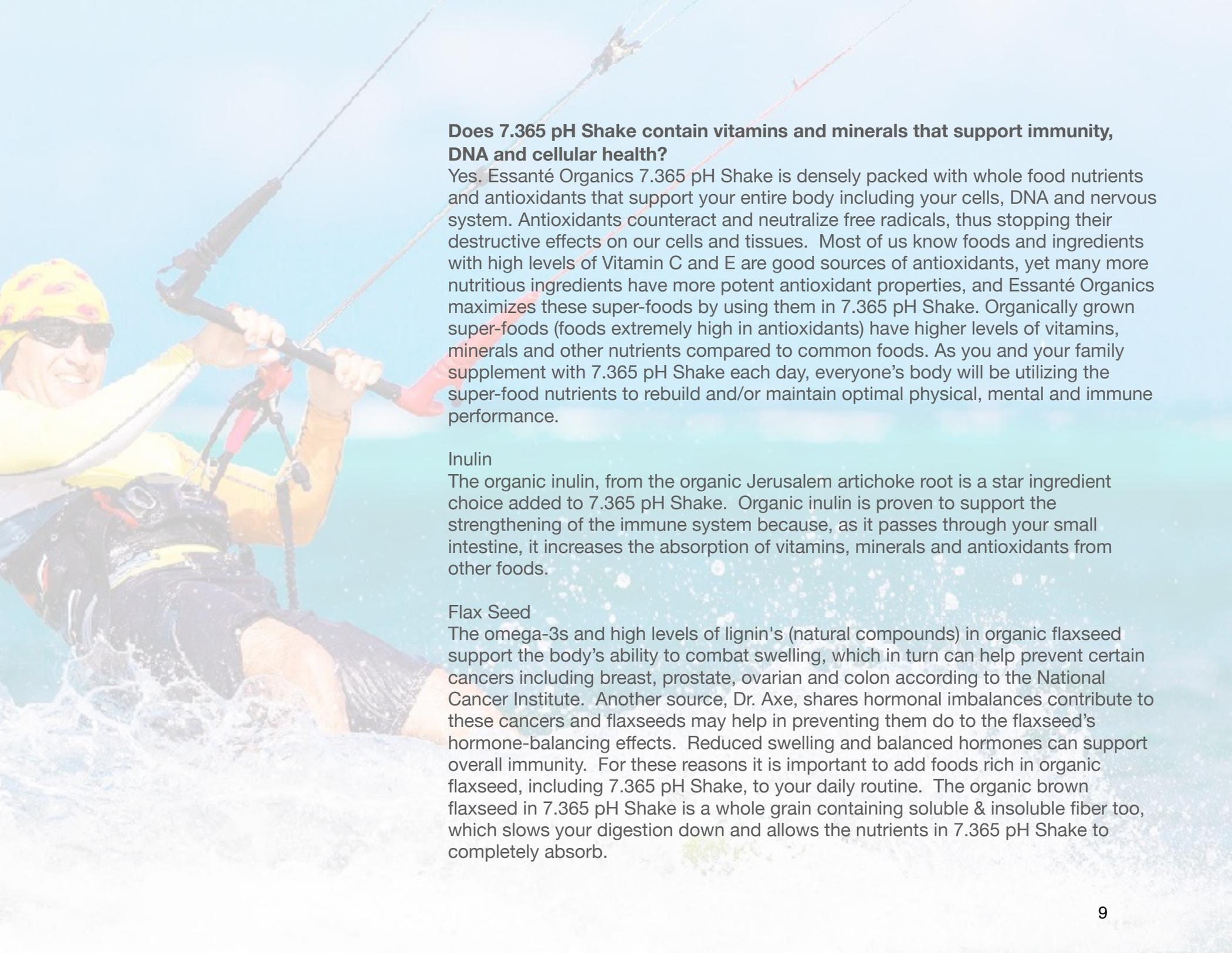
Yes.

Yellow Pea Protein

The organic yellow pea protein in 7.376 pH Shake allows muscles to change from catabolic to anabolic state. Your body uses the easily digestible branched-chain amino acids (BCAAs) post-workout to support bodybuilding, lean muscle mass, muscle recovery and endurance.

Vanilla Bean Extract

The wildcrafted vanilla bean extract used in all three 7.365 pH Shakes is a key workout recovery ingredient. Researchers conclude the component vanillin, in vanilla bean extract, supports the brain, our mood and can reduce swelling of muscles, joints and other tissues. This makes vanilla bean extract an ideal post-workout muscle recovery ingredient for all 7.365 pH Shakes. Wildcrafted vanilla bean extract has added bonuses; it is a powerful antioxidant due to its vanillin content. Antioxidants, including vanillin, battle free radicals and repair the cellular damage they cause. This means the vanillin in vanilla bean extract can support your body at a cellular level. Studies also show vanillin may inhibit certain bad bacteria, allowing your body to function optimally.



Does 7.365 pH Shake contain vitamins and minerals that support immunity, DNA and cellular health?

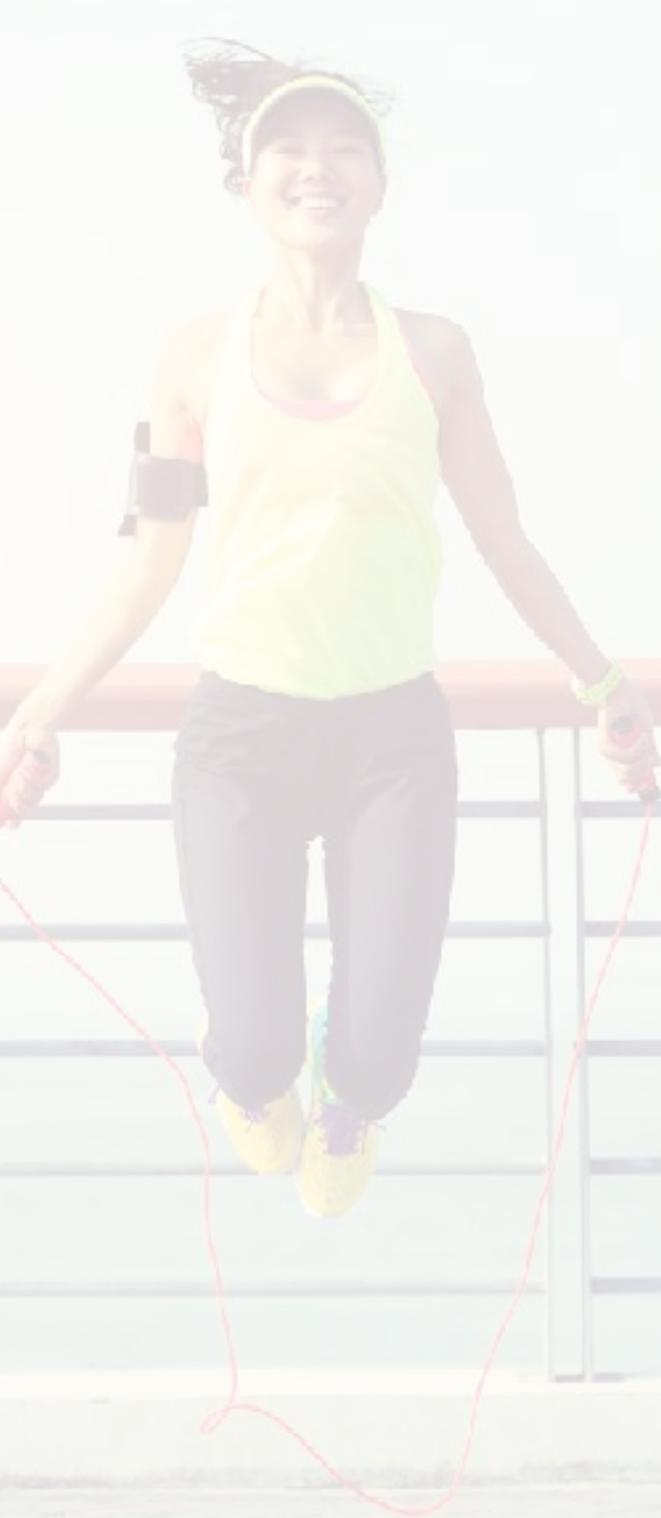
Yes. Essanté Organics 7.365 pH Shake is densely packed with whole food nutrients and antioxidants that support your entire body including your cells, DNA and nervous system. Antioxidants counteract and neutralize free radicals, thus stopping their destructive effects on our cells and tissues. Most of us know foods and ingredients with high levels of Vitamin C and E are good sources of antioxidants, yet many more nutritious ingredients have more potent antioxidant properties, and Essanté Organics maximizes these super-foods by using them in 7.365 pH Shake. Organically grown super-foods (foods extremely high in antioxidants) have higher levels of vitamins, minerals and other nutrients compared to common foods. As you and your family supplement with 7.365 pH Shake each day, everyone's body will be utilizing the super-food nutrients to rebuild and/or maintain optimal physical, mental and immune performance.

Inulin

The organic inulin, from the organic Jerusalem artichoke root is a star ingredient choice added to 7.365 pH Shake. Organic inulin is proven to support the strengthening of the immune system because, as it passes through your small intestine, it increases the absorption of vitamins, minerals and antioxidants from other foods.

Flax Seed

The omega-3s and high levels of lignin's (natural compounds) in organic flaxseed support the body's ability to combat swelling, which in turn can help prevent certain cancers including breast, prostate, ovarian and colon according to the National Cancer Institute. Another source, Dr. Axe, shares hormonal imbalances contribute to these cancers and flaxseeds may help in preventing them do to the flaxseed's hormone-balancing effects. Reduced swelling and balanced hormones can support overall immunity. For these reasons it is important to add foods rich in organic flaxseed, including 7.365 pH Shake, to your daily routine. The organic brown flaxseed in 7.365 pH Shake is a whole grain containing soluble & insoluble fiber too, which slows your digestion down and allows the nutrients in 7.365 pH Shake to completely absorb.



Does 7.365 pH Shake contain vitamins and minerals that support immunity, DNA and cellular health?

Yes (Continued)

Quinoa (Keen-wah)

7.365 pH Shake contains organic quinoa sprout, a seed rich in manganese and copper, minerals that act as antioxidants in your body to get rid of dangerous cellular disease-causing toxins. Quinoa is higher in calcium, phosphorus, magnesium, potassium, iron, copper, manganese, and zinc than wheat, barley, corn and most other grains and seeds. In its whole grain form (used in 7.365 pH Shake) many studies show it is effective in supporting the arteries, the cells, the pancreas (which regulates insulin and blood sugar), and the body overall. Quinoa is one of the most complete foods in nature because it contains amino acids (all 9), enzymes, vitamins, minerals, fiber, antioxidants, and phytonutrients. Researchers attribute many of the health benefits of quinoa to its complete nutritional makeup.

Alfalfa

Microfine organic alfalfa leaves are used in 7.365 pH Shake. Alfalfa is a unique and powerful plant because it sends its roots 20 feet underground thus brining up rich minerals into its leaves. It is considered the richest land source of trace minerals. Alfalfa is an Arabic word meaning "father of plants". Alfalfa contains record amounts of vitamins, minerals and other nutrients that play a vital role in bone strength and growth and in the maintenance of a overall healthy body function. organic alfalfa contains protein, vitamin A, vitamin B1, vitamin B6, vitamin C, vitamin E, and vitamin K, calcium, potassium, carotene, iron, and zinc; making it an exceptional supplement and a top ingredient choice for 7.365 pH Shake.

Amaranth

Organic amaranth sprout, one of many key vegetables in Essanté Organics 7.365 pH Shake, has been noted to help support and promote the body's immune system. Amaranth is vitamin-rich and an excellent whole food source of vitamin A, vitamin B6, vitamin K, vitamin C, folate and riboflavin. Amaranth includes numerous minerals including calcium, potassium, iron, copper, magnesium, phosphorus and manganese. Amaranth is also a healthy source of dietary fiber and essential amino acids, including lysine, which has clinically shown potential in cellular treatments.

Does 7.365 pH Shake contain vitamins and minerals that support immunity, DNA and cellular health?

Yes (Continued)

Millet

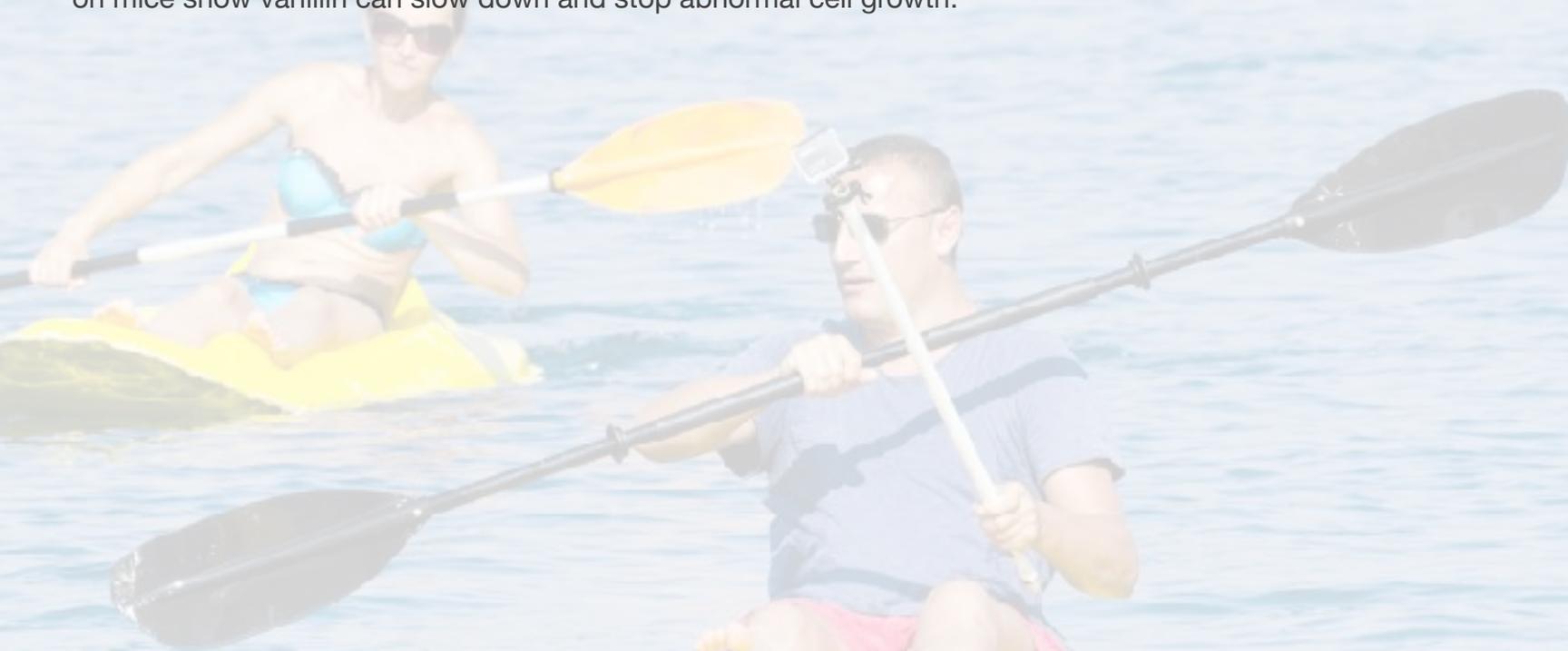
The organic millet sprout in 7.365 pH Shake is a prebiotic grain-like seed that contains potent nutrients including: Magnesium, Calcium, Manganese, Tryptophan, Niacin (vitamin B3), Phosphorus, Fiber, B vitamins, Antioxidants and more. Many studies identify the benefits of organic millet sprout, for example: Magnesium in organic sprout millet can help support head pressure and heart health. Niacin (vitamin B3) in organic millet sprout can help support healthy cholesterol levels. Its phosphorus content promotes metabolism of fat, tissue repair, and energy creation (phosphorus is an essential component of adenosine triphosphate or ATP, a precursor to body energy). Organic millet sprout can help lower risk of type 2 diabetes. Fiber from whole grains has been shown to protect against breast cancer. Whole grains have been shown to protect against childhood asthma.

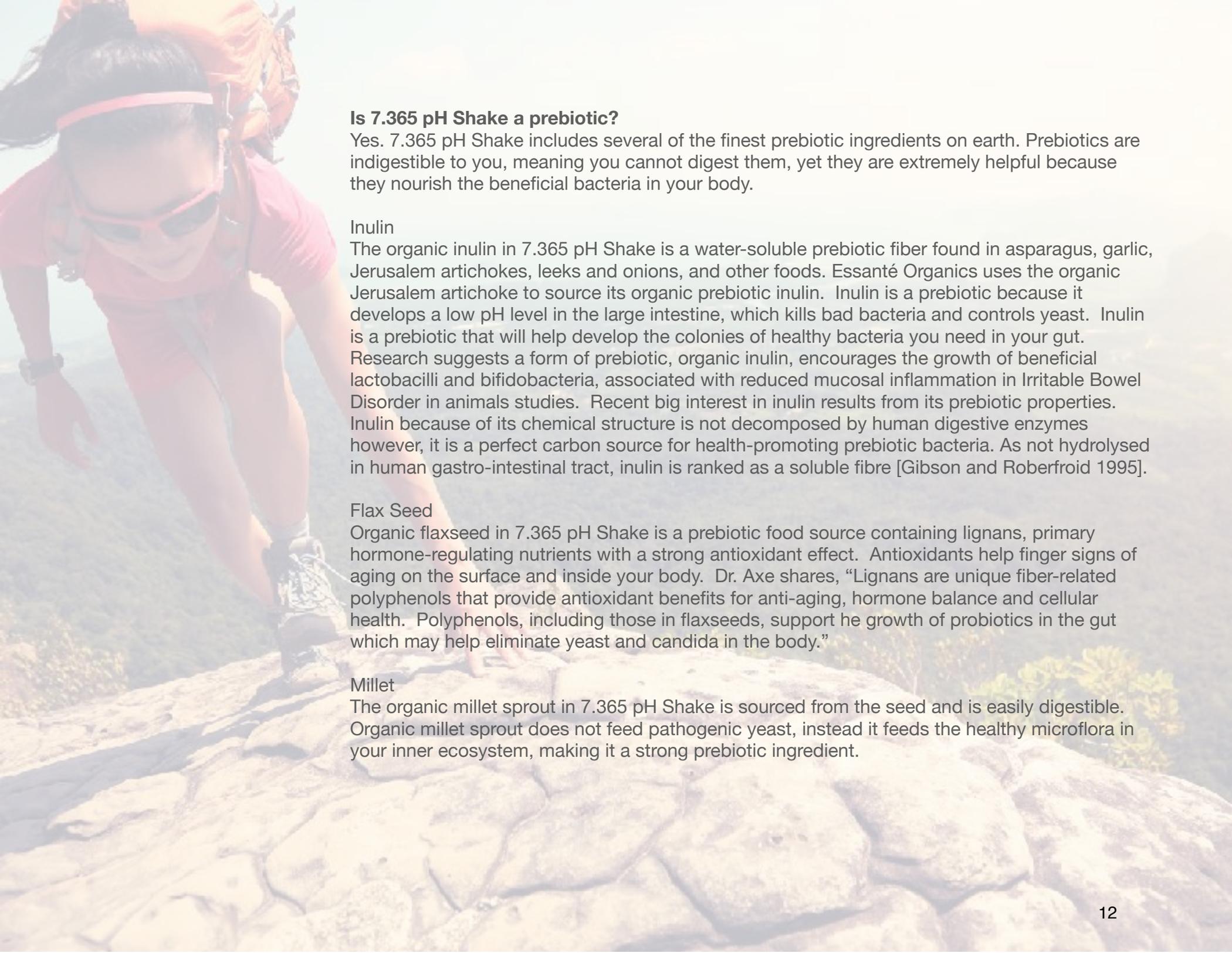
Cocoa

Cocoa, used only in the chocolate 7.365 pH Shake, derives its health benefits from flavonoids, which are plant pigments capable of acting as antioxidants to counteract cellular damage that can lead to chronic diseases. Cocoa powder has also been shown to lower blood pressure and improve blood flow in humans. A cup of cocoa has almost three times the antioxidants of a cup of green tea. With all of the antioxidant capabilities of cocoa it may seem like a no-brainer to add dark chocolate and cocoa to your diet. So why not do it with at least one rich, delicious Chocoholic Kiss 7.365 pH SHAKE a day!

Vanilla Bean Extract

This ingredient is used in all three 7.365 pH Shakes for a reason. The active compound in vanilla bean extract is vanillin, a polyphenol with strong antioxidant activity that can offset oxidative damage while supporting brain, cellular and immune health. Laboratory studies on mice show vanillin can slow down and stop abnormal cell growth.





Is 7.365 pH Shake a prebiotic?

Yes. 7.365 pH Shake includes several of the finest prebiotic ingredients on earth. Prebiotics are indigestible to you, meaning you cannot digest them, yet they are extremely helpful because they nourish the beneficial bacteria in your body.

Inulin

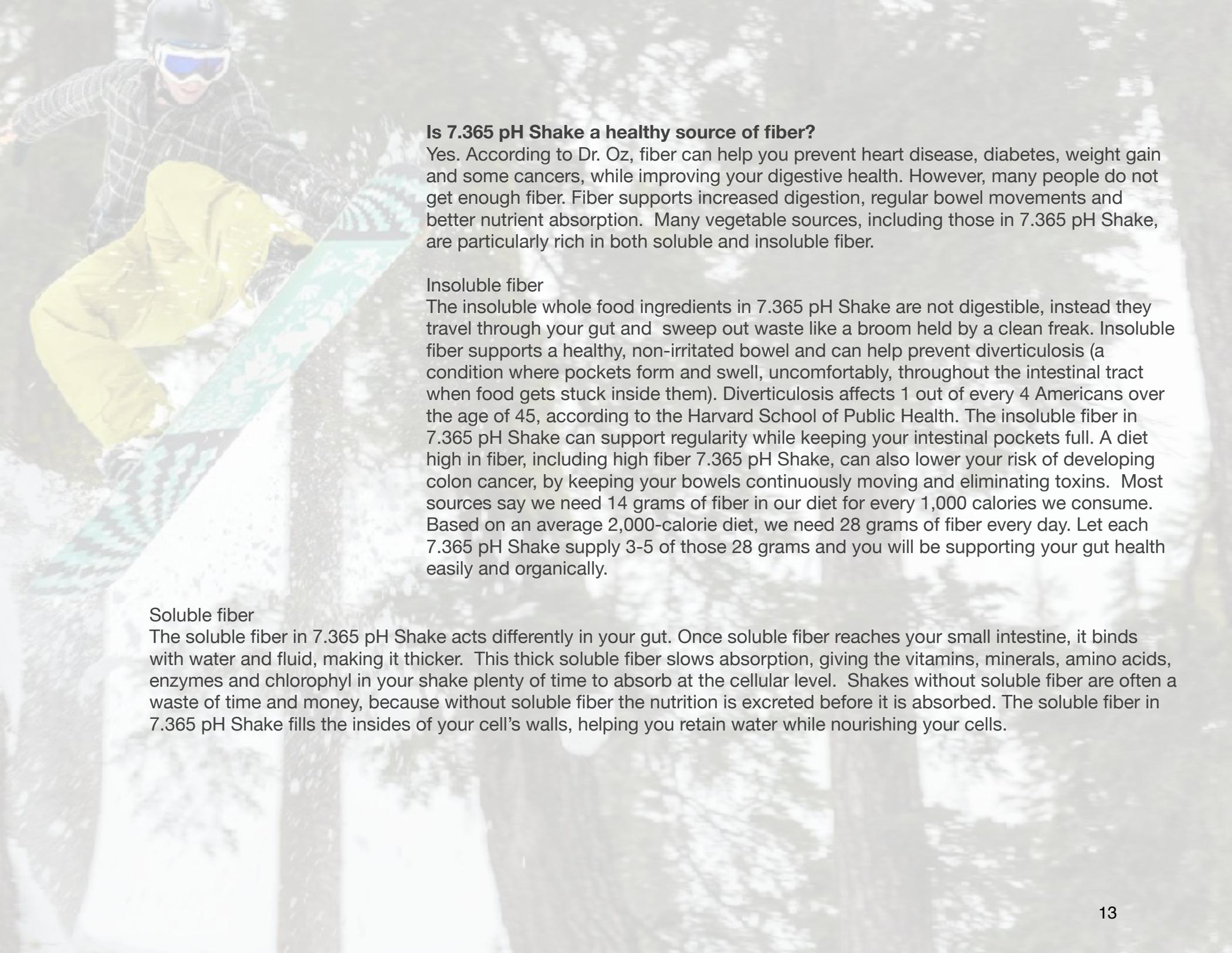
The organic inulin in 7.365 pH Shake is a water-soluble prebiotic fiber found in asparagus, garlic, Jerusalem artichokes, leeks and onions, and other foods. Essanté Organics uses the organic Jerusalem artichoke to source its organic prebiotic inulin. Inulin is a prebiotic because it develops a low pH level in the large intestine, which kills bad bacteria and controls yeast. Inulin is a prebiotic that will help develop the colonies of healthy bacteria you need in your gut. Research suggests a form of prebiotic, organic inulin, encourages the growth of beneficial lactobacilli and bifidobacteria, associated with reduced mucosal inflammation in Irritable Bowel Disorder in animals studies. Recent big interest in inulin results from its prebiotic properties. Inulin because of its chemical structure is not decomposed by human digestive enzymes however, it is a perfect carbon source for health-promoting prebiotic bacteria. As not hydrolysed in human gastro-intestinal tract, inulin is ranked as a soluble fibre [Gibson and Roberfroid 1995].

Flax Seed

Organic flaxseed in 7.365 pH Shake is a prebiotic food source containing lignans, primary hormone-regulating nutrients with a strong antioxidant effect. Antioxidants help fight signs of aging on the surface and inside your body. Dr. Axe shares, “Lignans are unique fiber-related polyphenols that provide antioxidant benefits for anti-aging, hormone balance and cellular health. Polyphenols, including those in flaxseeds, support the growth of probiotics in the gut which may help eliminate yeast and candida in the body.”

Millet

The organic millet sprout in 7.365 pH Shake is sourced from the seed and is easily digestible. Organic millet sprout does not feed pathogenic yeast, instead it feeds the healthy microflora in your inner ecosystem, making it a strong prebiotic ingredient.

A person wearing a black helmet, goggles, and a plaid jacket is skiing down a snowy slope. They are wearing bright yellow ski pants. The background shows a dense forest of evergreen trees under a bright sky.

Is 7.365 pH Shake a healthy source of fiber?

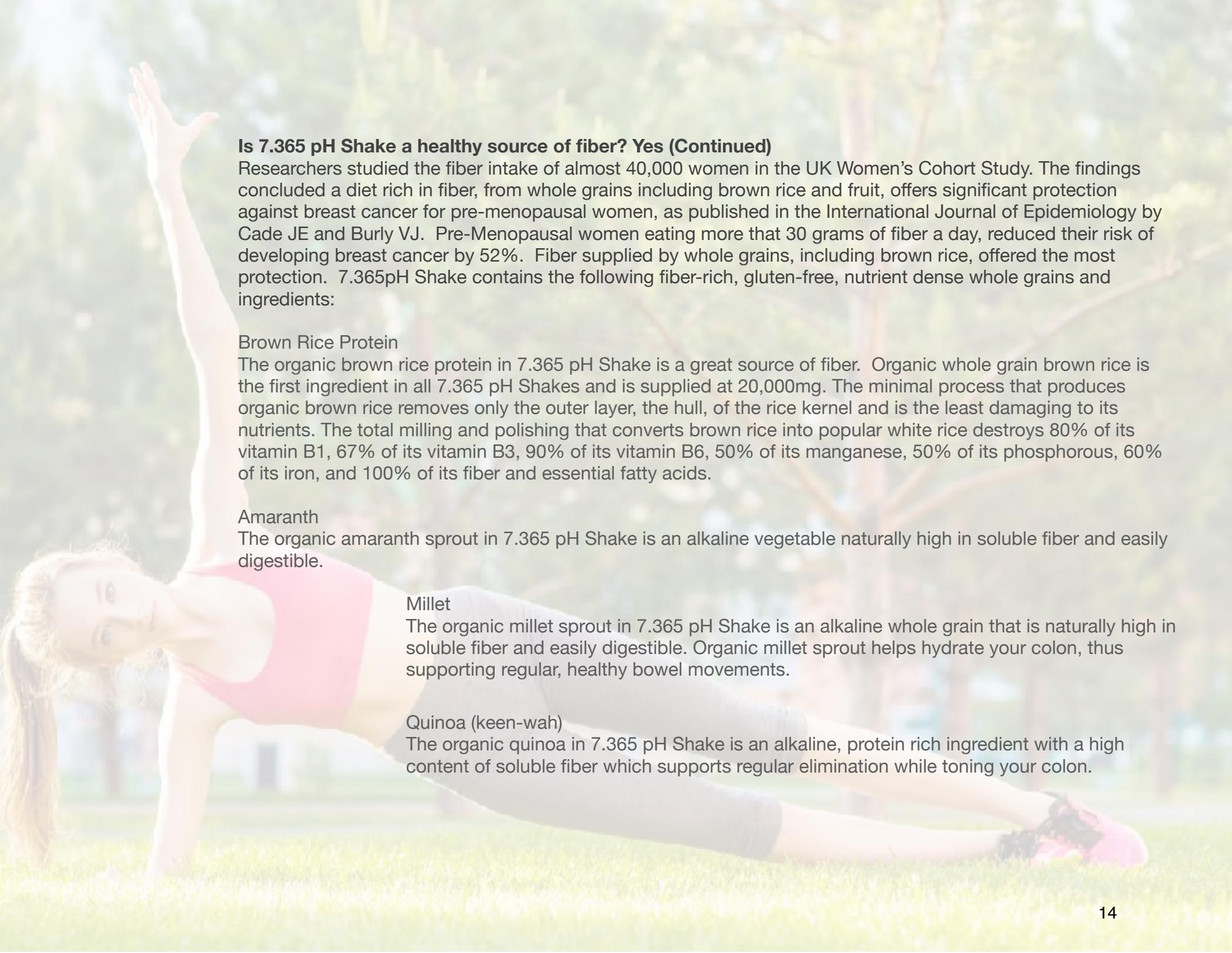
Yes. According to Dr. Oz, fiber can help you prevent heart disease, diabetes, weight gain and some cancers, while improving your digestive health. However, many people do not get enough fiber. Fiber supports increased digestion, regular bowel movements and better nutrient absorption. Many vegetable sources, including those in 7.365 pH Shake, are particularly rich in both soluble and insoluble fiber.

Insoluble fiber

The insoluble whole food ingredients in 7.365 pH Shake are not digestible, instead they travel through your gut and sweep out waste like a broom held by a clean freak. Insoluble fiber supports a healthy, non-irritated bowel and can help prevent diverticulosis (a condition where pockets form and swell, uncomfortably, throughout the intestinal tract when food gets stuck inside them). Diverticulosis affects 1 out of every 4 Americans over the age of 45, according to the Harvard School of Public Health. The insoluble fiber in 7.365 pH Shake can support regularity while keeping your intestinal pockets full. A diet high in fiber, including high fiber 7.365 pH Shake, can also lower your risk of developing colon cancer, by keeping your bowels continuously moving and eliminating toxins. Most sources say we need 14 grams of fiber in our diet for every 1,000 calories we consume. Based on an average 2,000-calorie diet, we need 28 grams of fiber every day. Let each 7.365 pH Shake supply 3-5 of those 28 grams and you will be supporting your gut health easily and organically.

Soluble fiber

The soluble fiber in 7.365 pH Shake acts differently in your gut. Once soluble fiber reaches your small intestine, it binds with water and fluid, making it thicker. This thick soluble fiber slows absorption, giving the vitamins, minerals, amino acids, enzymes and chlorophyll in your shake plenty of time to absorb at the cellular level. Shakes without soluble fiber are often a waste of time and money, because without soluble fiber the nutrition is excreted before it is absorbed. The soluble fiber in 7.365 pH Shake fills the insides of your cell's walls, helping you retain water while nourishing your cells.



Is 7.365 pH Shake a healthy source of fiber? Yes (Continued)

Researchers studied the fiber intake of almost 40,000 women in the UK Women's Cohort Study. The findings concluded a diet rich in fiber, from whole grains including brown rice and fruit, offers significant protection against breast cancer for pre-menopausal women, as published in the International Journal of Epidemiology by Cade JE and Burly VJ. Pre-Menopausal women eating more than 30 grams of fiber a day, reduced their risk of developing breast cancer by 52%. Fiber supplied by whole grains, including brown rice, offered the most protection. 7.365pH Shake contains the following fiber-rich, gluten-free, nutrient dense whole grains and ingredients:

Brown Rice Protein

The organic brown rice protein in 7.365 pH Shake is a great source of fiber. Organic whole grain brown rice is the first ingredient in all 7.365 pH Shakes and is supplied at 20,000mg. The minimal process that produces organic brown rice removes only the outer layer, the hull, of the rice kernel and is the least damaging to its nutrients. The total milling and polishing that converts brown rice into popular white rice destroys 80% of its vitamin B1, 67% of its vitamin B3, 90% of its vitamin B6, 50% of its manganese, 50% of its phosphorus, 60% of its iron, and 100% of its fiber and essential fatty acids.

Amaranth

The organic amaranth sprout in 7.365 pH Shake is an alkaline vegetable naturally high in soluble fiber and easily digestible.

Millet

The organic millet sprout in 7.365 pH Shake is an alkaline whole grain that is naturally high in soluble fiber and easily digestible. Organic millet sprout helps hydrate your colon, thus supporting regular, healthy bowel movements.

Quinoa (keen-wah)

The organic quinoa in 7.365 pH Shake is an alkaline, protein rich ingredient with a high content of soluble fiber which supports regular elimination while toning your colon.



Is 7.365 pH Shake a healthy source of fiber? Yes (Continued)

Guar Gum

Organic guar gum, in 7.365 pH Shake, is water soluble fiber from organic beans that look similar to green beans. Unlike xanthan gum, which is a product of bacterial fermentation, organic guar gum is derived from an actual food: the organic guar bean, also called the Indian cluster bean. Guar beans are popular vegetable dish in India and Pakistan because guar beans grow in abundance in both regions. Because your intestinal tract does not absorb organic guar gum completely, it slows your digestion, helps you feel fuller longer and supports healthy bowel movements.

Vegetable Cellulose

Cellulose is a fiber, in 7.365 pH Shake ingredients, and although it is an important component of a diet, you cannot digest it and it does not contain calories. Cellulose supports normal digestive function and slows down the digestive processes, which in turn helps you maintain a more stable blood sugar level and a healthy weight.

Flax Seed

This organic whole grain, in 7.365 pH Shake, contains high levels of both soluble and insoluble fiber, and has been recognized by the National Cancer Institute as an essential part of your diet for the prevention of many cancers including colon cancer.

Inulin

This organic dietary fiber, in 7.365 pH Shake, feeds the beneficial bifid bacteria in your large intestine. Thus organic inulin, by definition, is a prebiotic. A low pH is developed in the large intestine, when organic inulin is being processed by your body, killing bad bacteria such as e-coli and salmonella. Organic inulin decreases the tendency for overly hard and overly runny stools.

Cocoa

The wildcrafted fiber-rich cocoa in chocolate 7.365 pH Shake supports the circulatory system, blood vessel elasticity, the respiratory system, brain health, and LDL cholesterol and glucose levels. It promotes insulin resistance, metabolism and healthy bowel movements. One pediatric study showed consumption of cocoa products resulted in faster colonic, rectal and intestinal movement times. Another study demonstrated consumption of products with cocoa encourage better bowel function by reducing the time it takes to have a bowel movement, increasing the frequency of bowel movements, and making softer stools (without inducing adverse side effects i.e. gastrointestinal and abdominal discomfort).



Does 7.365 pH Shake support heart health?

Yes. 7.365 pH Shake is a heart healthy food because it contains several heart healthy ingredients including organic yellow pea protein, organic quinoa, organic flaxseed, organic inulin and organic amaranth.

Yellow Pea Protein

The organic yellow pea protein in 7.365 pH Shake is extremely heart healthy and it also supports kidney tissue.

Inulin

Organic inulin, in 7.365 pH Shake, is a heart healthy, low carbohydrate, low GI whole food ingredient which supports a healthy circulatory system by supporting healthy cholesterol and triglyceride levels.

Flax Seed

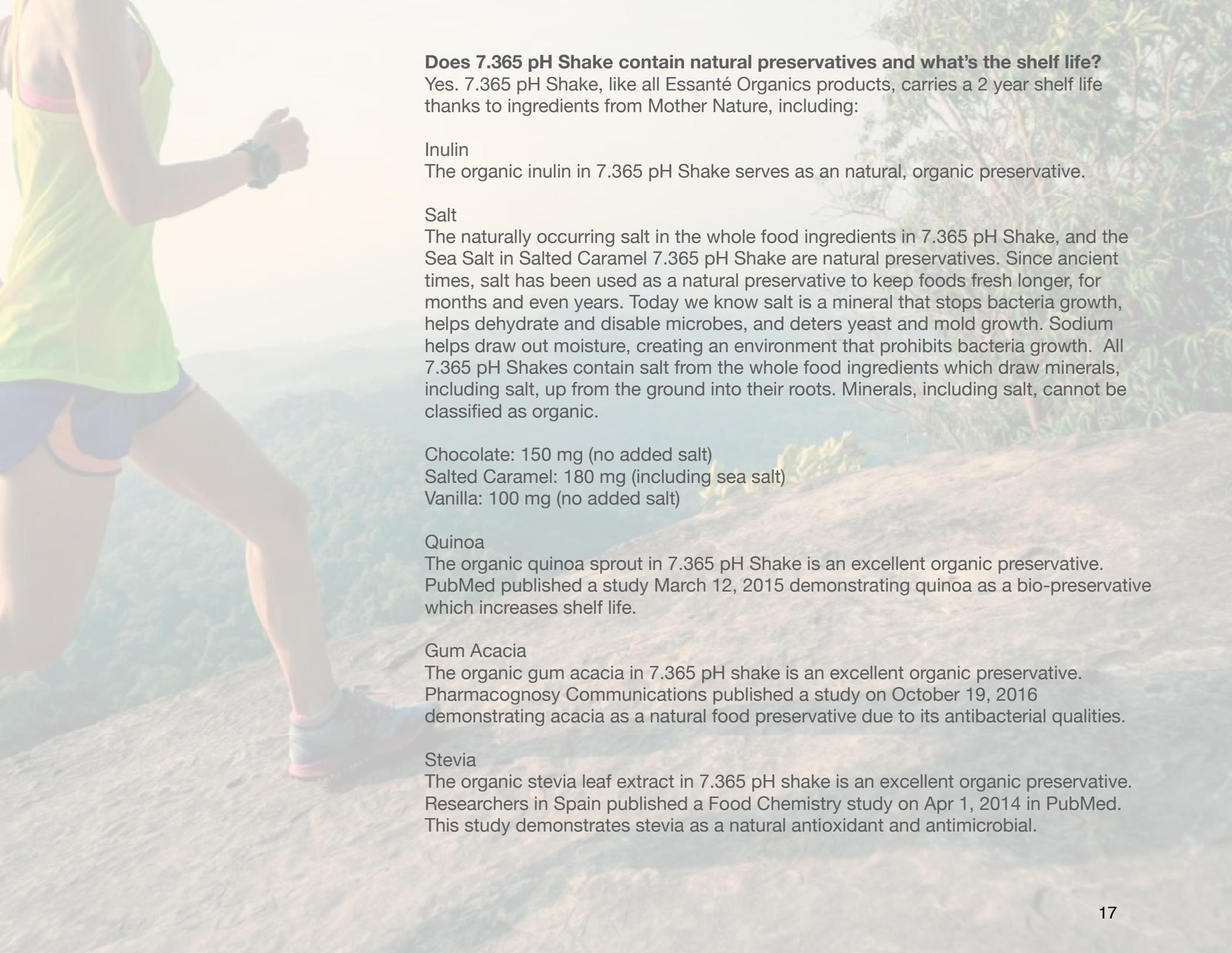
Organic brown flaxseed, in 7.365 pH Shake, is recognized as the richest source of essential fatty acids; including alphanolenic acid (ALA), Omega 3 and Omega 6 fatty acids. Omegas are vital oils which are imperative to optimal physical, neurological & heart health, plus they facilitate detoxification and weight loss. The body needs to detox regularly, on its own, and it does this by innately ensuring the toxins in our body bind to fats and exit the system. Omega fatty acids are the perfect carrier to hold toxins and escort them out of the body. Essanté Organics uses flaxseed in 7.365 pH Shake because it supports and promotes: heart health, immunity, kidney health, balanced emotions and moods, strength & stamina, growth & development, skin & hair health, bone health, metabolism, reproductive health, healthy cholesterol levels and weight loss.

Quinoa (keen-wah)

Organic quinoa sprout, in 7.365 pH Shake, contains high levels of Magnesium; a vital nutrient that supports the relaxation of the muscles and blood vessels and promotes healthy blood pressure levels.

Amaranth

Organic amaranth sprout, in 7.365 pH Shake is a vegetable containing oils that have been shown in studies to help support blood pressure and the cardiovascular system. Additional studies have shown regular consumption of organic amaranth sprout can promote healthy cholesterol levels.



Does 7.365 pH Shake contain natural preservatives and what's the shelf life?

Yes. 7.365 pH Shake, like all Essanté Organics products, carries a 2 year shelf life thanks to ingredients from Mother Nature, including:

Inulin

The organic inulin in 7.365 pH Shake serves as a natural, organic preservative.

Salt

The naturally occurring salt in the whole food ingredients in 7.365 pH Shake, and the Sea Salt in Salted Caramel 7.365 pH Shake are natural preservatives. Since ancient times, salt has been used as a natural preservative to keep foods fresh longer, for months and even years. Today we know salt is a mineral that stops bacteria growth, helps dehydrate and disable microbes, and deters yeast and mold growth. Sodium helps draw out moisture, creating an environment that prohibits bacteria growth. All 7.365 pH Shakes contain salt from the whole food ingredients which draw minerals, including salt, up from the ground into their roots. Minerals, including salt, cannot be classified as organic.

Chocolate: 150 mg (no added salt)

Salted Caramel: 180 mg (including sea salt)

Vanilla: 100 mg (no added salt)

Quinoa

The organic quinoa sprout in 7.365 pH Shake is an excellent organic preservative. PubMed published a study March 12, 2015 demonstrating quinoa as a bio-preservative which increases shelf life.

Gum Acacia

The organic gum acacia in 7.365 pH shake is an excellent organic preservative. Pharmacognosy Communications published a study on October 19, 2016 demonstrating acacia as a natural food preservative due to its antibacterial qualities.

Stevia

The organic stevia leaf extract in 7.365 pH shake is an excellent organic preservative. Researchers in Spain published a Food Chemistry study on Apr 1, 2014 in PubMed. This study demonstrates stevia as a natural antioxidant and antimicrobial.

Is 7.365 pH Shake a certified USDA Organic product (is it free from all toxic chemicals and GMOs)?

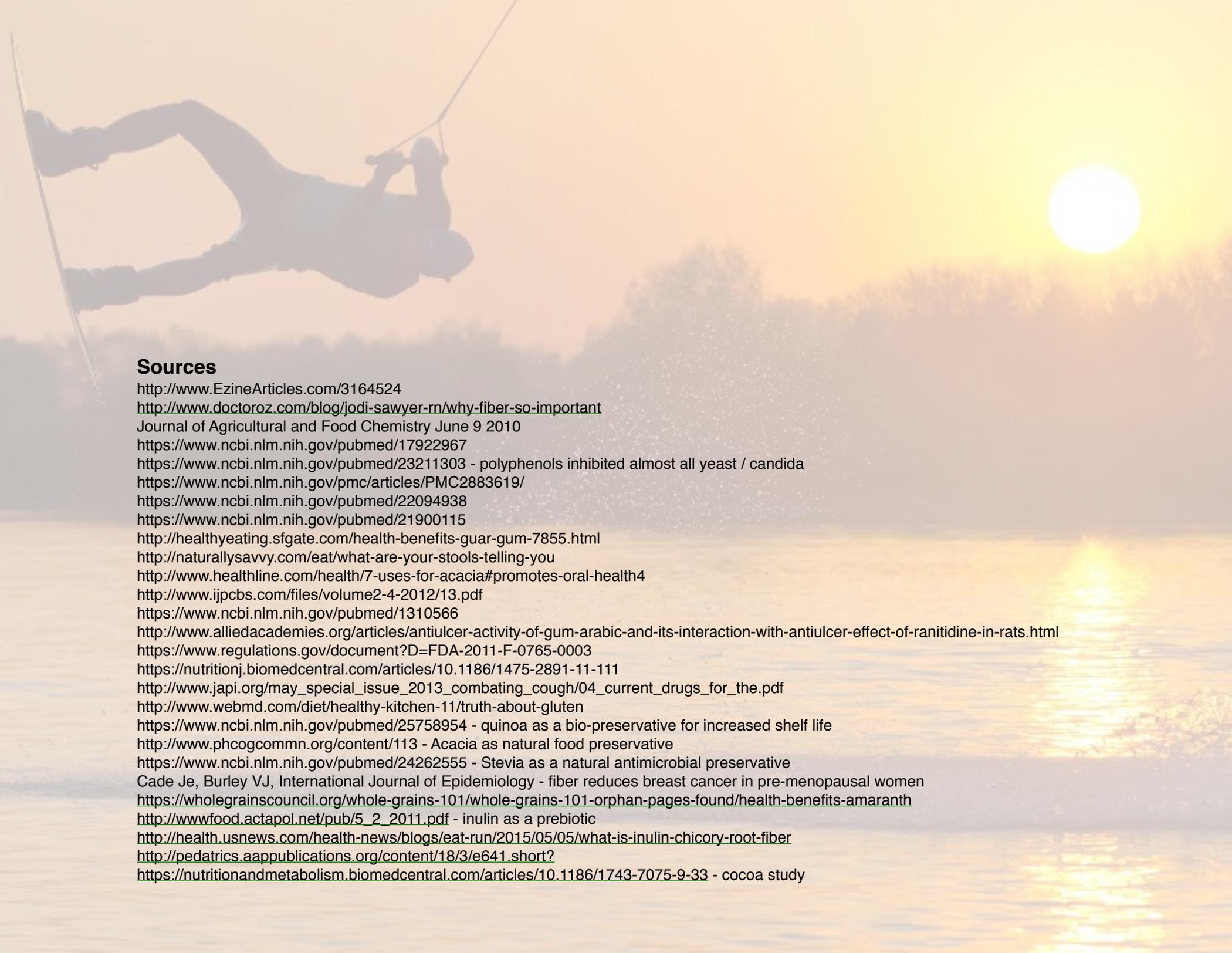
Yes. 7.365 pH Shake is certified to USDA NOP (United States Department of Agriculture National Organic Program). Each ingredient marked with an asterisks (*) is a certified organic ingredient. Additionally, the entire product is Certified USDA Organic by Quality Assurance International (QAI). QAI is based in San Diego, California and is one of 90 companies authorized by the USDA to operate as one of their certifying agents.

QAI operates globally to certify organic operations to NOP (National Organic Program) standards. QAI is one of the world's largest certifiers. 7.365 pH Shake is a certified USDA Organic product. This means the product is guaranteed to contain zero drugs, hormones, pesticides, or synthetic chemicals of any kind. Choosing an organic product, like 7.365 pH Shake, is the most health conscious and environmentally conscious choices you can make as a consumer. This is why we call our customers “conscious consumers”. Consuming (and applying) products with organic ingredients ensures a healthier lifestyle, free from dangerous toxins that can build up and cause fat buildup, neurotoxicity, hormone disruption, and serious diseases. Essanté Organics understands toxic overload is a serious epidemic. The average person is exposed to 120 - 200 chemicals & toxins, every day, by 9am. This occurs by taking a shower with toxic products, applying toxic products to the skin and hair, and consuming breakfast foods with toxic ingredients. Toxic overload can occur before we leave the house in the morning. Most products, both non-consumables and consumables contain neurotoxins, hormone disruptors and carcinogens, because they FDA does not regulate body or nutrition products. Essanté Organics encourages you to read your labels and google the ingredients. Essanté Organics conscious consumers enjoy toxic free living, because toxic ingredients are not permitted. Did you know as your body absorbs and ingests toxic chemicals, it surrounds those toxins with fat as a protection mechanism? This means living a life free from toxic chemicals is not only vital to your health, it is also a key factor to losing weight long-term.

GMO stands for Genetically Modified Organism. GMOs are man-made fruits, vegetables, ingredients and products that have been altered by man in a laboratory. Other companies often use GMOs because they are less expensive. Genetic engineering is a radical technology that forces genetic information across the protective species barrier in an unnatural way. This is a serious concern. One reason for concern is laboratory-created mutations are unlabeled, unregulated, and virtually untested, yet they are on grocery shelves everywhere. The tomato in your salad tonight could be a GMO tomato; again labeling is currently not required. It is a good practice to purchase fruits and vegetables that are certified organic and non GMO - just look for and purchase items with the USDA Organic seal. Essanté Organics says NO to GMOs because there are no long-term independent safety tests, damage may occur to the world's ecosystem, and poor consumer health and disease may result. Essanté Organics believes the introduction of GMOs into our food supply and environment is irresponsible, therefore GMOs are not permitted in any Essanté Organics product.

Why do other shakes contain toxic ingredients?

The FDA (Food and Drug Administration) does not currently regulate nutrition products. Thus, other shake manufacturers can legally use cheap toxic fillers and they do so for one reason alone: to increase their profit margin. They choose profits over the health and wellbeing of the consumer and planet. Shakes should contain soy, whey, gluten, maltodextrin, saccharine, or other harmful ingredients.



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