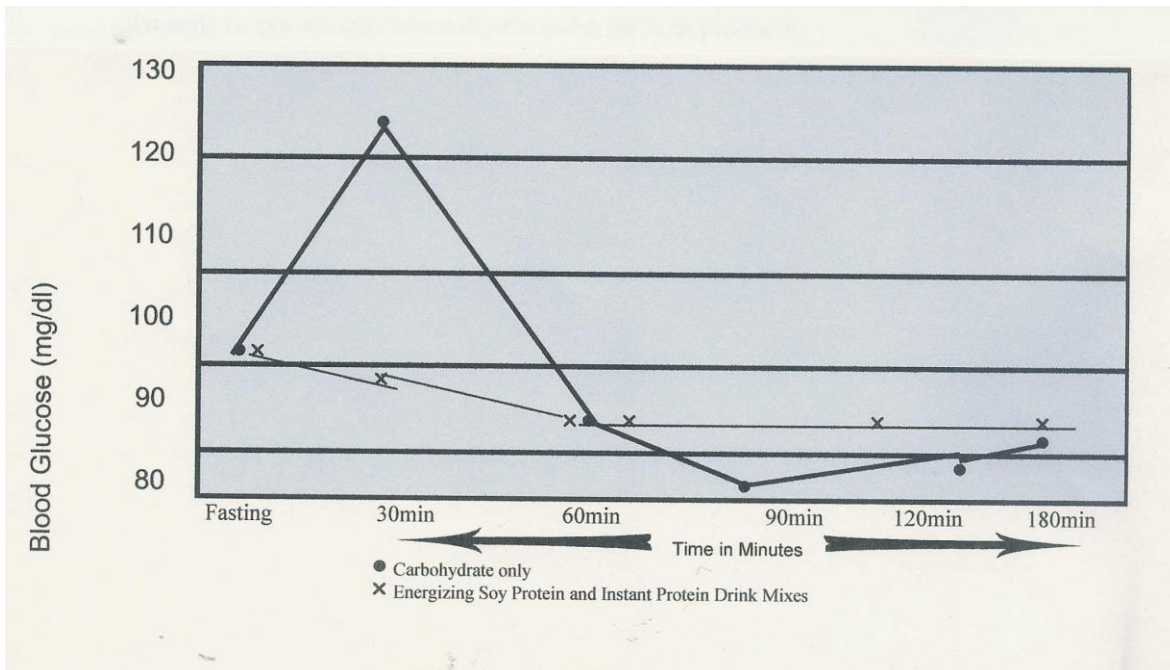


THE CLINICAL EVIDENCE

Shaklee Soy Protein Drink Mixes

Shaklee Protein Drink Mixes Maintain Blood Glucose Levels

Blood glucose was measured in health fasted adults after consuming one serving of Instant Protein, or an equal amount of calories from carbohydrate alone. Blood glucose rose and fell below baseline levels with the carbohydrate drink, while Instant Protein maintained glucose levels over time. A separate study comparing equal servings of Energizing Soy Protein and Instant Protein Drink Mixes found that the glycemic response was essentially the same for both products.



What's Glycemic Response?

The term glycemic response describes the effect a food has on blood sugar. Most people know that foods like that hot fudge sundae cause your blood sugar to rise precipitously and then plummet rapidly. A short time after you've put down that last spoonful, you feel tired, irritable and surprisingly hungry considering the amount of food you've just packed into your body. This metabolic response is exactly the opposite of how you feel after a serving of Instant Protein or Energizing Soy Protein Drink Mix. So Shaklee decided to clinically test the glycemic response to their soy protein drinks.

The term "homeostasis" refers to a state of balance or equilibrium within the body. Foods that disturb this balance - a breakfast of coffee and a doughnut, for example - send your body on the equivalent of a metabolic roller coaster ride. Shaklee protein products, in contrast, sustain energy and ward off hunger because they are able to nourish without disrupting the body's natural metabolic balance. This makes them good choices for everyone, even those who have blood sugar disorders such as diabetes and hypoglycemia.