



Incubating Your IsaLean PRO Shake

Tara Cooper – Updated January 25, 2021

How to incubate your shake

Here is a written outline to keep it super simple:

- **Use room temperature water (75°–80°)** with 2 scoops of you IsaLean PRO Shake. **DO NOT USE HOT/BOILING WATER—that will kill the enzymes**
- Two scoops of Isalean Pro
- Mix/blend...but blender adds heat so be careful you don't have water too warm to begin with (**shaker cup might be better to ensure you are not adding heat**)
- **Take lid off** and let sit on counter for **45 mins**
- Drink it as is after incubation or put lid on and set in fridge for up to 12 hours, you can also add ice and blend after its incubated
- **Watch the 6 minute video** (link directly under this list) to understand more about the benefits and science
- Enjoy the benefits and we recommend that you continue to do this even after your shred is complete (perfect food)

NOTE: *Warmer is not better. It is all about time and temperature* – this is instruction from the man who did the study, *Dr. Marco Ruggiero*. The controlled experiment was with 100° water. **The risk:** if you do your own experiment with, say 95° water and you use a blender, it will heat up beyond 100° and you will at that point have destroyed some of the nutrients in the shake. So for simplicity, we are recommending ROOM TEMP water for 45-minutes.

Check this example below that Heather did as a reminder about how quickly our temperature can increase when using a blender. Stick with room temp water please. Don't kill your nutritional shake!

USE ROOM TEMPERATURE WATER PLEASE!!!

I wanted to give you a visual to explain

Water from a bottle on my counter started at 62.1 degrees. I popped it on the ninja and blended it for 30 seconds (yes I set a timer for the purpose of education) do you see where it ended???

81.1!!!! My shake warmed up 19° during a 30 second blend!!!!!! 104° is where shakes go to die. Don't over heat your shake.



Why you want to incubate your shake

Here's an easy to understand 6-minute video done by Peter Greenlaw. This will explain *why* you want to incubate your shakes: [Greenlaw Report](#)