



Dear Doctor,

Your patient is interested in a program designed to help them lose weight, increase energy, improve digestion/regularity and support their overall health. **The Shakeology® program is simple: it consists of drinking this patented, superfood-enriched protein shake, combined with a well-balanced diet and three days of exercise per week with a minimum of 30 minutes of cardiovascular or strength training per workout.**

We recommend that all of our clients consult with their physicians prior to beginning our program, and thought you might appreciate some detailed information about it.

Shakeology provides a convenient, daily dose of dense nutrition for individuals who seek healthy weight loss, improved energy levels and/or those who wish to improve their overall nutritional intake.

- 🌿 Calories are about 130 to 170 (varies by flavor)
- 🌿 16-17 grams per serving of high-quality protein (sources, amounts vary by formula)
- 🌿 No more 250 mg of sodium per serving
- 🌿 No artificial sweeteners, colors, preservatives or flavors
- 🌿 No hydrogenated vegetable oils
- 🌿 Whey-based formulas fortified with 23 vitamins and minerals
- 🌿 Vegan versions [non-fortified] have a blend of high quality protein sources to deliver a complete protein with the proper amino acid profile, available for those who seek an alternative to animal protein
- 🌿 Whey formulas contain 1.5g - 2g of fat per serving. Vegan formulas: 2g -2.5g of fat per serving.
- 🌿 Good source of fiber, with probiotics, prebiotics & digestive enzymes support healthy digestion and absorption of nutrients
- 🌿 Antioxidants and phytonutrients derived from whole plant and fruit sources

Attached you will find complete nutritional information for Shakeology by flavor. I have included my contact information below, and invite you to e-mail me or call me if you have any other questions or concerns.

Sincerely,

# Chocolate

**Shakeology® is a powerful superfood formula** designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Whey, Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Pea. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Grape Seed, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and helps promote a healthy heart and optimal blood pressure.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale. *Helps alkalize the body and promote detoxification for health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Helps increase nutrient absorption, promotes regularity, and improves digestion.\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (42 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (42 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
<b>Calories</b>	160		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	20		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%
<b>Total Fat</b>	2 g	3%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron (as ferrous fumarate)	6 mg	33%
Saturated Fat	1 g	5%	Vitamin E (as <i>d-alpha</i> tocopheryl succinate)	15 IU	50%	Phosphorous (as dicalcium phosphate)	230 mg	23%
Monounsaturated Fat	0.5 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (as kelp)	52 mcg	35%
Polyunsaturated Fat	0.5 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as oxide)	6 mg	40%
<b>Cholesterol</b>	0 mg	0%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as cupric oxide)	0.8 mg	40%
<b>Sodium</b>	150 mg	6%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as amino acid chelate)	2 mg	100%
<b>Total Carbohydrate</b>	17 g	6%	Folic acid	200 mcg	50%	Chromium (as amino acid chelate)	60 mcg	50%
Dietary Fiber	6 g	24%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Sugars	6 g	†	Biotin	90 mcg	30%			
<b>Protein</b>	17 g	34%						

### PROPRIETARY SUPERFOODS:

Protein Blend (Whey protein (as isolate), Pea protein, Flax (*Linum usitatissimum*, seed), Chia (*Salvia hispanica*, seed), Quinoa (*Chenopodium quinoa*, seed), Amaranth (*Amaranthus hypochondriacus*, seed)), Cacao, Maca (*Lepidium meyenii*, root), Pea fiber (*Pisum spp.*, seed), Yacon (*Smallanthus sonchifolius*, root), Chlorella (*Chlorella spp.*, whole), Spirulina (*Arthrospira platensis*, whole), Acerola cherry (*Malpighia glabra*, fruit), Chicory root fiber (*Cichorium intybus*), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Sacha inchi (*Plukenetia volubilis*, seed), Astragalus (*Astragalus membranaceus*, root), Bilberry (*Vaccinium myrtillus*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Goji berry (*Lycium barbarum*, fruit), Spinach (*Spinacia oleracea*, leaf), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylmethane), Ashwagandha (*Withania somnifera*, root), Cordyceps (*Cordyceps militaris*, fungi), Enzyme blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea*, leaf), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Himalayan salt, Lactobacillus sporogenes (as *Bacillus coagulans*), Citrus bioflavonoids (*Citrus spp.*), Grape seed (*Vitis vinifera*), Green tea (*Camellia sinensis*, leaf), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Cinnamon (*Cinnamomum cassia*, bark), Ginkgo (*Ginkgo biloba*, leaf extract), Moringa (*Moringa oleifera*, leaf).

\*\* Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Non-GMO fructose, Natural chocolate flavor (with other natural flavors), Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

**ALLERGY INFORMATION:** Contains milk. This product is manufactured in a plant that also processes egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional if you are pregnant, breastfeeding, or if you have any medical conditions. Keep out of reach of children.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



© 2014 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0049 / SUSH31312 Rev. 04/30/14

# Vanilla

**Shakeology® is a powerful superfood formula** designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Whey, Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Pea. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Grape Seed, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and helps promote a healthy heart and optimal blood pressure.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale. *Helps alkalize the body and promote detoxification for health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Helps increase nutrient absorption, promotes regularity, and improves digestion.\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (35 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (35 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
<b>Calories</b>	130		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	15		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%
<b>Total Fat</b>	2 g	3%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron (as ferrous fumarate)	2 mg	11%
Saturated Fat	0 g	0%	Vitamin E (as <i>d-alpha</i> tocopheryl succinate)	15 IU	50%	Phosphorous (as dicalcium phosphate)	230 mg	23%
Monounsaturated Fat	0 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (as kelp)	52 mcg	35%
Polyunsaturated Fat	1 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as oxide)	6 mg	40%
<b>Cholesterol</b>	5 mg	2%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as cupric oxide)	0.8 mg	40%
<b>Sodium</b>	200 mg	8%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as amino acid chelate)	2 mg	100%
<b>Total Carbohydrate</b>	14 g	5%	Folic acid	200 mcg	50%	Chromium (as amino acid chelate)	60 mcg	50%
Dietary Fiber	3 g	12%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Sugars	7 g	†	Biotin	90 mcg	30%			
<b>Protein</b>	16 g	32%						

### PROPRIETARY SUPERFOODS:

Protein Blend (Whey protein (as isolate), Pea protein, Flax (*Linum usitatissimum*, seed), Chia (*Salvia hispanica*, seed), Quinoa (*Chenopodium quinoa*, seed), Amaranth (*Amaranthus hypochondriacus*, seed), Pea fiber (*Pisum spp.*, seed), Maca (*Lepidium meyenii*, root), Yacon (*Smallanthus sonchifolius*, root), Acerola cherry (*Malpighia glabra*, fruit), Chicory root fiber (*Cichorium intybus*), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus (*Astragalus membranaceus*, root), Bilberry (*Vaccinium myrtillus*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Goji berry (*Lycium barbarum*, fruit), Spinach (*Spinacia oleracea*, leaf), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylmethane), Himalayan salt, Ashwagandha (*Withania somnifera*, root), Cordyceps (*Cordyceps militaris*, fungi), Enzyme blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea*, leaf), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Citrus bioflavonoids (*Citrus spp.*), Grape seed (*Vitis vinifera*), Green tea (*Camellia sinensis*, leaf), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Cinnamon (*Cinnamomum cassia*, bark), Ginkgo (*Ginkgo biloba*, leaf extract), Moringa (*Moringa oleifera*, leaf), Chlorella (*Chlorella spp.*, whole), Sacha inchi (*Plukenetia volubilis*, seed), Spirulina (*Arthrospira platensis*, whole).

\*\* Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Non-GMO fructose, Natural vanilla flavor (with other natural flavors), Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

**ALLERGY INFORMATION:** Contains milk. This product is manufactured in a plant that also processes egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional if you are pregnant, breastfeeding, or if you have any medical conditions. Keep out of reach of children.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



© 2014 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0052 / SUSH31216 Rev. 04/30/14

# Greenberry

**Shakeology® is a powerful superfood formula** designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Whey, Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Pea. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Grape Seed, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and helps promote a healthy heart and optimal blood pressure.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale. *Helps alkalize the body and promote detoxification for health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Helps increase nutrient absorption, promotes regularity, and improves digestion.\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (35 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (35 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
<b>Calories</b>	130		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	15		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%
<b>Total Fat</b>	1.5 g	2%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron (as ferrous fumarate)	6 mg	33%
Saturated Fat	0 g	0%	Vitamin E (as <i>d-alpha</i> tocopheryl succinate)	15 IU	50%	Phosphorous (as dicalcium phosphate)	230 mg	23%
Monounsaturated Fat	0 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (as kelp)	52 mcg	35%
Polyunsaturated Fat	1 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as oxide)	6 mg	40%
<b>Cholesterol</b>	0 mg	0%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as cupric oxide)	0.8 mg	40%
<b>Sodium</b>	200 mg	8%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as amino acid chelate)	2 mg	100%
<b>Total Carbohydrate</b>	13 g	4%	Folic acid	200 mcg	50%	Chromium (as amino acid chelate)	60 mcg	50%
Dietary Fiber	4 g	20%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Sugars	6 g	†	Biotin	90 mcg	30%			
<b>Protein</b>	17 g	34%						

### PROPRIETARY SUPERFOODS:

Protein Blend (Whey protein (as isolate), Pea protein, Flax (*Linum usitatissimum*, seed), Chia (*Salvia hispanica*, seed), Quinoa (*Chenopodium quinoa*, seed), Amaranth (*Amaranthus hypochondriacus*, seed)), Chlorella (*Chlorella spp.*, whole), Spirulina (*Arthrospira platensis*, whole), Maca (*Lepidium meyenii*, root), Pea fiber (*Pisum spp.*, seed), Yacon (*Smallanthus sonchifolius*, root), Acerola cherry (*Malpighia glabra*, fruit), Chicory root fiber (*Cichorium intybus*), Spinach (*Spinacia oleracea*, leaf), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus (*Astragalus membranaceus*, root), Bilberry (*Vaccinium myrtillus*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Goji berry (*Lycium barbarum*, fruit), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylmethane), Himalayan salt, Ashwagandha (*Withania somnifera*, root), Cordyceps (*Cordyceps militaris*, fungi), Enzyme blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea*, leaf), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Citrus bioflavonoids (*Citrus spp.*), Grape seed (*Vitis vinifera*), Green tea (*Camellia sinensis*, leaf), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Cinnamon (*Cinnamomum cassia*, bark), Ginkgo (*Ginkgo biloba*, leaf extract), Moringa (*Moringa oleifera*, leaf), Sacha inchi (*Plukenetia volubilis*, seed).

\*\*Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Non-GMO fructose, Xanthan gum, Natural strawberry flavor (with other natural flavors), Citric acid, Stevia (*Stevia rebaudiana*, leaf).

**ALLERGY INFORMATION:** Contains milk. This product is manufactured in a plant that also processes egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



© 2014 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0056 / SUSH31213 Rev. 04/30/14

# Chocolate Vegan

**Shakeology® is a powerful superfood formula** designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Chia, Flax, Quinoa, Amaranth, Rice, Pea, Oat. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and helps promote a healthy heart and optimal blood pressure.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale. *Helps alkalize the body and promote detoxification for health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Agave, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Helps increase nutrient absorption, promotes regularity, and improves digestion.\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (43 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (43 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
<b>Calories</b>	170		<b>Polyunsaturated Fat</b>	1.5 g		<b>Dietary Fiber</b>	5 g	20%
Calories from Fat	35		<i>Trans</i> Fat	0 g		Sugars	8 g	†
<b>Total Fat</b>	4 g	6%	<b>Cholesterol</b>	0 mg	0%	<b>Protein</b>	16 g	32%
Saturated Fat	1 g	5%	<b>Sodium</b>	250 mg	10%			
Monounsaturated Fat	1 g		<b>Total Carbohydrate</b>	18 g	6%			

### PROPRIETARY SUPERFOODS:

Vegan Protein Blend (Pea protein, Oat protein, Rice protein, Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Quinoa (*Chenopodium quinoa*, seed), Amaranth (*Amaranthus hypochondriacus*, seed)), Cacao, Agave (*Agave tequilana*, fruit), Maca (*Lepidium meyenii*, root), Yacon (*Smallanthus sonchifolius*, root), Pea fiber (*Pisum spp.*, seed), Acerola cherry (*Malpighia glabra*, fruit), Chlorella (*Chlorella spp.*, whole), Spirulina (*Arthrospira platensis*, whole), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus (*Astragalus membranaceus*, root), Bilberry (*Vaccinium myrtillus*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Goji (*Lycium barbarum*, fruit), Moringa (*Moringa oleifera*, leaf), Himalayan salt, Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylmethane), Spinach (*Spinacia oleracea*, leaf), Ashwagandha (*Withania somnifera*, root), Cordyceps (*Cordyceps militaris*, fungi), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Chicory root fiber (*Cichorium intybus*), Kale (*Brassica oleracea*, leaf), Citrus bioflavonoids (*Citrus spp.*), Green tea (*Camellia sinensis*, leaf), Rose hips (*Rosa canina*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Schisandra (*Schisandra spp.*, fruit), Cinnamon (*Cinnamomum cassia*, bark), Ginkgo (*Ginkgo biloba*, leaf extract).

\*\* Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

**ALLERGY INFORMATION:** This product is manufactured in a plant that also processes milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

### Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	669 mg	Glycine	639 mg	Methionine	180 mg	Tryptophan	182 mg
Arginine	1,240 mg	Histidine	337 mg	Phenylalanine	828 mg	Tyrosine	601 mg
Aspartic Acid	1,590 mg	Isoleucine	704 mg	Proline	772 mg	Valine	802 mg
Cystine	181 mg	Leucine	1,220 mg	Serine	691 mg		
Glutamic Acid	2,660 mg	Lysine	867 mg	Threonine	549 mg		

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Clinically GI tested by  
**Glycemic Index Laboratories**



© 2014 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0058 / SUSH31315 Rev. 06/13/14

# Tropical Strawberry Vegan

**Shakeology® is a powerful superfood formula** designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Chia, Flax, Quinoa, Amaranth, Rice, Pea, Oat. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and helps promote a healthy heart and optimal blood pressure.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale. *Helps alkalize the body and promote detoxification for health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Agave, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Helps increase nutrient absorption, promotes regularity, and improves digestion.\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (41 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (41 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
<b>Calories</b>	170		<b>Polyunsaturated Fat</b>	2 g		<b>Dietary Fiber</b>	4 g	16%
Calories from Fat	30		<i>Trans</i> Fat	0 g		Sugars	8 g	†
<b>Total Fat</b>	3.5 g	5%	<b>Cholesterol</b>	0 mg	0%	<b>Protein</b>	16 g	32%
Saturated Fat	0.5 g	3%	<b>Sodium</b>	200 mg	8%			
Monounsaturated Fat	1 g		<b>Total Carbohydrate</b>	18 g	6%			

### PROPRIETARY SUPERFOODS:

Vegan Protein Blend (Pea protein, Oat protein, Chia (*Salvia hispanica*, seed), Rice protein, Flax (*Linum usitatissimum*, seed), Amaranth (*Amaranthus hypochondriacus*, seed), Quinoa (*Chenopodium quinoa*, seed)), Agave (*Agave tequilana*, fruit), Maca (*Lepidium meyenii*, root), Beet juice (*Beta vulgaris*, root), Strawberry (*Fragaria chiloensis*, fruit), Yacon (*Smallanthus sonchifolius*, root), Chlorella (*Chlorella spp.*, whole), Pea fiber (*Pisum spp.*, seed), Acerola cherry (*Malpighia glabra*, fruit), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus (*Astragalus membranaceus*, root), Bilberry (*Vaccinium myrtillus*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Goji (*Lycium barbarum*, fruit), Moringa (*Moringa oleifera*, leaf), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylethane), Spinach (*Spinacia oleracea*, leaf), Ashwagandha (*Withania somnifera*, root), Cordyceps (*Cordyceps militaris*, fungi), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Himalayan salt, Lactobacillus sporogenes (as *Bacillus coagulans*), Spirulina (*Arthrospira platensis*, whole), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Chicory root fiber (*Cichorium intybus*), Kale (*Brassica oleracea*, leaf), Citrus bioflavonoids (*Citrus spp.*), Green tea (*Camellia sinensis*, leaf), Rose hips (*Rosa canina*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Schisandra (*Schisandra spp.*, fruit), Cinnamon (*Cinnamomum cassia*, bark), Ginkgo (*Ginkgo biloba*, leaf extract).

\*\* Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Natural Flavor (Strawberry, Banana, Pineapple, Papaya, Guava, and other natural flavors), Citric acid, Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

**ALLERGY INFORMATION:** This product is manufactured in a plant that also processes milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

### Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	724 mg	Glycine	658 mg	Methionine	201 mg	Tryptophan	182 mg
Arginine	1,310 mg	Histidine	358 mg	Phenylalanine	871 mg	Tyrosine	630 mg
Aspartic Acid	1,580 mg	Isoleucine	716 mg	Proline	789 mg	Valine	826 mg
Cystine	207 mg	Leucine	1,260 mg	Serine	724 mg		
Glutamic Acid	2,890 mg	Lysine	883 mg	Threonine	560 mg		

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



© 2014 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0060 / SUSH31408 Rev. 06/13/14

# Strawberry

**Shakeology® is a powerful superfood formula** designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Whey, Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Pea. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Grape Seed, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and helps promote a healthy heart and optimal blood pressure.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale. *Helps alkalize the body and promote detoxification for health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Helps increase nutrient absorption, promotes regularity, and improves digestion.\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (35 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (35 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
<b>Calories</b>	130		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	10		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%
<b>Total Fat</b>	1 g	2%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron (as ferrous fumarate)	6 mg	33%
Saturated Fat	0 g	0%	Vitamin E (as <i>d-alpha</i> tocopheryl succinate)	15 IU	50%	Phosphorous (as dicalcium phosphate)	230 mg	23%
Monounsaturated Fat	0 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (as kelp)	52 mcg	35%
Polyunsaturated Fat	0.5 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as oxide)	6 mg	40%
<b>Cholesterol</b>	5 mg	2%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as cupric oxide)	0.8 mg	40%
<b>Sodium</b>	120 mg	5%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as amino acid chelate)	2 mg	100%
<b>Total Carbohydrate</b>	15 g	5%	Folic acid	200 mcg	50%	Chromium (as amino acid chelate)	60 mcg	50%
Dietary Fiber	3 g	12%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Sugars	7 g	†	Biotin	90 mcg	30%			
<b>Protein</b>	16 g	32%						

### PROPRIETARY SUPERFOODS:

Protein Blend (Whey protein (as isolate), Pea protein, Flax (*Linum usitatissimum*, seed), Chia (*Salvia hispanica*, seed), Quinoa (*Chenopodium quinoa*, seed), Amaranth (*Amaranthus hypochondriacus*, seed)), Pea fiber (*Pisum spp.*, seed), Maca (*Lepidium meyenii*, root), Strawberry (*Fragaria chiloensis*, fruit), Yacon (*Smallanthus sonchifolius*, root), Acerola cherry (*Malpighia glabra*, fruit), Chicory root fiber (*Cichorium intybus*), Beet juice (*Beta vulgaris*, root), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus (*Astragalus membranaceus*, root), Bilberry (*Vaccinium myrtillus*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Goji berry (*Lycium barbarum*, fruit), Spinach (*Spinacia oleracea*, leaf), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylmethane), Himalayan salt, Ashwagandha (*Withania somnifera*, root), Cordyceps (*Cordyceps militaris*, fungi), Enzyme blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea*, leaf), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Citrus bioflavonoids (*Citrus spp.*), Grape seed (*Vitis vinifera*), Green tea (*Camellia sinensis*, leaf), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Cinnamon (*Cinnamomum cassia*, bark), Ginkgo (*Ginkgo biloba*, leaf extract), Moringa (*Moringa oleifera*, leaf), Chlorella (*Chlorella spp.*, whole), Sacha inchi (*Plukenetia volubilis*, seed), Spirulina (*Arthrospira platensis*, whole).

\*\* Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Non-GMO fructose, Xanthan gum, Natural strawberry flavor (with other natural flavors), Citric acid, Stevia (*Stevia rebaudiana*, leaf).

**ALLERGY INFORMATION:** Contains milk. This product is manufactured in a plant that also processes egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



© 2014 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0054 / SUSH31217 Rev. 04/30/14