



Dear Doctor,

Your patient is interested in a program designed to help them lose weight, feel energized, and support healthy digestion and regularity.* **The Shakeology® program is simple: it consists of drinking this patented, superfood supplement 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.**

As with any diet and exercise program, 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, healthy energy levels, and/or those who wish to improve their overall nutritional intake.

- 🌿 Calories are about 140 to 170 (varies by flavor)
- 🌿 16 g – 17 g of high-quality protein per serving (sources, amounts vary by formula)
- 🌿 No more than 300 mg of sodium per serving
- 🌿 No artificial sweeteners, colors, preservatives, or flavors
- 🌿 Whey-based formulas fortified with 18 vitamins and minerals
- 🌿 Vegan versions [non-fortified] have a blend of high-quality proteins to deliver a complete protein source with the proper amino acid profile, available for those who seek an alternative to animal protein
- 🌿 Whey formulas contain 2 g – 2.5 g of fat per serving
- 🌿 Vegan formulas contain 3 g of fat per serving
- 🌿 Good source of fiber, with probiotics, prebiotics, and digestive enzymes that help support healthy digestion and absorption of nutrients
- 🌿 Antioxidants and phytonutrients derived from 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 email me or call me if you have any questions or concerns.

Sincerely,

{Your Name}

*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.

Chocolate

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels within the normal range, and support healthy blood sugar levels (as measured by HbA1C).** Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants, all to help support healthy energy levels, support regularity and healthy digestion, and help curb junk-food cravings.* Drink Shakeology daily.



- PROPRIETARY PROTEIN BLEND:** Whey, Pea, Sacha Inchi, Chia, Flax, Quinoa.
*Protein helps build lean muscle and reduce cravings.**
- PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, E.
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.**
- PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy 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 (milk, 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.

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
Calories	160	Vitamin A (as beta-carotene)	1750 IU 35%	Biotin	105 mcg 35%
Calories from Fat	20	Vitamin C (as ascorbic acid)	180 mg 300%	Calcium (as dicalcium phosphate)	250 mg 25%
Total Fat	2.5 g 4%†	Vitamin D (as cholecalciferol)	400 IU 100%	Iron	4 mg 22%
Saturated Fat	1 g 5%†	Vitamin E (as mixed tocopherols, d-alpha tocopheryl succinate)	10.5 IU 35%	Phosphorus (as dicalcium phosphate)	193.2 mg 19%
Monounsaturated Fat	0.5 g ††	Vitamin K2 (as menaquinone-7)	28 mcg 35%	Iodine (as potassium iodide)	52.5 mcg 35%
Polyunsaturated Fat	0.5 g ††	Thiamine (as thiamine HCl)	0.5 mg 35%	Magnesium (as magnesium oxide)	140 mg 35%
Cholesterol	5 mg 2%	Riboflavin	0.6 mg 35%	Zinc (as zinc oxide)	5.3 mg 35%
Total Carbohydrate	17 g 6%†	Vitamin B6 (as pyridoxine HCl)	1 mg 50%	Selenium (as sodium selenite)	24.5 mcg 35%
Dietary Fiber	6 g 24%†	Folate (as L-methylfolate)	200 mcg 50%	Chromium (as chromium chloride)	12 mcg 10%
Sugars	7 g ††	Vitamin B12 (as methylcobalamin)	3 mcg 50%	Sodium	170 mg 7%
Protein	17 g 29%†				

Proprietary Superfood Blend:

Protein Blend (Whey protein isolate (milk), Pea protein, Chia (seed), Flax (seed), Quinoa (seed), Sacha inchi (seed)), Cocoa powder (processed with alkali), Pea fiber (seed), Chlorella, Chicory (root extract and root fiber), Rose hips (fruit), Yacon (root), Acerola juice powder (fruit), Astragalus (root), Pomegranate juice powder (fruit), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Cordyceps (fungi), Lycium juice powder (fruit), Chaga (fungi), MSM (Methylsulfonylmethane), Spinach (leaf), Ashwagandha (root), Kale (*Brassica oleracea L. var. acephala*) (leaf), Maitake (fungi), Reishi (fungi), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Schisandra (fruit), Luo Han Guo extract (fruit), Matcha green tea (leaf), *Moringa oleifera* (leaf).

†Percent Daily Values are based on a 2,000-calorie diet.
 ††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural chocolate flavor, Xanthan gum, Stevia leaf extract, Himalayan pink salt.

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

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 427-3809 **STORAGE:** Store in a cool, dry place.

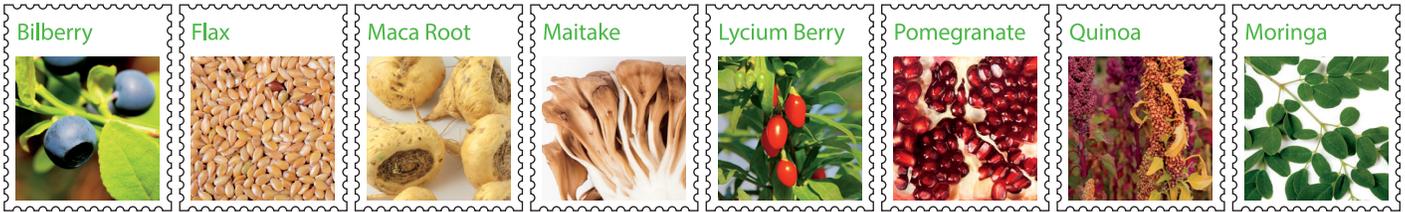
WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

**Results vary. Results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

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Vanilla

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels within the normal range, and support healthy blood sugar levels (as measured by HbA1C).** Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants, all to help support healthy energy levels, support regularity and healthy digestion, and help curb junk-food cravings.* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Whey, Pea, Sacha Inchi, Chia, Flax, Quinoa.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, E.
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.**

DIRECTIONS: Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (36 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (milk, 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.

Supplement Facts

Serving Size: 1 Scoop (36 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	140	Vitamin A (as beta-carotene)	1750 IU 35%	Biotin	105 mcg 35%
Calories from Fat	20	Vitamin C (as ascorbic acid)	180 mg 300%	Calcium (as dicalcium phosphate)	250 mg 25%
Total Fat	2 g 3%†	Vitamin D (as cholecalciferol)	400 IU 100%	Iron	2 mg 11%
Saturated Fat	0.5 g 3%†	Vitamin E (as mixed tocopherols, d-alpha tocopheryl succinate)	10.5 IU 35%	Phosphorus (as dicalcium phosphate)	193.2 mg 19%
Monounsaturated Fat	0 g ††	Vitamin K2 (as menaquinone-7)	28 mcg 35%	Iodine (as potassium iodide)	52.5 mcg 35%
Polyunsaturated Fat	1 g ††	Thiamine (as thiamine HCl)	0.5 mg 35%	Magnesium (as magnesium oxide)	140 mg 35%
Cholesterol	5 mg 2%	Riboflavin	0.6 mg 35%	Zinc (as zinc oxide)	5.3 mg 35%
Total Carbohydrate	13 g 4%†	Vitamin B6 (as pyridoxine HCl)	1 mg 50%	Selenium (as sodium selenite)	24.5 mcg 35%
Dietary Fiber	4 g 16%†	Folate (as L-methylfolate)	200 mcg 50%	Chromium (as chromium chloride)	12 mcg 10%
Sugars	7 g ††	Vitamin B12 (as methylcobalamin)	3 mcg 50%	Sodium	150 mg 6%
Protein	17 g 33%†				

Proprietary Superfood Blend:

27 g ††

Protein Blend (Whey protein isolate (milk), Pea protein, Flax (seed), Chia (seed), Quinoa (seed), Sacha inchi (seed)), Pea fiber (seed), Rose hips (fruit), Yacon (root), Acerola juice powder (fruit), Astragalus (root), Chicory fiber (root), Pomegranate juice powder (fruit), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Cordyceps (fungi), Lycium juice powder (fruit), Chaga (fungi), MSM (Methylsulfonylethane), Spinach (leaf), Ashwagandha (root), Kale (*Brassica oleracea L. var. acephala*) (leaf), Maitake (fungi), Reishi (fungi), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Schisandra (fruit), Matcha green tea (leaf), *Moringa oleifera* (leaf), Luo Han Guo extract (fruit), Chlorella.

†Percent Daily Values are based on a 2,000-calorie diet.
††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural vanilla flavor, Xanthan gum, Himalayan pink salt, Stevia leaf extract.

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

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 427-3809 **STORAGE:** Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

**Results vary. Results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

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This product is not intended to diagnose, treat, cure, or prevent any disease.

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Chocolate Vegan

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need. Our vegan options have all 9 essential amino acids that make up a complete protein source without the animal byproducts. Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk-food cravings.* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Chia, Pea, Sacha Inchi, Flax, Quinoa, Rice, Oat.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips.
*These exotic superfoods have antioxidant properties that help fight free radical damage.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy 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.

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
Calories	160	Polyunsaturated Fat	1 g ††	Vitamin A	340 IU 7%
Calories from Fat	30	Total Carbohydrate	18 g 6% †	Calcium	40 mg 4%
Total Fat	3 g 5% †	Dietary Fiber	6 g 24% †	Iron	5 mg 28%
Saturated Fat	1 g 5% †	Sugars	7 g ††	Sodium	280 mg 12%
Monounsaturated Fat	1 g ††	Protein	16 g 25% †		

Proprietary Superfood Blend:

Vegan Protein Blend (Pea protein, Oat protein, Rice protein, Chia (seed), Quinoa (seed), Flax (seed), Sacha inchi (seed)), Cocoa powder (processed with alkali), Rose hips (fruit), Pomegranate juice powder (fruit), Chlorella, Yacon (root), Acerola juice powder (fruit), Astragalus (root), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Chicory fiber (root), Cordyceps (fungi), Lycium juice powder (fruit), *Moringa oleifera* (leaf), Ashwagandha (root), Chaga (fungi), Maitake (fungi), MSM (Methylsulfonylmethane), Reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea L. var. acephala*) (leaf), Schisandra (fruit), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Pea fiber (seed), Luo Han Guo extract (fruit), Matcha green tea (leaf).

†Percent Daily Values are based on a 2,000-calorie diet.
††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Xanthan gum, Himalayan pink salt, Stevia leaf extract.

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

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 427-3809

STORAGE: Store in a cool, dry place.

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Typical Amino Acid Profile

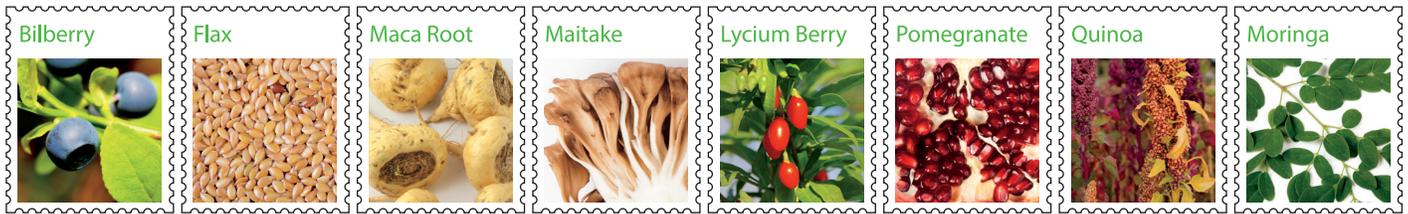
Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	710 mg	Glycine	660 mg	Methionine	200 mg	Tryptophan	160 mg
Arginine	1,310 mg	Histidine	350 mg	Phenylalanine	840 mg	Tyrosine	610 mg
Aspartic Acid	1,810 mg	Isoleucine	720 mg	Proline	730 mg	Valine	820 mg
Cysteine	170 mg	Leucine	1,270 mg	Serine	770 mg		
Glutamic Acid	2,720 mg	Lysine	940 mg	Threonine	570 mg		

Results vary. Weight-loss results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

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Tropical Strawberry Vegan

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need. Our vegan options have all 9 essential amino acids that make up a complete protein source without the animal byproducts. Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk-food cravings.* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Chia, Pea, Sacha Inchi, Flax, Quinoa, Rice, Oat.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips.
*These exotic superfoods have antioxidant properties that help fight free radical damage.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.**

DIRECTIONS: Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (40 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.

Supplement Facts

Serving Size: 1 Scoop (40 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	160	Polyunsaturated Fat	1.5 g ††	Vitamin A	180 IU 4%
Calories from Fat	25	Total Carbohydrate	18 g 6% †	Calcium	50 mg 5%
Total Fat	3 g 5% †	Dietary Fiber	4 g 16% †	Iron	3 mg 17%
Saturated Fat	0.5 g 3% †	Sugars	7 g ††	Sodium	240 mg 10%
Monounsaturated Fat	0.5 g ††	Protein	16 g 28% †		

Proprietary Superfood Blend:

33 g ††

Vegan Protein Blend (Pea protein, Oat protein, Chia (seed), Rice protein, Quinoa (seed), Flax (seed), Sacha inchi (seed)), Pomegranate juice powder (fruit), Strawberry (fruit), Beet juice powder (root), Chlorella, Yacon (root), Acerola juice powder (fruit), Rose hips (fruit), Astragalus (root), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Chicory fiber (root), Cordyceps (fungi), Lycium juice powder (fruit), *Moringa oleifera* (leaf), Ashwagandha (root), Chaga (fungi), Maitake (fungi), MSM (Methylsulfonylmethane), Reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea L. var. acephala*) (leaf), Pea fiber (seed), Schisandra (fruit), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Luo Han Guo extract (fruit), Matcha green tea (leaf).

†Percent Daily Values are based on a 2,000-calorie diet.
††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural flavors (Strawberry, Banana, Pineapple, Papaya, Guava), Xanthan gum, Citric acid, Stevia leaf extract, Himalayan pink salt.

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

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STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

Typical Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	730 mg	Glycine	670 mg	Methionine	230 mg	Tryptophan	160 mg
Arginine	1,340 mg	Histidine	360 mg	Phenylalanine	880 mg	Tyrosine	620 mg
Aspartic Acid	1,700 mg	Isoleucine	740 mg	Proline	780 mg	Valine	830 mg
Cysteine	200 mg	Leucine	1,340 mg	Serine	790 mg		
Glutamic Acid	2,840 mg	Lysine	1,010 mg	Threonine	580 mg		

Results vary. Weight-loss results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

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Strawberry

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels within the normal range, and support healthy blood sugar levels (as measured by HbA1C).** Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants, all to help support healthy energy levels, support regularity and healthy digestion, and help curb junk-food cravings.* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Whey, Pea, Sacha Inchi, Chia, Flax, Quinoa.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, E.
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.**

DIRECTIONS: Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (36 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (milk, 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.

Supplement Facts

Serving Size: 1 Scoop (36 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	140	Vitamin A (as beta-carotene)	1750 IU 35%	Biotin	105 mcg 35%
Calories from Fat	15	Vitamin C (as ascorbic acid)	180 mg 300%	Calcium (as dicalcium phosphate)	250 mg 25%
Total Fat	2 g 3%†	Vitamin D (as cholecalciferol)	400 IU 100%	Iron	1 mg 6%
Monounsaturated Fat	0 g ††	Vitamin E (as mixed tocopherols, d-alpha tocopheryl succinate)	10.5 IU 35%	Phosphorus (as dicalcium phosphate)	193.2 mg 19%
Polyunsaturated Fat	1 g ††	Vitamin K2 (as menaquinone-7)	28 mcg 35%	Iodine (as potassium iodide)	52.5 mcg 35%
Cholesterol	5 mg 2%	Thiamine (as thiamine HCl)	0.5 mg 35%	Magnesium (as magnesium oxide)	140 mg 35%
Total Carbohydrate	14 g 5%†	Riboflavin	0.6 mg 35%	Zinc (as zinc oxide)	5.3 mg 35%
Dietary Fiber	4 g 16%†	Vitamin B6 (as pyridoxine HCl)	1 mg 50%	Selenium (as sodium selenite)	24.5 mcg 35%
Sugars	7 g ††	Folate (as L-methylfolate)	200 mcg 50%	Chromium (as chromium chloride)	12 mcg 10%
Protein	17 g 34%†	Vitamin B12 (as methylcobalamin)	3 mcg 50%	Sodium	170 mg 7%

Proprietary Superfood Blend:

28 g ††

Protein Blend (Whey protein isolate (milk), Pea protein, Flax (seed), Chia (seed), Quinoa (seed), Sacha inchi (seed)), Pea fiber (seed), Strawberry (fruit), Yacon (root), Acerola juice powder (fruit), Astragalus (root), Beet juice powder (root), Chicory fiber (root), Camu-Camu (fruit), Cordyceps (fungi), Bilberry juice powder (fruit), Blueberry (fruit), Lycium juice powder (fruit), Pomegranate juice powder (fruit), Chaga (fungi), MSM (Methylsulfonylmethane), Spinach (leaf), Ashwagandha (root), Kale (*Brassica oleracea L. var. acephala*) (leaf), Maitake (fungi), Reishi (fungi), Rose hips (fruit), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Schisandra (fruit), Matcha green tea (leaf), *Moringa oleifera* (leaf), Luo Han Guo extract (fruit), Chlorella.

†Percent Daily Values are based on a 2,000-calorie diet.
††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Xanthan gum, Natural strawberry flavor, Citric acid, Himalayan pink salt, Stevia leaf extract.

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

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 427-3809 **STORAGE:** Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

**Results vary. Results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

*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.

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Café Latte

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels within the normal range, and support healthy blood sugar levels (as measured by HbA1C)** Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants, all to help support healthy energy levels, support regularity and healthy digestion, and help curb junk-food cravings.* Drink Shakeology daily.

Whole Coffee Fruit



Say hello to Whole Coffee Fruit***—Shakeology’s latest and greatest superfood powerhouse that thrives in regions of Mexico and India. This highly coveted crop is actually where coffee beans come from. For centuries, farmers would only harvest the seeds, which we recognize as coffee beans, and discard the surrounding red fleshy fruit. However, all that changed when science revealed that the fruit has antioxidants, chlorogenic acids, and polyphenols. Shakeology is excited to have Whole Coffee Fruit as part of the Café Latte flavor formula, because in addition to its advantages, harvesting the entire fruit and not just the bean also minimizes our carbon footprint while increasing sustainable farming.

- **PROPRIETARY PROTEIN BLEND:** Whey, Pea, Sacha Inchi, Chia, Flax, Quinoa.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Whole Coffee Fruit, Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, E.
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.**

DIRECTIONS: Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (40 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (milk, 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.

Supplement Facts

Serving Size: 1 Scoop (40 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	150	Vitamin A (as beta-carotene)	1750 IU 35%	Biotin	105 mcg 35%
Calories from Fat	15	Vitamin C (as ascorbic acid)	180 mg 300%	Calcium (as dicalcium phosphate)	250 mg 25%
Total Fat	2 g 3%†	Vitamin D (as cholecalciferol)	400 IU 100%	Iron	4 mg 22%
Saturated Fat	0.5 g 3%†	Vitamin E (as mixed tocopherols, d-alpha tocopheryl succinate)	10.5 IU 35%	Phosphorus (as dicalcium phosphate)	193.2 mg 19%
Monounsaturated Fat	0 g ††	Vitamin K2 (as menaquinone-7)	28 mcg 35%	Iodine (as potassium iodide)	52.5 mcg 35%
Polyunsaturated Fat	0.5 g ††	Thiamine (as thiamine HCl)	0.5 mg 35%	Magnesium (as magnesium oxide)	140 mg 35%
Cholesterol	5 mg 2%	Riboflavin	0.6 mg 35%	Zinc (as zinc oxide)	5.3 mg 35%
Total Carbohydrate	17 g 6%†	Vitamin B6 (as pyridoxine HCl)	1 mg 50%	Selenium (as sodium selenite)	24.5 mcg 35%
Dietary Fiber	5 g 20%†	Folate (as L-methylfolate)	200 mcg 50%	Chromium (as chromium chloride)	12 mcg 10%
Sugars	7 g ††	Vitamin B12 (as methylcobalamin)	3 mcg 50%	Sodium	190 mg 8%
Protein	17 g 31%†				

Proprietary Superfood Blend:

Protein Blend (Whey protein isolate (milk), Pea protein, Flax (seed), Chia (seed), Quinoa (seed), Sacha inchi (seed)), Chicory (root extract and root fiber), Cocoa powder, Pea fiber (seed), Cocoa powder (processed with alkali), Coffee (fruit), Bilberry juice powder (fruit), Blueberry (fruit), Acerola juice powder (fruit), Astragalus (root), Camu-Camu (fruit), Lycium juice powder (fruit), MSM (Methylsulfonylmethane), Spinach (leaf), Pomegranate juice powder (fruit), Ashwagandha (root), Rose hips (fruit), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), *Bacillus coagulans*, Chaga (fungi), Cordyceps (fungi), Maitake (fungi), Reishi (fungi), Maca (root), Cinnamon (bark), Green tea extract (leaf), Kale (*Brassica oleracea L. var. acephala*) (leaf), Schisandra (fruit), Yacon (root), Luo Han Guo extract (fruit), Matcha green tea (leaf), *Moringa oleifera* (leaf), Chlorella.

†Percent Daily Values are based on a 2,000-calorie diet.
††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural coffee flavor, Xanthan gum, Himalayan pink salt, Stevia leaf extract.

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

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 427-3809 **STORAGE:** Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

**Results vary. Results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

*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.

***Patented Coffeeberry® Brand products are manufactured under license from VDF FutureCeuticals, Inc.

Café Latte Vegan

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need. Our vegan options have all 9 essential amino acids that make up a complete protein source without the animal byproducts. Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk-food cravings.* Drink Shakeology daily.



Say hello to Whole Coffee Fruit**—Shakeology's latest and greatest superfood powerhouse that thrives in regions of Mexico and India. This highly coveted crop is actually where coffee beans come from. For centuries, farmers would only harvest the seeds, which we recognize as coffee beans, and discard the surrounding red fleshy fruit. However, all that changed when science revealed that the fruit has antioxidants, chlorogenic acids, and polyphenols. Shakeology is excited to have Whole Coffee Fruit as part of the Café Latte flavor formula, because in addition to its advantages, harvesting the entire fruit and not just the bean also minimizes our carbon footprint while increasing sustainable farming.

- PROPRIETARY PROTEIN BLEND:** Chia, Pea, Sacha Inchi, Flax, Quinoa, Rice, Oat.
*Protein helps build lean muscle and reduce cravings.**
- PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Whole Coffee Fruit, Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips.
*These exotic superfoods have antioxidant properties that help fight free radical damage.**
- PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy 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.

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
Calories	170	Polyunsaturated Fat	1.5 g ††	Vitamin C	12 mg 20%
Calories from Fat	30	Total Carbohydrate	18 g 6%†	Calcium	43 mg 4%
Total Fat	3 g 5%†	Dietary Fiber	5 g 20%†	Iron	4.5 mg 25%
Saturated Fat	1 g 5%†	Sugars	8 g ††	Sodium	290 mg 12%
Monounsaturated Fat	1 g ††	Protein	16 g 27%†		

Proprietary Superfood Blend: 33 g ††
 Vegan Protein Blend (Pea protein, Oat protein, Flax (seed), Rice protein, Chia (seed), Quinoa (seed), Sacha inchi (seed)), Chicory (root extract and root fiber), Cocoa powder, Cocoa powder (processed with alkali), Coffee (fruit), Yacon (root), Acerola juice powder (fruit), Astragalus (root), Camu-Camu (fruit), Bilberry juice powder (fruit), Blueberry (fruit), Lycium juice powder (fruit), Pomegranate juice powder (fruit), Cordyceps (fungi), Ashwagandha (root), Chaga (fungi), Maitake (fungi), MSM (Methylsulfonylmethane), Reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea* L. var. *acephala*) (leaf), Rose hips (fruit), Schisandra (fruit), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Pea fiber (seed), Matcha green tea (leaf), *Moringa oleifera* (leaf), Luo Han Guo extract (fruit), Chlorella.

†Percent Daily Values are based on a 2,000-calorie diet.
 ††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural coffee flavor, Xanthan gum, Himalayan pink salt, Stevia leaf extract.

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

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 427-3809

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

Typical Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	700 mg	Glycine	660 mg	Methionine	200 mg	Tryptophan	160 mg
Arginine	1,320 mg	Histidine	330 mg	Phenylalanine	880 mg	Tyrosine	610 mg
Aspartic Acid	1,690 mg	Isoleucine	730 mg	Proline	720 mg	Valine	810 mg
Cysteine	200 mg	Leucine	1,300 mg	Serine	750 mg		
Glutamic Acid	2,800 mg	Lysine	910 mg	Threonine	570 mg		

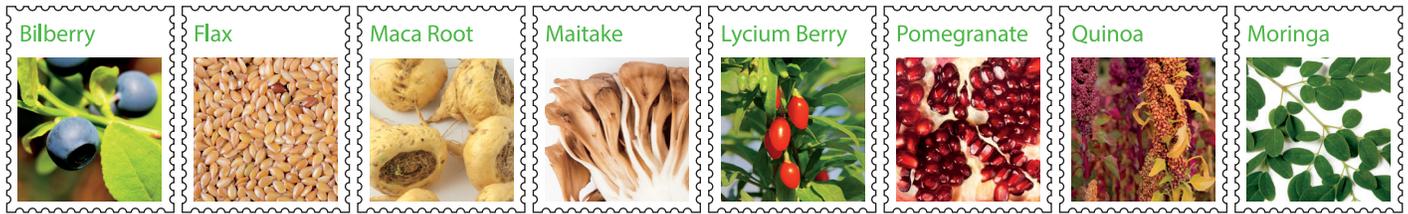
Results vary. Weight-loss results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

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Vanilla Vegan

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need. Our vegan options have all 9 essential amino acids that make up a complete protein source without the animal byproducts. Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk-food cravings.* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Chia, Pea, Sacha Inchi, Flax, Quinoa, Rice, Oat.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips.
*These exotic superfoods have antioxidant properties that help fight free radical damage.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.**

DIRECTIONS: Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (38 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.

Supplement Facts

Serving Size: 1 Scoop (38 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	150	Polyunsaturated Fat	1.5 g ††	Vitamin C	5 mg 8%
Calories from Fat	25	Total Carbohydrate	16 g 5%†	Calcium	23 mg 2%
Total Fat	3 g 5%†	Dietary Fiber	4 g 16%†	Iron	4 mg 22%
Saturated Fat	0.5 g 3%†	Sugars	7 g ††	Sodium	290 mg 12%
Monounsaturated Fat	0.5 g ††	Protein	16 g 29%†		

Proprietary Superfood Blend:

Vegan Protein Blend (Pea protein, Oat protein, Chia (seed), Rice protein, Quinoa (seed), Flax (seed), Sacha inchi (seed)), Pea fiber (seed), Yacon (root), Pomegranate juice powder (fruit), Acerola juice powder (fruit), Astragalus (root), Camu-Camu (fruit), Chicory fiber (root), Cordyceps (fungi), Lycium juice powder (fruit), Ashwagandha (root), Chaga (fungi), Maitake (fungi), MSM (Methylsulfonylemethane), Reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea L. var. acephala*) (leaf), Rose hips (fruit), Schisandra (fruit), *Bacillus coagulans*, Cinnamon (bark), Maca (root), Bilberry juice powder (fruit), Blueberry (fruit), Green tea extract (leaf), Luo Han Guo extract (fruit), Matcha green tea (leaf), *Moringa oleifera* (leaf), Chlorella.

†Percent Daily Values are based on a 2,000-calorie diet.
††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural flavors, Xanthan gum, Stevia leaf extract, Himalayan pink salt.

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

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 427-3809

STORAGE: Store in a cool, dry place.

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Typical Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	700 mg	Glycine	650 mg	Methionine	200 mg	Tryptophan	170 mg
Arginine	1,310 mg	Histidine	340 mg	Phenylalanine	860 mg	Tyrosine	610 mg
Aspartic Acid	1,600 mg	Isoleucine	720 mg	Proline	740 mg	Valine	800 mg
Cysteine	200 mg	Leucine	1,270 mg	Serine	730 mg		
Glutamic Acid	2,800 mg	Lysine	880 mg	Threonine	550 mg		

Results vary. Weight-loss results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

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