

Shakeology® Officially (Very) Low Glycemic

By Steve Edwards, Director of Fitness and Results

The big news around the office is that we just got the Shakeology numbers back from [Glycemic Index Laboratories](#) and it earned a big skinny “A”. Of course, we knew it would! But it’s still nice to have some science behind us. Today, I’m covering something called the Glycemic Index (GI). Shakeology scored an impressive 24*, which is lower than most fruits, some veggies, and pretty much every processed food on the market. Let’s take a look at why we’re so happy about the score and how you can use it to help promote Shakeology.

What is the Glycemic Index (GI)?

Simply put, the Glycemic Index is a way to measure how carbohydrates react in your blood. It’s measured on a scale from 1 – 100 and products with a GI less than 55 are classified as low GI; those with a GI between 55 and 70 are classified as medium; and those with a GI of 70 – 100 are classified as high GI. A high GI number means that a food is quickly converted to glucose in the blood (called a “sugar rush” in layman’s terms). The lower the number, the slower the food is broken down. The scale was invented for people with diabetes, but the advent of processed foods becoming a cornerstone of the American diet and the rise of type 2 diabetes have given the average person a good reason to pay attention to the GI of foods.

Essentially, if we ate nothing but natural whole foods, the GI scale would have little meaning to anyone who didn’t have diabetes. Even then, the highest-GI foods have low numbers in their natural state. It’s cooking and processing that alters food so that it breaks down very rapidly. Eating too much food that breaks down rapidly can lead to type 2 diabetes.

Sugar is the big villain in the GI world. In nature, it forms in plants when surrounded by fiber. Fiber in food slows digestion, lowering its GI number—even in foods that are high in sugar, like bananas. Processing, as well as some types of cooking, break down or strip these plants of their fiber. This makes them sweeter to the taste but it also makes them less healthy. Vitamins and minerals are usually removed, along with the fiber, by the food processing.

If all you eat are processed foods with a high GI, you cause your body’s insulin response to work overtime. Pushed too far, especially without exercise—the great equalizer in the sugar game—you can wind up with type 2 diabetes.

How does Shakeology line up? (What your prospects should know.)

Shakeology changes the equation entirely. We developed it precisely to help offset the effects of a high-GI diet. Most processed foods are calorically dense

and nutritionally sparse with a high GI. Shakeology is nutritionally dense and calorically sparse with a low GI. To put it in perspective: 140 calories of Shakeology gives you more nutrients than an entire day's worth of calories from white bread. Not only that, Shakeology will deliver these nutrients to your system at a slower and safer rate. Most white "enriched" breads score near 100 on the GI scale.

Monavie, a Beachbody® competitor, promises no sugar rush from their herbal extract elixir—yet they score a 46. This is nearly double Shakeology's score of 24.

Some individuals have questioned Shakeology because they see sugar on the label. Shakeology strictly uses fructose, a natural sugar that occurs organically in all fruit and some vegetables. It's important not to confuse this with high fructose corn syrup (HFCS), which is a chemically-altered sweetener derived from genetically-modified corn. HFCS isn't even fructose, since it's been altered to become sucrose.

In Shakeology, we've combined more ingredients than you'll ever find in one place in nature and it also tastes good. We've done this with a delivery system that scores low enough on a diabetes scale to de-villain-ize sugar. So much so, that many people with diabetes drink Shakeology on a daily basis.

Testimonials

"I've been a type 1 diabetic for 30 years. I drink it before I do my workouts and it sustains a healthy blood sugar level for me all the way to the end." —Shannon C., Rhode Island

"I'm a diabetic who was injecting insulin twice a day. I started drinking Shakeology, and now my tests show my blood sugar levels are normal." —Dean L., Wisconsin

*Shakeology was tested by Glycemic Index Laboratories Inc., a premier facility for testing the metabolic responses to foods and ingredients. GI Labs is the only lab in North America recommended by the Glycemic Index Foundation. GI Labs follows a Determination Standard protocol of testing in vivo with ten human subjects. GI Labs' protocol exceeds the standards set by the World Health Organization.