



Shakeology® is certified low glycemic.



Why its 24 GI rating matters to you.

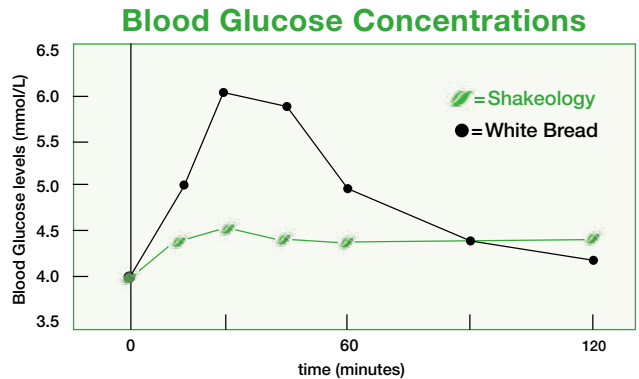
The results are in. Shakeology® is now certified low glycemic. It's another stamp of approval that Shakeology is good for you. But that's not all. Shakeology came in at just 24 on the glycemic index (GI). A number that's very low and something to be excited about.

What's the glycemic index?

Simply put, the glycemic index is a way to measure how carbohydrates react in your blood. When you eat carbs, your blood sugar level rises anywhere from a little to a lot. The GI uses a scale of 0 to 100, with higher numbers given to foods that cause the most rapid rise in blood sugar.

High blood sugar drives your body to produce more insulin.

High-GI foods cause the body to produce higher levels of insulin but sometimes too much. This gives you an energy burst, known as a "sugar rush." It feels good at first, but then your blood sugar drops rapidly to lower than normal levels, known as a "crash." Eating low-GI foods is a smart way to avoid the "sugar rush and sugar crash" cycle. And they're good for you because they stabilize blood sugar and insulin levels.



Here's why:

Foods with a **high-GI (above 70)** include white bread, pretzels, French fries, and most processed foods. Eating these foods triggers a rapid rise in blood sugar and insulin levels, which:

- Encourages your body to store fat
- Creates a cycle of hunger pangs and feeling unsatisfied
- Causes an energy crash that leaves you irritated and tired
- Can lead to high blood pressure, fluid retention, and diabetes

Foods with a **low-GI (under 55)** include spinach, oatmeal, peanuts, and Shakeology. Consuming these foods helps stabilize blood sugar and insulin levels, which:

- Increases levels of glycogen, a hormone that causes body fat to be burned
- Gives you a feeling of satisfied hunger
- Helps balance moods
- Reduces the risk of heart disease, helps control diabetes, and positively affects the aging process

GLYCEMIC INDEX RANGE		
CORNFLAKES (GI=81)	PINEAPPLE (GI=59)	BROCCOLI (GI=10)
RICE CAKES (GI=82)	SWEET POTATOES (GI=61)	SHAKEOLOGY (GI=24)
PRETZELS (GI=83)	WHITE RICE (GI=64)	APPLES (GI=38)
BAKED POTATOES (GI=93)	BEETS (GI=69)	ORANGES (GI=42)
HIGH (GI:70 or above)	MEDIUM (GI:56-69)	LOW (GI:Under 55)

As you can see, eating low-GI foods like Shakeology is good for you.

Believe it or not, Shakeology's GI rating of 24 is much lower than most fruits, some vegetables, and pretty much every processed food ever made. **It keeps your sugar levels in check** while supplying nutrition that satisfies, energizes, and helps promote good health.