

We surveyed daily Shakeology drinkers and here's what they said:*



Healthy Lifestyle

- 86% responded that it helped increase their energy levels.**
- 91% agree that Shakeology tastes great!†
- 97% believe it's a smart investment in their health.†
- 77% feel more alert and focused throughout their day.†



Weight Management

- 81% feel it helped reduce their cravings for junk food.**
- 72% said Shakeology helped them lose weight.†



Overall Health

- 93% feel healthier since drinking it.**
- 82% reported improved digestion.†
- 74% said Shakeology helped to improve their mood.†



**Based on a survey of 2,769 Shakeology users, including independent Team Beachbody Coaches, who drank Shakeology 5 or more times per week and exercised at least 3 times per week.

†Based on a survey of 874 Shakeology users, including independent Team Beachbody Coaches, with digestion concerns who drank Shakeology 5 or more times per week and exercised at least 3 times per week.

Shakeology vs. Other Shakes

	Chocolate Shakeology*	Slim-Fast* Original Mix	Muscle Milk* Powder	Jamba Juice* Açaí (small)
Digestive enzymes	✓	X	X	X
Adaptogens	✓	X	X	X
Pre- and probiotics	✓	X	X	X
High protein†	✓	X	●	X
No artificial flavor	✓	X	X	●
Excellent source of fiber	✓	X	●	X
Vitamins & minerals	✓	●	●	only 4 listed

‡Amount in 1 serving powder/mix

Our Empty-Bag Guarantee.

We are so sure you'll love what Shakeology does for you that we created an amazing guarantee. Try it for 30 days and if you don't feel healthier, return it for a refund (less s&h).



Even if the bag is totally empty!

CONTACT ME

Shakeology is available exclusively through your Team Beachbody Coach.

TEAM BEACHBODY®
Decide. Commit. Succeed.®

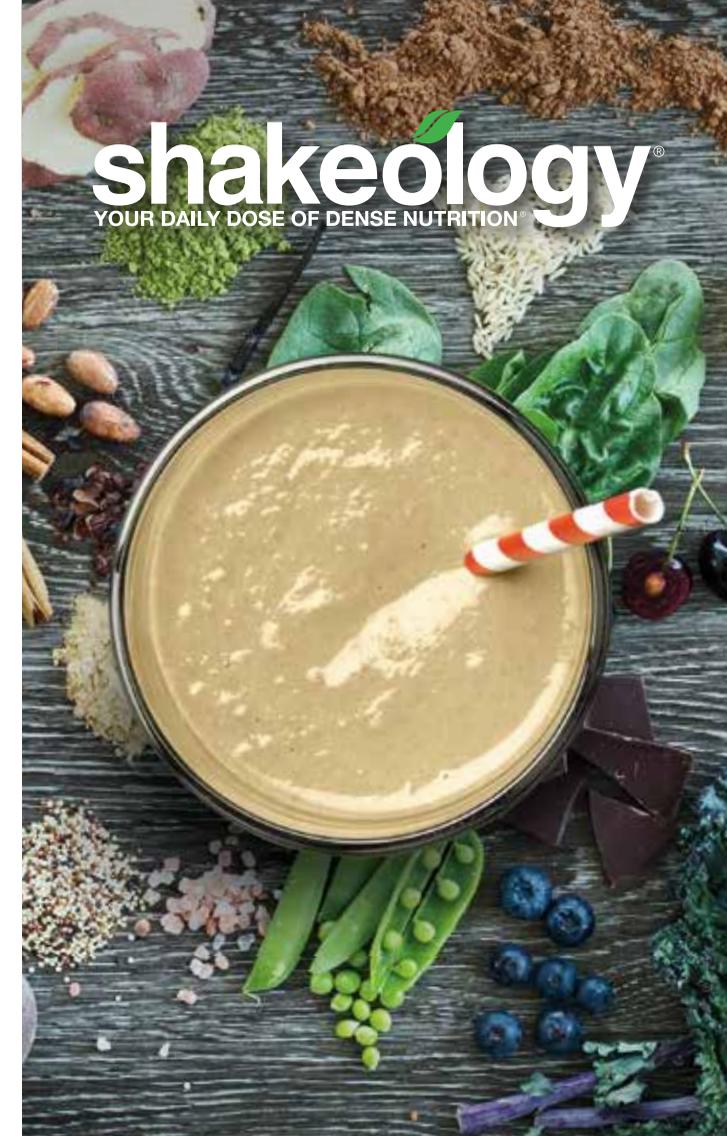
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, call 1 (800) 427-3809.

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shakeology®
YOUR DAILY DOSE OF DENSE NUTRITION™



Nutrition Simplified.

Drinking Shakeology® daily can help you:

- ✓ Lose weight*
- ✓ Maintain healthy energy levels*
- ✓ Curb junk-food cravings*
- ✓ Support regularity and healthy digestion*



AVAILABLE IN

- ✔ Chocolate ✔ Vanilla ✔ Strawberry
- ✔ Café Latte ✔ Greenberry
- ✔ Chocolate Vegan ✔ Vanilla Vegan
- ✔ Tropical Strawberry Vegan
- ✔ Café Latte Vegan

WHAT IS SHAKEOLOGY?

Shakeology is a nutrient-dense shake that’s formulated with globally harvested superfoods, premium protein, phytonutrients, antioxidants, enzymes, pre- and probiotics, fiber, adaptogens, vitamins, and minerals. It’s a whole-food based formula for optimal nutrition.

HOW IT’S MADE.

We’ve searched the world over for the best quality ingredients and refuse to use artificial sweeteners. We believe in sustainable farming and fair trade, and strive to know exactly how each ingredient is grown and harvested by the local farmers. And since we’re continuously working to improve Shakeology, we’re always on the hunt for more magical ingredients to add to the mix.

WHAT IT DOES FOR YOUR BODY.

Shakeology nourishes your body with the nutrients it needs and craves. It can help provide healthy energy, curb cravings, and support regularity. Plus, it can help you lose weight. So whether you want to slim down or get on the healthier track in life, try Shakeology—and discover why “dense nutrition” feels so good.*

WHAT’S IN SHAKEOLOGY AND HOW IT WORKS.

Shakeology is a powerful superfood formula designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels, and support healthy blood sugar levels within the normal range.†† Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants. Drink Shakeology daily to experience the best results!*

What’s in Shakeology		How it works
Ingredient Group***	Includes	What it does in your body*
Premium Protein and Amino Acids	Whey, Pea, Chia, Quinoa, Flax, Sacha Inchi, Rice, and Oat Protein	Protein helps build lean muscles and reduce cravings  [Sacha Inchi]
Antioxidants and Super-Fruits	Cacao, Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, and E	These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system  [Blueberries]
Phytonutrients and Super-Greens	Moringa, Matcha, Chlorella, Spinach, Kale	Phytonutrients help support health and vitality  [Spinach]
Adaptogen Herbs	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
Probiotics, Prebiotics, and Fiber	Yacon Root, Chicory Root, <i>Bacillus Coagulans</i>	Probiotics, prebiotics, and fiber help support regularity and healthy digestion  [Yacon Root]
Digestive Enzymes	Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase	Enzymes help nutrient absorption
Vitamins and Minerals	Calcium, Iron, Vitamin A, Vitamin C, Folate, Vitamin K, Vitamin B12, Vitamin E, Vitamin D, Magnesium, Selenium	Shakeology delivers vitamins and minerals that help support many key body functions

††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.
***Ingredients vary per flavor. See Shakeology.com for more information.

To learn more, contact your Team Beachbody® Coach or visit Shakeology.com today!