

MEAL REPLACEMENT SHAKE

Beachbody Nutritionals™

Essential nutrition plus great taste, together at last.

Short on time? Need good nutrition? Enjoy this delicious, creamy, low-calorie meal-in-a-glass anytime. Simply replace one meal a day to help maintain your weight and two meals to support weight loss.** It's a balanced mix of protein, carbs, healthy fats, and essential nutrients that provides sustained energy and satisfies your appetite so you can maximize your Beachbody® program results.*



KEY BENEFITS

- **Delicious and creamy** mixed with water or low-fat milk, soy milk, or rice milk
- Contains **23 essential vitamins** and minerals
- Contains **15 g of healthy soy-whey protein** blend (per serving) —one of the most effective combinations for supporting lean tissue growth and repair*
- Only **130 calories** per serving when mixed as directed
- **No preservatives** and low in sodium
- **Fast and convenient** to make at home, in the office, at the gym, or while traveling
- **Healthier** alternative to high-sugar/low-nutrition beverages*

USAGE

Blend one scoop with 8 oz. of **water**. For an even more delicious drink try it with milk and some of your favorite fruit. Replace one meal a day to aid in healthy nutrition and weight management. Replace two meals to help accelerate weight loss.**

THE BEACHBODY DIFFERENCE

This shake is delicious and creamy, satisfies appetite for hours, is ready in seconds, and helps you stay on track.

DID YOU KNOW?

- Studies show that whey protein measurably enhances muscle recovery and soy protein supports cardiovascular health.*
- Any extra calories you don't use are stored as body fat—2,500 extra calories equal approximately one pound!

WARNING: Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. 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.

**Consult your doctor, dietician, or other trained medical professional about your specific health needs before replacing meals.

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