



shakeology®

YOUR DAILY DOSE OF DENSE NUTRITION®

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

93% feel healthier since drinking it.**

86% responded that it helped increase their energy levels.**

81% feel it helped reduce their cravings for junk food.**

91% say it helped improve their regularity.**

81% say Shakeology kept them full until their next meal.**

72% said Shakeology helped them lose weight.**

82% reported improved digestion.†

77% feel more alert and focused throughout their day.**

74% said Shakeology helped to improve their mood.**

65% said Shakeology helped them cut back on the amount of caffeinated beverages they consumed daily.**

66% said their skin/hair/nails looked healthier.**

91% agree that Shakeology tastes great!**

92% believe Shakeology is money well spent.**

97% believe it's a smart investment in their health.**

*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.

**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 1,158 Shakeology users, including independent Team Beachbody Coaches, with regularity concerns 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.