

Product Training Guide

shakeology®

THE HEALTHIEST MEAL OF THE DAY®



Shakeology® is the most delicious, nutrient-dense, superfood-packed protein shake on the planet. It's made with the healthy stuff you should be eating every day, but typically don't. Shakeology's the perfect combination of proteins, phytonutrients, antioxidants, enzymes, prebiotics, and probiotics. Plus, it also contains many rare ingredients, including adaptogens, camu-camu, and sacha inchi—things we can't get from an ordinary diet. So whether you use Shakeology for weight loss, or drink it to optimize your health, this powerful and delicious shake is **your daily dose of dense nutrition**.

What can Shakeology do for you?

Shakeology makes you healthy from the inside out. It truly is nutrition simplified.

Shakeology can transform your health by helping:*

- Curb cravings for sugar and junk food
- Promote healthy weight loss
- Increase energy levels
- Improve digestion and regularity
- Support your immune system
- Support cardiovascular health

How to prepare Shakeology:

It's super-simple, actually. Since Shakeology quickly dissolves when added to any liquid, you can easily prepare it in a shaker cup. Or if you're craving the consistency of a smoothie, use a blender and toss in some ice.

But all you do is mix 1 scoop of Shakeology with 8 to 12 oz. of water, milk, or a milk alternative (almond milk, rice milk, or coconut water), ice and either shake or blend—then enjoy!

And if your taste buds are feeling a little adventurous, check out our array of recipes at ShakeologyRecipes.com.



WHAT'S IN SHAKEOLOGY		HOW IT WORKS
NUTRIENT GROUP	INCLUDES	WHAT IT DOES IN YOUR BODY*
Proteins and Amino Acids	Whey, Pea, Brown Rice, Chia, Quinoa, Amaranth, Flax, Sacha Inchi	Helps build lean muscles, improve skin and hair, support optimal brain function, improve mood, and reduce cravings.
Antioxidants and Super-Fruits	Cacao, Coconut Flower Nectar, Acerola Cherry, Pomegranate, Camu-Camu, Bilberry, Goji Berry, Blueberry, Açai, Green Tea, Rose Hips, Cinnamon, Luo Han Guo	Helps reduce oxidative damage from free radicals, promote heart health, support joint health, and keep your brain healthy.
Phytonutrients and Super-Greens	Moringa, Spirulina, Chlorella, Spinach, Barley Grass, Kamut Grass, Oat Grass, Wheat Grass	Helps alkalize the body and promote detoxification of the liver, kidneys, and blood to restore health and vitality.
Adaptogen Herbs	Maca, Astragalus, Ashwagandha, Maitake Mushroom, Cordyceps, Reishi Mushroom, Schisandra, Ginkgo, Tulsi (Holy Basil)	Helps protect the body from stress, support the immune system, and balance the endocrine system.
Prebiotics and Probiotics	Yacon Root, Lactobacillus Sporogenes (Bacillus Coagulans)	Helps promote regularity, support a balanced microflora environment in the intestinal tract, and improve digestion.
Digestive Enzymes	Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain	Helps the body break down foods and increase absorption of nutrients.

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

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Why we need Shakeology.

Let's face it, the American diet is terrible. Rarely do any of us eat enough fresh fruits and vegetables; instead, we reach for what's quick and easy—packaged food and fast food—which have been so over-processed that their nutrients have long been destroyed.

The reality is, we're running our bodies on empty. And like a car, we need fuel to go. Good fuel. Not empty-calorie junk. When you start thinking of food as fuel, you immediately realize how important Shakeology is in your daily diet. Because Shakeology is packed with the world's most potent, nutritious, and delicious ingredients, it's the quickest and easiest way to eat healthy, stay satisfied, and live a healthy life.

How to sell Shakeology.

Each of your customers will have a different reason for wanting to start drinking Shakeology. And the best way to get them on the Shakeology wagon is to address their needs, concerns, and lifestyles while explaining to them the cumulative benefits of drinking Shakeology daily.

Here are some suggestions on how Shakeology can help your customers achieve their unique goals:

— RETAILING TIPS —

Who to target:	Why Shakeology:
Beachbody® customers	Simplifies your meal plan. And if you're doing a Beachbody fitness program, Shakeology gives you the extra oomph you need to push through your workouts, which can aid in weight loss, as well as maximizing your fitness goals.
Older, yet active, adults (55+)	Increases energy levels, which helps you stay active, as well as helping keep you healthy so you can enjoy life.
Busy parents	A quick and convenient way to get complete nutrition. Supplies more energy to help you keep up with kids and a hectic lifestyle.
Busy professionals and college students	Easier to prepare (and tastier) than a salad. A quick and convenient way to get complete nutrition on a full schedule. Excellent as a healthy snack when eating a full meal is not possible.
Health-minded people	Save money by replacing many nutritional supplements with just one shake a day.
People who don't like fruits and vegetables	An easy and tasty way to drink the nutrients your body requires without its tasting like it's "good for you."
People who don't eat breakfast	Studies show that people who eat a healthy breakfast daily: <ul style="list-style-type: none"> • Are leaner • Have more energy • Have fewer junk food cravings • Snack LESS during the day • Have a faster metabolism



Shakeology – The Workouts

As Shakeology boosts your clients' energy levels, they'll have more desire to exercise—which is why we created these two amazing workouts, led by legendary Beachbody trainer Tania Ante.

"The 30" workout is great for beginners. Its mix of cardio, resistance training, and flexibility moves gets the blood flowing and fat burning.

"The 50" workout adds fun moves while upping the intensity level to produce faster results.

For clients who have just started incorporating exercise into their lives, we recommend doing "The 30" workout three times per week, then eventually rotating in the 50-minute workout once a week. They should go at their own pace, but also challenge themselves. And once they feel comfortable with that workout routine, encourage your clients to kick it up a notch and do "The 50" workout three times per week.

How to access the Shakeology Workouts

While your clients can purchase these workouts from the Team Beachbody® store, they can also get them for FREE by signing up for Home Direct (a \$29.95 value). Once they've signed up, we'll email them instructions on how to stream the workouts from our website.

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How to quickly describe Shakeology to potential customers.

A product as complex and amazing as Shakeology is really hard to sum up in just a few words, so we put together a few catch phrases to help get conversations started.

Shakeology is:

- A daily dose of dense nutrition
- A world of superfoods in every glass
- Nature in a bag
- Nutrition simplified

What are superfoods?

Superfoods are what we call the most incredibly healthy foods on our planet. These foods are low in calories, high in nutrients, and go beyond meeting basic nutritional needs. Instead, they have high concentrations of multiple nutrients that work together to support the immune system and help fight aging.*








How does Shakeology compare to other shakes?

While other shakes on the market contain a few of the key nutrient groups, Shakeology is the only one that provides them all in one shake!

So why does your body need all this stuff?

Shakeology's proprietary blend of digestive enzymes, prebiotics, and probiotics helps your body eliminate toxins that have built up over the years due to eating bad food. And its 100% whole-food ingredients fuel your body with essential vitamins, minerals, proteins, and nutrients that the average diet lacks.

Here's the bottom line: If you want to live healthy, you've got to eat healthy—and Shakeology is the easiest and most affordable way. That's because Shakeology is NUTRITION SIMPLIFIED.

	Shakeology®	Slim-Fast®	Muscle Milk®	Jamba Juice® Açai (+2 boosts)	Visalus®
Adaptogens		X	X	X	X
Phytonutrients		X	X	●	X
Prebiotics		X	X	X	●
Digestive Enzymes		X	X	X	●
Protein		●	●	●	●
Antioxidants		●	●	●	X
Vitamins & Minerals		●	●	●	●

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Shakeology Tool Kit

Chances are, if you're just getting started, you probably need some help getting your business up and running. And even if it's well on its way, the **Team Beachbody Coach Online Office** is packed with a comprehensive Shakeology Tool Kit that includes easy-to-use marketing materials, informative training videos, and downloadable sales and marketing tools to help build your business, as well as expert advice to help your business become as successful as possible. There's even an **online HD modification form** that allows you to switch or add flavors, and tweak ship dates on your Shakeology Home Direct orders. We also have links to Facebook®, Twitter®, and YouTube® so you can see what's going on in the wonderful world of Shakeology.

Here's how to access the Shakeology Tool Kit:

1. Go to **TeamBeachbody.com**
2. Log in to your account.
3. Click on the **"COACH"** button in the top navigation bar, then scroll down to **"COACH ONLINE OFFICE."**
4. Once in **"COACH ONLINE OFFICE,"** go to the top navigation and click on **"SALES & MARKETING."** Scroll down three links to **"PRODUCT TOOL KITS."**
5. For specific Shakeology marketing tools, look at the left side of the page where you'll see a long list with all the Beachbody products in grey type. Find and click on Shakeology (under Product Tool Kits).
6. When you click on **"SHAKEOLOGY,"** the material to the right will repopulate and be specific for that brand. Here you'll have access to Shakeology flyers, eCards, banners, social media stuff, and anything else you might need to market and grow your business.

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Shakeology simplifies nutrition and makes good “cents.”

Shakeology costs just over \$4 per serving for high-quality antioxidants, powerful vitamins and minerals, more than 70 superfoods, super-greens/phytonutrients, crucial proteins, essential amino acids, prebiotics, digestive enzymes, good carbs, and low fat. If you purchased each ingredient separately, it would cost more than \$700. So while Shakeology might seem expensive at first, really there’s no way you can eat healthier and spend less. Many have tried; none have succeeded. That’s why Shakeology makes sense out of cents.

Product Info Options

Vanilla:

- 30-day bag
- Box of 24 single-serve packets



Chocolate:

- 30-day bag
- Box of 24 single-serve packets



Greenberry:

- 30-day bag
- Box of 24 single-serve packets



Tropical Strawberry:

- 30-day bag
- Box of 24 single-serve packets



Chocolate Vegan:

- 30-day bag
- Box of 24 single-serve packets



Combo boxes:

Chocolate/Greenberry Combo Box:

- Box of 24 single-serve packets, 12 of each flavor



Tropical Strawberry/Chocolate Vegan Combo Box:

- Box of 24 single-serve packets, 12 of each flavor



Product Pricing

Retail price: **\$129.95**

Club price: **\$116.95**

Coach price: **\$ 97.46**

Volume Points: **90**

SKU# MDSUSH311G



What’s Home Direct?

It’s a convenient auto-ship program that delivers Shakeology to your doorstep every month—and one of the best parts is, we pick up the shipping tab (a \$12 per month value)! Plus it ensures that your client will NEVER have a gap in their Shakeology supply, which keeps everyone happy.



With Shakeology Home Direct, you’ll receive this item every 30 days, shipped directly to your door and billed to the credit card used today in the amount of \$129.95 a month and includes FREE shipping to your doorstep. You may cancel at any time to avoid future charges by contacting Customer Service.

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Why drink vegan Shakeology if you're not a vegan?

You DON'T have to follow a 100% vegan diet to enjoy the incredible health benefits associated with eating a more plant-based diet. Sometimes the smallest change provides the greatest results. Give your system a break and replace one meal a day with either Chocolate Vegan or Tropical Strawberry Shakeology. Our vegan shakes are 100% dairy-free, lactose-free, and soy-free—which is perfect for those who have sensitive digestive systems.

Replacing animal proteins with plant-based foods helps you:*

- Lower your risk for serious health issues
- Maintain a healthy weight
- Have fewer digestive issues
- Feel lighter and more energetic

What makes our vegan Shakeology so different from other vegan shakes?

Ours are creamy, smooth, and delicious.

Delivering vegan benefits without the grittiness of vegan proteins was a challenge, but we succeeded. Twice, actually. First with Tropical Strawberry, and most recently with Chocolate Vegan Shakeology.

HERE'S HOW WE MASTERED THE FORMULAS:

For both vegan shakes, we took ultra-fine brown rice protein and blended it with sacha inchi, quinoa, chia, flax, amaranth, and spirulina to provide your body with all 9 essential amino acids, as well as many non-essential and conditionally essential amino acids. These ingredients are all easy to assimilate and have an alkalizing effect on your body.

Then we added pea protein to the mix in order to create a complete protein source with high levels of two very important amino acids: lysine and methionine. This is significant because these two essential amino acids are very difficult to consume at adequate levels in most plant-based diets. And while crafting this proprietary plant-based protein blend might sound easy, it truly is a rare feat.

Two delicious vegan flavors to choose from:

Tropical Strawberry Shakeology

With the taste of sweet strawberries, smooth bananas, luscious papayas, and tangy pineapples, this light and refreshing shake is both delicious and nutritious.

Chocolate Vegan Shakeology

Crafted with rich cacao, 5 new superfoods, 5 grams of fiber, and no added fructose, this healthy shake is a chocolate lover's dream come true.



Beachbody Ultimate® is the future of whole-food nutrition.

Beachbody is committed to helping you put the world's most perfect whole-food ingredients at your fingertips. We'll do anything we can to make eating healthy absolutely, positively, undeniably delicious. And easy.

So when it comes to pure, easily assimilated, high-quality ingredients, Beachbody Ultimate products are effective in nurturing the body's ability to heal itself while enhancing its overall organic function.*

To operate at the most elevated levels of nutrition, health, and well-being, choose Beachbody Ultimate. It helps you get to where you want to be.



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Shakeology is packed with essential vitamins and minerals.

Most of us don't get the complete range of essential vitamins and minerals in our daily diets.

Some important vitamins—such as vitamin C and the B vitamins—are water-soluble, meaning they're flushed out of your body after a short time and need to be replenished regularly. Others, like vitamin E, can be difficult to get enough of in food.

All Shakeology formulas have vitamins and minerals that come from the whole foods listed on the label.

And why's that important? Because vitamins and minerals delivered through whole foods are more easily assimilated and recognized by the body than ones derived from isolates.

Vanilla, Chocolate, and Greenberry are fortified with added vitamins and mineral isolates, which are listed in the Supplement Facts, and you see them listed as Vitamins A, C, D, etc. In our vegan formulations, there's a multitude of vitamins and minerals, but because they're derived exclusively from whole foods, and not fortified with controlled levels of vitamin and mineral isolates, these amounts will vary naturally.

Think of it like this:

Four oranges from the same tree will have different levels of vitamin C. For this reason, we are not legally able to specify vitamin and mineral amounts on the Vegan Shakeology labels. Some people favor vitamins and minerals coming only from whole foods, while others believe that their bodies need extra vitamin and mineral fortification. One is not better than the other; the choice of what to consume is up to you and what you feel your body needs.

Shakeology is more than just a shake.

There are so many incredibly healthy and delicious things you can make with this potent powder—such as pudding, pies, granola bars, and more. And because of its high protein content and other energy-supporting ingredients, Shakeology makes a perfect preworkout or recovery drink as well.



Dessert and snack recipes:

Chocolate Shakeology Pudding

- 1 scoop** Chocolate Shakeology
- 1** medium avocado, ripe
- 1** large banana
- 1 cup** plain unsweetened almond milk
- 1 tsp.** lemon juice

Mix all ingredients in blender until smooth. Pour into four small individual dishes. Refrigerate for an hour. If the pudding ends up too thick, simply add a bit more almond milk. Serves 4.

Optional: Garnish with some chopped pecans, chia seeds, or walnuts.

Chocolate Brownie Bites

- ½ cup** natural smooth almond butter
- 1 scoop** Chocolate Vegan Shakeology
- 1** medium banana, ripe, mashed
- ¼ cup** quick-cooking rolled oats
- 3 Tbsp.** chopped walnuts

Combine almond butter, Shakeology, banana, oats, and nuts in a medium bowl. Press mixture into the bottom of a square pan. Refrigerate for at least 1 hour. Cut into 1-inch squares. If not serving immediately, store in refrigerator in an airtight container.

Tropical Strawberry Granola Bars

- 4 scoops** Tropical Strawberry Shakeology
- 1½ cups** oatmeal
- 1½ cups** granola (with almonds)
- ½ cup** almond butter
- 1 cup** almond milk
- 2 dashes** cinnamon
- ½ tsp.** vanilla extract
- ¼ cup** dried strawberries

Combine ingredients in a medium bowl. Mix well. Press mixture into the bottom of a square pan. Refrigerate for at least 1 hour. Cut into 1-inch squares. If not serving immediately, store in refrigerator in an airtight container.

For additional dessert recipes, go to [ShakeologyRecipes.com](https://www.beachbody.com/shakeology-recipes).

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Vanilla

After spending years searching for a rich, pure, and ethically sourced vanilla, we finally unearthed it in the lush jungles of Madagascar. Not only is it just as delicious and healthy as the rest of the Shakeology line, vanilla is a neutral base, so this shake is completely customizable—meaning you can create incredibly delicious concoctions like “PB & J,” “Vanilla Latte,” and “Tiramisu” (just to name a few). Then again, you can’t go wrong with just Vanilla.

Supplement Facts

Serving Size: 1 scoop (35 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
Calories	130		Vitamin A (as beta-carotene)	500 IU	10%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	15		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%
Total Fat	2 g	3%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron	2 mg	19%
Saturated Fat	0 g	0%	Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%	Phosphorus (as dicalcium phosphate)	250 mg	25%
Monounsaturated Fat	0 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (as kelp)	52 mcg	35%
Polyunsaturated Fat	1 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	70%	Zinc (as zinc oxide)	6 mg	40%
Cholesterol	5 mg	2%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as cupric oxide)	0.8 mg	40%
Sodium	200 mg	8%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as amino acid chelate)	2 mg	100%
Total Carbohydrate	14 g	5%	Folic acid	200 mcg	50%	Chromium (as amino acid chelate)	60 mcg	50%
Dietary Fiber	3 g	10%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as amino acid chelate)	30 mcg	40%
Sugars	7 g	†	Biotin	90 mcg	30%			
Protein	16 g	32%						

PROPRIETARY SUPERFOODS:

Whey protein (as isolate), Pea protein, Pea fiber (*Pisum* spp., seed), Maca root (*Lepidium meyenii*), Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Yacon root (*Smallanthus sonchifolius*), Acerola cherry (*Malpighia glabra*, fruit), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium* sp., fruit), Blueberry (*Vaccinium angustifolium*, fruit), Goji berry (*Lycium barbarum*), Spinach (*Spinacia oleracea*, leaf), Açai (*Euterpe oleracea*, fruit), MSM (*Methylsulfonylmethane*), Himalayan salt, Ashwagandha root (*Withania somnifera*), Cordyceps (*Cordyceps sinensis*, fungi), Enzyme blend (Protease, Amylase, Bromelain, Cellulase, Lipase, Papain, Lactase), Maitake mushroom (*Grifola frondosa*), Reishi mushroom (*Ganoderma lucidum*), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Momordica grosvenori* swingle), Citrus bioflavonoids, Grape seed (*Vitis vinifera*), Green tea (*Camellia sinensis*, leaf), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra* spp., fruit), Cinnamon bark (*Cinnamon zeylanicum*), Apple pectin (*Malus pumila*, fruit), Barley grass (*Hordeum vulgare*), Ginkgo (*Ginkgo biloba*, leaf), Kamut grass (*Triticum turanicum*), Moringa (*Moringa oleifera*, leaf), Oat grass (*Avena sativa*), Wheat grass (*Triticum aestivum*), Amaranth (*Amaranthus hypochondriacus*, seed), Chlorella (*Chlorella* sp., whole), Quinoa (*Chenopodium quinoa*, seed), Sacha inchi (*Plukenetia volubilis*, seed), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole).

** Percent Daily Values are based on a 2,000-calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Non-GMO fructose, Natural vanilla flavor (with other natural flavors), Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

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Chocolate

Because we're on a constant mission to make you as incredibly healthy as possible, we upgraded Chocolate Shakeology's formula to have less sugar and more fiber, all while keeping it decadently delicious.

Supplement Facts

Serving Size: 1 scoop (42 g) Servings Per Container: 30

Amount Per Serving % Daily Value**		Amount Per Serving % Daily Value**		Amount Per Serving % Daily Value**				
Calories	160	Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%	
Calories from Fat	20	Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%	
Total Fat	2 g	3%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron	6 mg	33%
Saturated Fat	1 g	5%	Vitamin E (as <i>d-alpha</i> tocopheryl succinate)	15 IU	50%	Phosphorous (as dicalcium phosphate)	250 mg	25%
Monounsaturated Fat	0.5 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (as kelp)	52 mcg	35%
Polyunsaturated Fat	0.5 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as oxide)	6 mg	40%
Cholesterol	0 mg	0%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as cupric oxide)	0.8 mg	40%
Total Carbohydrate	17 g	6%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as amino acid chelate)	2 mg	100%
Dietary Fiber	6 g	24%	Folic acid	200 mcg	50%	Chromium (as amino acid chelate)	60 mcg	50%
Sugars	6 g	†	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Protein	17 g	34%	Biotin	90 mcg	30%			
Sodium	150 mg	6%						

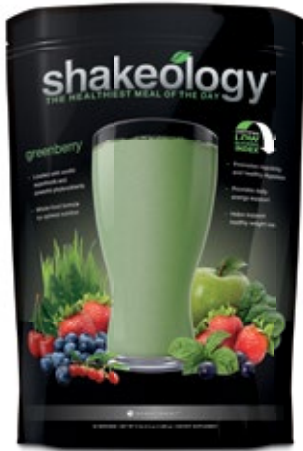
PROPRIETARY SUPERFOODS:

Whey protein (as isolate), Cacao, Pea protein, Maca root (*Lepidium meyenii*), Yacon root (*Smallanthus sonchifolius*), Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Quinoa (*Chenopodium quinoa*, seed), Coconut flower nectar, Chlorella (*Chlorella sp.*, whole), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Acerola cherry (*Malpighia glabra*, fruit), Sacha inchi (*Plukenetia volubilis*, seed), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Blueberry (*Vaccinium angustifolium*, fruit), Goji berry (*Lycium barbarum*), Spinach (*Spinacia oleracea*, leaf), Açai (*Euterpe oleracea*, fruit), Pea fiber (*Pisum spp.*, seed), MSM (Methylsulfonylmethane), Ashwagandha root (*Withania somnifera*), Cordyceps (*Cordyceps sinensis*, fungi), Enzyme blend (Protease, Amylase, Cellulase, Lipase, Papain, Lactase, Bromelain), Maitake mushroom (*Grifola frondosa*), Reishi mushroom (*Ganoderma lucidum*), Amaranth (*Amaranthus hypochondriacus*, seed), Luo Han Guo (*Momordica grosvenori* swingle), Himalayan salt, Lactobacillus sporogenes (as *Bacillus coagulans*), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Grape seed (*Vitis vinifera*), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Cinnamon powder, Apple pectin (*Malus pumila*, fruit), Barley grass (*Hordeum vulgare*), Ginkgo (*Ginkgo biloba*, leaf), Kamut grass (*Triticum turanicum*), Moringa (*Moringa oleifera*, leaf), Oat grass (*Avena sativa*), Wheat grass (*Triticum aestivum*).

** Percent Daily Values are based on a 2,000-calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Natural sweetener blend (non-GMO fructose, stevia), Natural chocolate flavor, Xanthan gum.

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Greenberry

The new Greenberry is lighter, sweeter, and fruitier than ever before—winning over 4 out of 5 current Greenberry customers. Plus it has more protein, more fiber, fewer calories, less sugar, and 3 more superfoods than the original.

Supplement Facts

Serving Size: 1 scoop (35 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
Calories	130		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid	5 mg	50%
Calories from Fat	15		Vitamin C (as ascorbic acid)	180 mg	300%	(as calcium d-pantothenate)		
Total Fat	1.5 g	2%	Vitamin D (as cholecalciferol)	200 IU	50%	Calcium (as dicalcium phosphate)	300 mg	30%
Saturated Fat	0 g	0%	Vitamin E	15 IU	50%	Iron	3.5 mg	19%
Monounsaturated Fat	0 g		(as <i>d-alpha</i> tocopheryl succinate)			Phosphorous	250 mg	25%
Polyunsaturated Fat	1 g		Vitamin K1 (as phytonadione)	40 mcg	50%	(as dicalcium phosphate)		
Trans Fat	0 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Iodine (as kelp)	52 mcg	35%
Cholesterol	0 mg	0%	Vitamin B2 (as riboflavin)	1.3 mg	70%	Magnesium (as magnesium oxide)	80 mg	20%
Total Carbohydrate	13 g	4%	Vitamin B3 (as niacin)	5 mg	25%	Zinc (as zinc oxide)	6 mg	40%
Dietary Fiber	4 g	20%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Copper (as cupric oxide)	0.8 mg	40%
Sugars	6 g	†	Folic acid	200 mcg	50%	Manganese (as amino acid chelate)	2 mg	100%
Protein	17 g	34%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Chromium (as amino acid chelate)	60 mcg	50%
Sodium	200 mg	8%	Biotin	90 mcg	30%	Molybdenum (as sodium molybdate)	30 mcg	40%

PROPRIETARY SUPERFOODS:

Whey protein (as isolate), Pea protein, Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Pea fiber (*Pisum spp.*, seed), Chlorella (*Chlorella sp.*, whole), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Maca root (*Lepidium meyenii*), Yacon root (*Smallanthus sonchifolius*), Acerola cherry (*Malpighia glabra*, fruit), Spinach (*Spinacia oleracea*, leaf), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Blueberry (*Vaccinium angustifolium*, fruit), Goji berry (*Lycium barbarum*), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylmethane), Himalayan salt, Ashwagandha root (*Withania somnifera*), Cordyceps (*Cordyceps sinensis*, fungus), Enzyme blend (Protease, Amylase, Bromelain, Cellulase, Lipase, Papain, Lactase), Maitake mushroom (*Grifola frondosa*), Reishi mushroom (*Ganoderma lucidum*), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Momordica grosvenori* swingle), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Grape seed (*Vitis vinifera*), Rose hips (*Rosa canina*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Schisandra (*Schisandra spp.*, fruit), Cinnamon bark (*Cinnamom zeylanicum*), Apple pectin (*Malus pumila*, fruit), Barley grass (*Hordeum vulgare*), Ginkgo (*Ginkgo biloba*, leaf), Kamut grass (*Triticum turanicum*), Moringa (*Moringa oleifera*, leaf), Oat grass (*Avena sativa*), Wheat grass (*Triticum aestivum*), Chlorophyll (as sodium copper chlorophyllin), Quinoa (*Chenopodium quinoa*, seed), Sacha inchi (*Plukenetia volubilis*, seed), Amaranth (*Amaranthus hypochondriacus*, seed).

** Percent Daily Values are based on a 2,000-calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Non-GMO fructose, Xanthan gum, Natural strawberry flavor (with other natural flavors), Citric acid, Stevia (*Stevia rebaudiana*, leaf).

Product Training Guide



shakeology®

THE HEALTHIEST MEAL OF THE DAY®

Tropical Strawberry

Flavored with naturally sweet strawberries, smooth bananas, luscious papayas, tangy pineapples, and a ton of whole superfoods from around the world, this light and refreshing shake is a great way to kick off your day.

Supplement Facts

Serving Size: 1 scoop (42 g) Servings Per Container: 30

Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**
Calories	160	Polyunsaturated Fat	1 g	Dietary Fiber	4 g 16%
Calories from Fat	15	<i>Trans</i> Fat	0 g	Sugars	9 g
Total Fat	2 g 3%	Cholesterol	0 mg 0%	Protein	16 g 32%
Saturated Fat	0 g 0%	Sodium	190 mg 8%		
Monounsaturated Fat	0 g	Total Carbohydrate	21 g 7%		

PROPRIETARY SUPERFOODS:

Brown rice protein, Pea protein, Coconut flower nectar, Konjac, Maca root (*Lepidium meyenii*), Chia (*Salvia hispanica*, seed), Yacon root (*Smallanthus sonchifolius*), Strawberry (*Fragaria chiloensis*, berry), Beet juice powder, Flax (*Linum usitatissimum*, seed), Amaranth (*Amaranthus hypochondriacus*, seed), Quinoa (*Chenopodium quinoa*, seed), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Apple pectin (*Malus pumila*, fruit), Chlorella (*Chlorella sp.*, whole), MSM (Methylsulfonylmethane), Pomegranate (*Punica granatum*, fruit), Sacha inchi (*Plukenetia volubilis*, seed), Acerola cherry (*Malpighia glabra*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Goji berry (*Lycium barbarum*), Moringa (*Moringa oleifera*, leaf), Açai (*Euterpe oleracea*, fruit), Camu-Camu (*Myrciaria dubia*, fruit), Cinnamon powder, Pea fiber (*Pisum spp.*, seed), Ashwagandha root (*Withania somnifera*), Banana (*Musa spp.*, fruit), Blueberry (*Vaccinium angustifolium*, fruit), Cordyceps (*Cordyceps sinensis*, fungi), Enzyme blend (Protease, Amylase, Bromelain, Cellulase, Lipase, Papain, Lactase), Himalayan salt, Maitake mushroom (*Grifola frondosa*), Pineapple (*Ananas comosus*, fruit), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (*Momordica grosvenori* swingle), Barley grass juice (*Hordeum vulgare*), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Kamut grass juice (*Triticum turanicum*), Oat grass juice (*Avena sativa*), Papaya (*Carica papaya*, fruit), Reishi mushroom (*Ganoderma lucidum*), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Spinach (*Spinacia oleracea*, leaf), Tulsi (Holy basil, *Ocimum sanctum*, leaf), Wheat grass juice (*Triticum aestivum*), Ginkgo (*Ginkgo biloba*, leaf).

** Percent Daily Values are based on a 2,000-calorie diet.
 † Daily Value not established.

OTHER INGREDIENTS: Tapioca, Natural flavors (strawberry, banana, pineapple, and other natural flavors), Citric acid, Natural sweetener (proprietary blend of erythritol, oligosaccharides, and natural flavors), and Stevia (*Stevia rebaudiana*, leaf).

Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	777 mg	Glycine	664 mg	Methionine	297 mg	Tryptophan	188 mg
Arginine	1,260 mg	Histidine	347 mg	Phenylalanine	811 mg	Tyrosine	676 mg
Aspartic Acid	1,520 mg	Isoleucine	685 mg	Proline	701 mg	Valine	802 mg
Cystine	251 mg	Leucine	1,220 mg	Serine	764 mg		
Glutamic Acid	2,580 mg	Lysine	748 mg	Threonine	559 mg		

Product Training Guide



shakeology®

THE HEALTHIEST MEAL OF THE DAY®

Chocolate Vegan

Crafted with rich cacao, 5 grams of fiber, and no fructose, this 100% soy-free and dairy-free vegan shake is absolutely delicious and nutritious.

Supplement Facts

Serving Size: 1 scoop (44 g) Servings Per Container: 30

Amount Per Serving % Daily Value**		Amount Per Serving % Daily Value**		Amount Per Serving % Daily Value**	
Calories	170	Polyunsaturated Fat	0.5 g	Dietary Fiber	5 g 20%
Calories from Fat	20	Trans Fat	0 g	Sugars	9 g
Total Fat	2.5 g 4%	Cholesterol	0 mg 0%	Protein	16 g 32%
Saturated Fat	1 g 5%	Sodium	210 mg 9%		
Monounsaturated Fat	0.5 g	Total Carbohydrate	22 g 7%		

PROPRIETARY SUPERFOODS:

Brown rice protein, Pea protein, Coconut flower nectar, Cacao, Konjac, Maca root (*Lepidium meyenii*), Yacon root (*Smallanthus sonchifolius*), Sacha inchi (*Plukenetia volubilis*, seed), Chia (*Salvia hispanica*, seed), Apple pectin (*Malus pumila*, fruit), MSM (Methylsulfonylmethane), Pomegranate (*Punica granatum*, fruit), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Chlorella (*Chlorella sp.*, whole), Acerola cherry (*Malpighia glabra*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Flax (*Linum usitatissimum*, seed), Goji berry (*Lycium barbarum*), Moringa (*Moringa oleifera*, leaf), Himalayan salt, Cinnamon powder, Quinoa (*Chenopodium quinoa*, seed), Camu-Camu (*Myrciaria dubia*, fruit), Açai (*Euterpe oleracea*, fruit), Pea fiber (*Pisum spp.*, seed), Blueberry (*Vaccinium angustifolium*, fruit), Cordyceps (*Cordyceps sinensis*, fungi), Enzyme blend (Protease, Amylase, Bromelain, Cellulase, Lipase, Papain, Lactase), Ashwagandha root (*Withania somnifera*), Maitake mushroom (*Grifola frondosa*), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (*Momordica grosvenori* swingle), Spinach (*Spinacia oleracea*, leaf), Reishi mushroom (*Ganoderma lucidum*), Tulsi (Holy basil, *Ocimum sanctum*, leaf), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Amaranth (*Amaranthus hypochondriacus*, seed), Barley grass juice (*Hordeum vulgare*), Kamut grass juice (*Triticum turanicum*), Oat grass juice (*Avena sativa*), Wheat grass juice (*Triticum aestivum*), Ginkgo (*Ginkgo biloba*, leaf).

** Percent Daily Values are based on a 2,000-calorie diet.
 † Daily Value not established.

OTHER INGREDIENTS: Tapioca and Stevia (*Stevia rebaudiana*, leaf).

Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	775 mg	Glycine	713 mg	Methionine	297 mg	Tryptophan	217 mg
Arginine	1,270 mg	Histidine	327 mg	Phenylalanine	820 mg	Tyrosine	704 mg
Aspartic Acid	1,600 mg	Isoleucine	686 mg	Proline	740 mg	Valine	820 mg
Cystine	270 mg	Leucine	1,240 mg	Serine	735 mg		
Glutamic Acid	2,590 mg	Lysine	757 mg	Threonine	579 mg		

Product Training Guide

Additional Shakeology products and tools.

Here are a ton of supplemental products that could enhance your client's Shakeology experience.

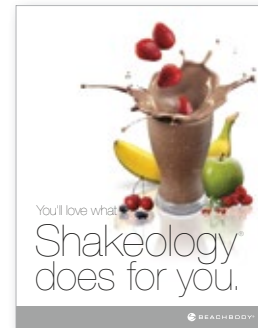
SHAKEOLOGY PREMIUM SHAKER CUP, 6-PACK

The 20-oz. Shakeology Shaker Cup is a stylish and sturdy BPA-free cup that's perfect for when you're on the go. It's also a great idea to have a stash on hand to give out to prospective customers, along with a free sample packet of Shakeology.



SHAKEOLOGY WELCOME GUIDE, 5-PACK

Introduce potential customers to Shakeology with this Welcome Guide and get them excited about how this delicious shake could change their lives. Here they'll learn exactly what Shakeology will do for their bodies while discovering the amazing value of all its ingredients, as well as learning how to track their progress. If that doesn't sway them to drink Shakeology daily, then all the Success Stories, doctors' opinions, and endorsements in here certainly will.



SHAKEOLOGY HOME STORAGE CANISTER

This durable, airtight 3.3-quart round canister is BPA-free and perfect for storing a full bag of Shakeology. Containers are stackable, with easy one-handed opening, and fit almost any pantry or countertop. The clear polystyrene base allows you to see which flavor's inside. Available in Black or White lid color options.



SHAKEOLOGY BOOST: THE FIBER

Add more fiber to your diet with Shakeology Boost: The Fiber. You can easily mix this non-gritty, flavorless powder into Shakeology, or any other drink, to give your body that boost it so desperately needs.



Product Training Guide

Shakeology Social Media Platforms

One of the best ways to connect with other Team Beachbody Coaches, your customers, potential customers, or other Shakeology lovers from around the world is through these amazing social media platforms. At any given moment, someone, somewhere, is talking about, or posting something in regards to, Shakeology. So get plugged in to these six powerful networks and leverage all they have to offer so you can own the edge on Shakeology and grow your business. Social media is where you: “Like” us. Follow us. Watch us. Love us.



Facebook.com/Shakeology

- Discover inspirational Shakeology Success Stories and share a few of your own
- Find and share a TON of delicious and nutritious Shakeology recipes

YouTube.com/Shakeology

- Find a plethora of great videos about everything Shakeology to share with your customers:
 - Recipe Videos
 - How-To Videos
 - Web Chats
 - Instructional Videos
 - Trainer Talks



Twitter.com/Shakeology

- Stay up on the latest news with these short and specific posts
- You can easily pull this content and re-tweet it to your customers

Instagram.com/Shakeology

- Share your favorite Shakeology pictures and recipes, then read what others have to say
- Find and share inspirational quotes



Pinterest.com/Shakeology

- Pin and share your favorite Shakeology-related photos, recipes, and motivational quotes
- Keep all your Shakeology info in one place

shakeology “The Blog”

Shakeology.com/Web/Shakeology/The-Blog

- Go in depth and learn everything there is to know about this amazing shake
- Learn more about the scientific side of Shakeology

A list of helpful tips on how to manage your business using Social Media is available at: TBBCoach411.com/Social-Media-Dos-and-Donts/

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