



3-DAY REFRESH®

CHECK OUT THESE AMAZING 3-DAY REFRESH RESULTS!†

WHAT IS THE 3-DAY REFRESH®?

The 3-Day Refresh is a scientifically designed program that helps you fast-track your weight loss, kick-start healthy eating, and get a clean break from bad nutrition habits. 3-Day Refresh is a simple, straightforward program that will help cleanse your body and improve the way you feel—without starving yourself. Unlike juice cleanses or liquid fasts which tend to be high in sugar and low in protein (leaving you feeling weak, hungry, and sluggish), this easy-to-follow program helps support your metabolism while nourishing your vital organs.

For 3 days you'll follow a program of 3 shakes a day, a fiber drink, plenty of filtered water, plus a wide array of fresh fruits, vegetables, and healthy fats throughout the day to keep your energy and metabolism going.

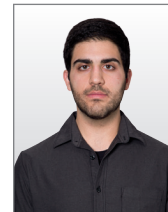
WHY REFRESH?

Maybe you feasted like a king or queen over the weekend, and want to get back on track. Perhaps you simply just want to lose that last bit of annoying pudge. Maybe you used to eat healthy but little by little you fell off the wagon and now are ready to climb back on. It's also possible you've never had a healthy diet but you're finally ready to start. Sometimes you want to quickly drop a few pounds for an upcoming social event. Or perhaps you're kick-starting a new workout program and want to shift into high gear right away. Or maybe, just maybe, you're ready for a few days of clean eating just because it's the right thing to do.

Whatever your "maybe" may be, we all have those times when we want to get our nutrition on track—and that's what the 3-Day Refresh is all about. This program is the easiest way to break the cycle of bad eating habits while creating new ones, conquer your cravings, flatten your stomach, feel lighter and more energized, sleep more soundly, detoxify your body, and dramatically improve the way you feel—ALL WITHOUT STARVING!

"In 3 days I lost 5.4 pounds, 2½ inches off my waist, and an inch off my hips."

—Jennifer C.



"The 3-Day Refresh is definitely a plateau buster. I can't believe the changes that occurred in just 3 days."

—Nicholas W.

"After just having a baby, losing 2½ inches off my waist is a miracle!"

—Leah G.



"In 3 days it's managed to turn everything around. I didn't even think that was possible!"

—Sherrie S.

"Before 3-Day Refresh I felt ordinary. Now I feel EXTRAORDINARY!"

—Kelli J.



†Results may vary.

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HOW DOES THE 3-DAY REFRESH WORK?

For 3 days you'll have a superfood-packed Shakeology® shake for breakfast along with a fruit option; a Fiber Sweep digestive health drink later in the morning; a satisfying, high-protein Vanilla Fresh shake for lunch, accompanied by fresh fruit, vegetables, and healthy fat options throughout the afternoon. For dinner, you'll have another Vanilla Fresh shake along with your choice from a list of delicious, easy-to-prepare dinner recipes. You can also have tea twice a day and as much filtered water as you like (we suggest you drink AT LEAST half your body weight in ounces per day).

WHAT SETS 3-DAY REFRESH APART FROM OTHER 3-DAY CLEANSE PROGRAMS?

Juice cleanses and other popular short-term cleanses provide incomplete nutrition promoting muscle loss instead of fat loss and can cause a rebound due to the lack of adequate protein, low fiber, and/or high sugar levels. Many juice cleanses range from \$50–\$70 per day, while this 3-day program is only \$23 per day for the Complete Kit. It offers a superior nutritional solution and also will serve as a great door opener for purchases of Shakeology.

WHAT TO EXPECT WHEN YOU'RE REFRESHING.

The 3-Day Refresh is a low-calorie program (about 900 calories a day) but because the shakes and fresh food selections are high in protein and fiber, they will help keep you satiated throughout the day.

Because this program is packed with fiber, if you don't already have a diet that's high in fruits, veggies, and whole grains, it's a good idea to prepare for the 3-Day Refresh by eating a large salad and/or a few servings of fresh veggies throughout the week leading up to it.

If you get a little gas or bloating, this is a sign that you need to up your fiber levels in general. Fiber promotes satiety, balances blood sugar, promotes cardiovascular health, and keeps your digestive tract functioning. If gas is an issue, we've highlighted the "low gas-producing" options in the veggie list and dinner recipes in the menu guide.

It's also incredibly important to stay hydrated during the 3-Day Refresh. Water is the body's lubricant and is required for every major process. It keeps your digestion flowing, flushes out toxins, keeps your system balanced, and helps control hunger. ***We recommend drinking half your body weight in ounces every day. So, if you weigh 150 pounds, you should be drinking at least 75 ounces of filtered water every day.***

WHEN IS THE BEST TIME TO DO THE 3-DAY REFRESH?

You can use it anytime you need to lose a few pounds quickly. Or kick-start a cleaner diet. Maybe after a long weekend of eating everything in sight. When you want your clothes to fit a little looser. Before, during, or after a workout regimen. You may choose to do it once a month to keep your habits sharp and your body healthy. You can pretty much do the 3-Day Refresh whenever you feel like recharging.

WHERE'S THE PROTEIN?

You may notice the lack of meat and dairy in the 3-Day Refresh. Fruits and veggies tend to be rich in antioxidants and phytonutrients, and the restorative effects of plant-based diets are well-documented—so here's your chance to take advantage of that! In fact, we recommend you eliminate animal products entirely from your diet during the 3-Day Refresh by drinking Chocolate Vegan or Tropical Strawberry Vegan Shakeology.

Don't worry about getting enough protein. Both Shakeology and your Vanilla Fresh shakes are packed with all the amino acids you need. Many veggies are also good sources of protein, especially greens and beans.



Product Training Guide

| — RETAILING TIPS — | |
|---|---|
| WHO CAN BENEFIT FROM THE 3-DAY REFRESH? | WHY CHOOSE THE 3-DAY REFRESH? |
| People who want to lose weight fast | The 3-Day Refresh is a low-calorie program (about 900 calories a day) that whips your nutrition into shape so you lose inches and pounds fast. |
| People who have tried and failed with other 3-day cleanses | 3-Day Refresh is much healthier for long-term weight loss than a juice cleanse, and less expensive. It's not a starvation or "liquid" diet, and allows you to eat "real" food! |
| People who want to kick-start better eating habits | Wanting to eat healthier and knowing how to do it are two completely different things. And this program teaches you how to make delicious and healthy meals that will fill you up without filling you out. |
| Anyone who has fallen off the wagon, been "bad" with their eating, or wants to clean up their act (post-event, post-vacation) | This program will help keep you from craving bad foods so you can lose weight and get back into the swing of eating healthy once again. |
| People who are not willing to make a commitment to a longer-term program/who are looking for fast results | This program is only 3 days! It's incredibly simple to follow, with easy-to-prepare meals and snacks that are delicious. It's a no-brainer! |
| People who have never eaten healthy and need a way to start | Breaking bad habits is hard—especially if you've never known what it's like to eat and be healthy. Not only will this program teach you what to eat, it'll show you how to prepare food so it's incredibly healthy as well as super-satisfying. |
| People who want more energy | Because the 3-Day Refresh cranks your metabolism and detoxifies your body, you'll feel like you have so many more hours in your day. |
| Anyone who is getting ready for an event, trip, etc., and wants to look and feel better | Not only will the 3-Day Refresh help you lose weight, you'll lose inches all around. You'll also feel lighter, healthier, and Refreshed! |

CROSS-SELLING SUGGESTIONS



Shakeology

- The 3-Day Refresh program is a great opportunity for new customers to experience the benefits of Shakeology for the first time. After they have finished the Refresh, tell them that drinking Shakeology daily is an excellent way to maintain their 3-Day Refresh results because it will provide a Daily Dose of Dense Nutrition, while helping them stay on track with their newly formed healthy eating habits. Be sure to remind your customers that the last thing they want to do is let all their great results go to waste by returning to unhealthy eating.

3-DAY REFRESH



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WHAT'S INCLUDED IN THE 3-DAY REFRESH KIT?

The 3-Day Refresh Kit is available in 2 configurations:

| THE 3-DAY REFRESH COMPLETE KIT | |
|---|---|
| <p>3 packets of Shakeology Your choice of 6 flavors—although we recommend Chocolate Vegan or Tropical Strawberry Vegan during the Refresh because plant proteins are often easier for the body to digest.</p> | <p>Packed with potent superfoods, Shakeology starts each day of your Refresh with Your Daily Dose of Dense Nutrition® to help improve and support all your body's vital functions, while also helping to maximize energy and maintain healthy blood sugar levels.</p> |
| <p>Vanilla Fresh (6 packets)</p> | <p>This patent-pending, delicious, and protein-rich formula helps curb your hunger with more than 20 grams of wholesome plant-based protein, 22 essential vitamins and minerals, probiotics for digestive health, and a patented potato protein extract clinically tested to satisfy your appetite.</p> |
| <p>Fiber Sweep (3 packets)</p> | <p>Gently and naturally eliminates waste from your digestive system with its patent-pending blend of whole ground flax, chia, and psyllium seed husks. Psyllium can help lower cholesterol, support healthy blood sugar levels, and may even reduce the risk of coronary heart disease, as part of a healthy diet low in saturated fat and cholesterol.</p> |
| <p>Program Guide</p> | <p>This comprehensive guide walks you through how this program works, what to expect, and how to prepare your shopping list, as well as your body, for the 3-Day Refresh. It also contains a menu planner with numerous easy-to-make, nutritious, and delicious meals, a list of fruit and veggie options, guilt-free flavorings, and recipes for fresh-pressed juices.</p> |
| THE 3-DAY REFRESH KIT WITHOUT SHAKEOLOGY | |
| <p>Because so many customers already drink Shakeology and have an ample supply at home, we're offering a kit without it so they can benefit from a lower price point, while utilizing their own supply of the Healthiest Meal of the Day® for breakfast during the Refresh.</p> | |
| <p>Vanilla Fresh (6 packets)</p> | <p>This patent-pending, delicious, and protein-rich formula helps curb your hunger with more than 20 grams of wholesome plant-based protein, 22 essential vitamins and minerals, probiotics for digestive health, and a patented potato protein extract clinically tested to satisfy your appetite.</p> |
| <p>Fiber Sweep (3 packets)</p> | <p>Gently and naturally eliminates waste from your digestive system with its patent-pending blend of whole ground flax, chia, and psyllium seed husks. Fiber Sweep can help lower cholesterol, support healthy blood sugar levels, and may even reduce the risk of coronary heart disease, as part of a healthy diet low in saturated fat and cholesterol.</p> |
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PRODUCT INFO

Complete Kit:

Retail price: \$69.95

Club price: \$62.96

Coach price: \$52.46

PV: 52

TV: 52

Kit without Shakeology:*

Retail price: \$59.95

Club price: \$53.96

Coach price: \$44.96

PV: 45

TV: 45

All pricing in USD. International pricing will vary.

COACH TOOLS

Beachbody® provides all the tools you need to help your customers get healthier with the 3-Day Refresh. The following are available in your Coach Online Office:

Challenge Group Guide

- Weekly Coaching Guide
- Coach Starter Guide
- Participant Starter Guide

Toolkit

- FAQ
- eCards
- Sample Facebook posts
- Sample email
- Talking Points
- Training video
- Promo video
- Banners
- Challenge Group Guides

*The kit without Shakeology is also available via our Home Direct autoship program every 30 or 90 days.

CAUTIONS AND WARNINGS Consult a physician prior to use if you have nausea, fever, vomiting, bloody diarrhea, severe abdominal pain, diabetes, galactosemia, gastrointestinal lesions/ulcers, allergy to latex or fruits, or high blood pressure; or if you are taking anticoagulant agents, anti-inflammatory agents, antibiotics, blood thinners, enzymes, or antidepressants; or before having surgery. Discontinue use and consult a physician if symptoms persist or worsen, digestive upset occurs beyond 3 days, or if you have a headache, heartburn, bloating, nausea, vomiting, or diarrhea. Consumption with alcohol, other drugs, or natural health products with sedative properties is not recommended. The product provides 120–250 mg of sodium per dose. This product contains a source of caffeine. Keep out of reach of children.

CONTRAINDICATION Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment), are taking health products that affect blood coagulation (e.g., blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase risk of spontaneous bleeding. Do not use if you are pregnant, breast feeding, or if you and your partner are attempting to conceive.

KNOWN ADVERSE REACTIONS Some people may experience mild gastrointestinal bloating, constipation, or indigestion. Headaches, heartburn, nausea, vomiting, hypersensitivity (allergy), diarrhea, and bloating have been known to occur; in which case, discontinue use and consult a healthcare practitioner.

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Product Training Guide



Supplement Facts

Serving Size: 1 Packet (47.5 g) Servings Per Packet: 1

| | Amount Per Serving | % Daily Value [†] | | Amount Per Serving | % Daily Value [†] |
|---|--------------------|----------------------------|--|--------------------|----------------------------|
| Calories | 200 | | Vitamin K1 (as phytonadione) | 28 mcg | 35% |
| Calories from Fat | 50 | | Vitamin B1 (as thiamin mononitrate) | 0.53 mg | 35% |
| Total Fat | 6 g | 9% | Vitamin B2 (as riboflavin) | 0.60 mg | 35% |
| Saturated Fat | 2 g | 10% | Niacin (as niacinamide) | 7.00 mg | 35% |
| Monounsaturated Fat | 1.5 g | | Vitamin B6 (as pyridoxine hydrochloride) | 0.70 mg | 35% |
| Polyunsaturated Fat | 2 g | | Folic acid | 140 mcg | 35% |
| Trans Fat | 0 g | | Vitamin B12 (as cyanocobalamin) | 2.10 mcg | 35% |
| Cholesterol | 0 mg | 0% | Biotin | 105 mcg | 35% |
| Sodium | 220 mg | 9% | Pantothenic acid (as calcium d-pantothenate) | 3.50 mg | 35% |
| Potassium | 100 mg | 3% | Calcium (as dicalcium phosphate) | 350 mg | 35% |
| Total Carbohydrate | 16 g | 5% | Iodine (as potassium iodine) | 52.50 mcg | 35% |
| Dietary Fiber | 3 g | 12% | Magnesium (as magnesium oxide) | 140 mg | 35% |
| Sugars | 6 g | ** | Zinc (as zinc sulfate) | 5.25 mg | 35% |
| Protein | 20 g | 40% | Selenium (as selenium amino acid chelate) | 24.50 mcg | 35% |
| Vitamin A (as beta-carotene/vitamin A palmitate) | 1750 IU | 35% | Copper (as copper amino acid chelate) | 0.70 mg | 35% |
| Vitamin C (as calcium ascorbate) | 21 mg | 35% | Manganese (as manganese amino acid chelate) | 0.70 mg | 35% |
| Vitamin D (as cholecalciferol) | 140 IU | 35% | Chromium (as chromium picolinate) | 42 mcg | 35% |
| Vitamin E (as <i>d-alpha</i> -tocopheryl acetate) | 10.5 IU | 35% | Molybdenum (as sodium molybdate) | 26.25 mcg | 35% |

[†]Percent Daily Values are based on a 2,000 calorie diet ^{**} Daily Value (DV) not established.

OTHER INGREDIENTS: Oat protein, Pea protein, Agave (*Agave tequilana*, fruit), Maize (fiber), MCT (medium chain triglycerides), Natural vanilla flavor (with other flavors), Xanthan gum, Bacillus coagulans, Stevia (*Stevia rebaudiana*, leaf), Potato protein extract, Luo Han Guo (Monk fruit) (*Momordica grosvenori* swingle).

DIRECTIONS: Combine 1 packet (47.5 g) of Vanilla Fresh with 10 fl oz water in a blender. Blend until creamy. **Best consumed within 30 minutes. See Program Guide for complete preparation instructions.**

ALLERGY INFORMATION: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat (gluten) ingredients.

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.



Supplement Facts

Serving Size: 1 Packet (14 g) Servings Per Packet: 1

| | Amount Per Serving | % Daily Value [†] |
|---------------------------|--------------------|----------------------------|
| Calories | 60 | |
| Calories from Fat | 25 | |
| Total Fat | 3 g | 5% |
| Saturated Fat | 0 g | 0% |
| Monounsaturated Fat | 0.5 g | |
| Polyunsaturated Fat | 2 g | |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0% |
| Sodium | 0 mg | 0% |
| Potassium | 0 mg | 0% |
| Total Carbohydrate | 8 g | 3% |
| Dietary Fiber | 8 g | 32% |

[†]Percent Daily Values are based on a 2,000 calorie diet

OTHER INGREDIENTS: Psyllium husk (*Plantago ovata*, seed), Flax (*Linum usitatissimum*, seed), Chia (*Salvia hispanica*, seed), Natural lemon flavor (with other natural flavors), Citric acid, Stevia (*Stevia rebaudiana*, leaf).

DIRECTIONS: Add 1 packet (14 g) of Fiber Sweep to 8 fl. oz cold water. Mix well, then consume promptly. **NOTE: Drink will thicken as the natural fiber binds water, so be sure to drink immediately after preparation.**

ALLERGY INFORMATION: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat (gluten) ingredients.

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

NOTICE: This product should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing.