



Dear Doctor:

Your patient is interested in participating in a new program designed to help them lose weight, increase energy, and improve their overall health. **The Shakeology® program is simple: it consists of replacing one meal a day with the patent-pending Shakeology protein drink, combined with a well-balanced diet and three days of exercise a week with 30- to 50-minute cardiovascular/strength training workouts.**

We recommend that all our clients talk with their doctors before beginning our program, and thought you might appreciate some information about it.

The Shakeology drink provides a convenient and nutritious option for busy or dieting individuals:

- 140 calories per serving with 15-17 grams of whey protein to improve satiety
- Only 1 gram of fat and 100 mg of sodium
- 23 vitamins and minerals, including all the B vitamins and 500 mg of calcium
- Antioxidants and phytochemicals derived from whole plants and fruit sources
- No artificial sweeteners. Gluten free. Caffeine free.

Shakeology is designed not only to provide optimal nutrition, but when combined with diet modification and an exercise program, to also reduce blood lipids and disease risk factors and improve the user's overall health profile.

A pilot clinical trial was conducted by university researchers which proved the Shakeology shake reduced oxidative load and lipid peroxidation. Additionally, in conjunction with exercise there was clinically significant weight reduction and a reduction in LDL-C and total cholesterol. For more information visit [www.Shakeology.com](http://www.Shakeology.com).

The exercise portion of the Shakeology program comes from a set of DVDs containing 30- and 50-minute workouts. They are a mix of cardiovascular, strength, and flexibility movements. Those without contraindications to participate will be instructed to initiate with the 30-minute routine and step up to a 50-minute routine once conditioned. The ultimate goal is completing three 50-minute workouts a week.

I have included my contact information below, and invite you to email or call me if you have any other questions or concerns.

All the best,

FINALLY,  
HEALTHY  
TASTES  
GREAT!

**shakeology**<sup>®</sup>  
THE HEALTHIEST MEAL OF THE DAY

chocolate

**DIRECTIONS:** Add 1 full scoop (48 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, soy milk, rice milk, etc.) and mix. It can also be mixed in a blender with ice for a creamy, frosty smoothie.

Enjoy one Shakeology<sup>®</sup> drink a day as a meal replacement or healthy snack alternative

LIKE NO OTHER SHAKE IN THE WORLD

Not only is Shakeology delicious, this patent-pending formula is packed with proteins and energy-providing carbohydrates, plus a combination of nutrients that is simply impossible to find at your local supermarket or even health food store. Beachbody Nutritionals searched the world to find Açai and Goji berries, Camu-Camu, quinoa, wheat grass, Maca root, and sacha inchi (just to name a few) so that you don't have to. With Shakeology, you truly have a world of nutrition at your fingertips.

ENJOY ALL THESE BENEFITS

This incredible drink provides your body with nutrients that help you maintain healthy body weight, support your immune system and well-being, protect your long-term health, and give you energy.\* It's so delicious and satisfying, you'll eat less and lose weight! Use Shakeology every day as part of your overall Beachbody wellness program to help your body reach optimal health.

A SHAKE JUST THE WAY NATURE INTENDED

- Gluten free and caffeine free
- No refined sugars or artificial sweeteners
- Provides health-supporting chlorophylls, polyphenols, prebiotics, and proanthocyanins
- Optimal health in a glass



SUPKG002 / SUSH31102 Rev. 03/26/09

## Supplement Facts

Serving Size 1 scoop (48 g)  
Servings Per Container 30

Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**
<b>Calories</b>	140	<b>PROPRIETARY SUPER-FRUIT BLEND:</b>	2075 mg †
Calories from Fat	10	Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lycium (Goji) powder (berry), Açai powder (berry), Cordyceps, Maitake powder, Reishi powder, Citrus bioflavonoids, Rose Hips powder (fruit), Schisandra powder (berry), Suma powder (root), Gingko powder (leaf).	
<b>Total Fat</b>	1 g 2%	Maca powder (root)	1000 mg †
<b>Cholesterol</b>	15 mg 5%	Sacha inchi ( <i>Plukenetia volubilis</i> ) meal	1000 mg †
<b>Sodium</b>	100 mg 4%	Yacon ( <i>Smallanthus sonchifolius</i> ) powder	1000 mg †
<b>Total Carbohydrate</b>	17 g 6%	Flax (seed) meal	700 mg †
Dietary Fiber	3 g 12%	Chia (seed) meal	500 mg †
Sugars	9 g	Chlorella	350 mg †
<b>Protein</b>	17 g 34%	Spirulina	350 mg †
Vitamin A (as beta-carotene)	5000 IU 100%	Hydrilla	300 mg †
Vitamin C (as ascorbic acid)	180 mg 300%	Apple pectin powder	250 mg †
Vitamin D (as cholecalciferol)	200 IU 50%	Astragalus powder (root)	200 mg †
Vitamin E (as d-alpha tocopheryl succinate)	15 IU 50%	Blue green algae	200 mg †
Vitamin K1 (as phytonadione)	40 mcg 50%	Spinach powder	200 mg †
Vitamin B1 (as thiamin HCL)	1.5 mg 100%	MSM (methylsulfonylmethane)	150 mg †
Vitamin B2 (as riboflavin)	1.3 mg 77%	Pea fiber	150 mg †
Vitamin B3 (as niacin)	5 mg 25%	Quinoa (sprouted)	150 mg †
Vitamin B6 (as pyridoxine HCL)	2 mg 100%	<b>PROPRIETARY NONDAIRY PROBIOTIC BLEND:</b>	150 mg †
Folic acid	200 mcg 50%	Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.	
Vitamin B12 (as cyanocobalamin)	6 mcg 100%	Stevia	135 mg †
Biotin	90 mcg 30%	<b>PROPRIETARY ENZYME BLEND:</b>	130 mg †
Pantothenic acid (as d-calcium pantothenate)	5 mg 50%	Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.	
Calcium (as dicalcium phosphate)	500 mg 50%	Ashwagandha powder (root)	100 mg †
Iron (as ferrous fumarate)	4 mg 22%	Barley grass	100 mg †
Phosphorous (as dicalcium phosphate)	250 mg 25%	Kamut grass	100 mg †
Iodine (as kelp)	52 mcg 35%	Oat grass	100 mg †
Magnesium (as oxide)	80 mg 20%	Wheat grass	100 mg †
Zinc (as zinc oxide)	6 mg 40%	Amaranth (sprouted) ( <i>Amaranthus hypochondriacus</i> )	50 mg †
Copper (as copper oxide)	0.8 mg 40%	Grape seed extract (seed, 95% proanthocyanins)	50 mg †
Manganese (as manganese amino acid chelate)	2 mg 100%	Green tea decaffeinated extract (leaf, 50% polyphenols)	50 mg †
Chromium (as chromium amino acid chelate)	60 mcg 50%	Holy basil powder (leaf)	50 mg †
Molybdenum (as sodium molybdate)	30 mcg 40%		
Whey protein (isolate)	15 g †		

**OTHER INGREDIENTS:** Fructose, cocoa powder, xanthan gum, chocolate powder, guar gum, natural vanilla flavor, and cinnamon powder.  
**ALLERGY INFORMATION:** Contains milk-based ingredients and is manufactured in a plant that also processes soy ingredients.  
**Shakeology is gluten free and caffeine free.**

\*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.

**NOTE:** Although highly nutritious, Shakeology does not meet all of your daily dietary needs and should not be the only meal you consume throughout any given day.

**WARNING:** Consult with a healthcare professional if pregnant, breast feeding, or if you have any other unique or special needs. Keep out of reach of children.

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For more information, visit [Shakeology.com](http://Shakeology.com)

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HEALTHY  
TASTES  
GREAT!

Enjoy one Shakeology®  
drink a day as a meal  
replacement or healthy  
snack alternative

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IN THE WORLD

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**shakeology**®  
THE HEALTHIEST MEAL OF THE DAY

greenberry

**DIRECTIONS:** Add 1 full scoop (40 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, soy milk, rice milk, juice, etc.) and mix. It can also be mixed in a blender with ice for a creamy, frosty smoothie.

## Supplement Facts

Serving Size 1 scoop (40 g)  
Servings Per Container 30

Amount Per Serving	% Daily Value**
<b>Calories</b>	140
Calories from Fat	3
<b>Total Fat</b>	<0.5 g 0 %
<b>Cholesterol</b>	10 mg 3%
<b>Sodium</b>	95 mg 4%
<b>Total Carbohydrate</b>	19 g 6%
Dietary Fiber	3 g 13%
Sugars	11 g
<b>Protein</b>	15 g 30%
Vitamin A (as beta-carotene)	5000 IU 100%
Vitamin C (as ascorbic acid)	180 mg 300%
Vitamin D (as cholecalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU 50%
Vitamin K1 (as phytonadione)	40 mcg 50%
Vitamin B1 (as thiamin HCL)	1.5 mg 100%
Vitamin B2 (as riboflavin)	1.3 mg 77%
Vitamin B3 (as niacin)	5 mg 25%
Vitamin B6 (as pyridoxine HCL)	2 mg 100%
Folic acid	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	6 mcg 100%
Biotin	90 mcg 30%
Pantothenic acid (as d-calcium pantothenate)	5 mg 50%
Calcium (as dicalcium phosphate)	500 mg 50%
Iron (as ferrous fumarate)	4.5 mg 25%
Phosphorous (as dicalcium phosphate)	250 mg 25%
Iodine (as kelp)	52 mcg 35%
Magnesium (as oxide)	80 mg 20%
Zinc (as zinc oxide)	6 mg 40%
Copper (as copper oxide)	0.8 mg 40%
Manganese (as manganese amino acid chelate)	2 mg 100%
Chromium (as chromium amino acid chelate)	60 mcg 50%
Molybdenum (as sodium molybdate)	30 mcg 40%
Whey protein (isolate)	15 g †

**PROPRIETARY SUPER-FRUIT BLEND:** 2075 mg †  
Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lycium (Goji) powder (berry), Açai powder (berry), Cordyceps, Maitake powder, Reishi powder, Citrus bioflavonoids, Rose Hips powder (fruit), Schisandra powder (berry), Suma powder (root), Ginkgo powder (leaf).

Amount Per Serving	% Daily Value**
<b>PROPRIETARY FRUIT POWDER BLEND:</b>	1500 mg †
Banana powder, Carrot powder, Orange powder, Pineapple powder, Raspberry powder, Strawberry powder.	
Maca powder (root)	1000 mg †
Sacha inchi ( <i>Plukenetia volubilis</i> ) meal	1000 mg †
Yacon ( <i>Smallanthus sonchifolius</i> ) powder	1000 mg †
Flax (seed) meal	700 mg †
Chia (seed) meal	500 mg †
Chlorella	350 mg †
Spirulina	350 mg †
Hydrilla	300 mg †
Apple fiber powder	250 mg †
Astragalus powder (root)	200 mg †
Blue green algae	200 mg †
Spinach powder	200 mg †
MSM (methylsulfonylmethane)	150 mg †
Pea fiber	150 mg †
Quinoa (sprouted)	150 mg †

**PROPRIETARY NONDAIRY PROBIOTIC BLEND:** 150 mg †  
Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.

Amount Per Serving	% Daily Value**
<b>PROPRIETARY ENZYME BLEND:</b>	130 mg †
Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.	
Ashwagandha powder (root)	100 mg †
Barley grass	100 mg †
Kamut grass	100 mg †
Oat grass	100 mg †
Wheat grass	100 mg †
Stevia	75 mg †
Amaranth (sprouted) ( <i>Amaranthus hypochondriacus</i> )	50 mg †
Grape seed extract (seed, 95% proanthocyanins)	50 mg †
Green tea decaffeinated extract (leaf, 50% polyphenols)	50 mg †
Holy basil powder (leaf)	50 mg †

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

**OTHER INGREDIENTS:** Fructose, xanthan gum, natural strawberry and raspberry flavors, guar gum, natural vanilla flavor, and cinnamon powder.  
**ALLERGY INFORMATION:** Contains milk-based ingredients and is manufactured in a plant that also processes soy ingredients.  
**Shakeology is gluten free and caffeine free.**

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