

FINALLY,
HEALTHY
TASTES
GREAT!

shakeology®

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, almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. For more smoothie recipes, go to Shakeology.com.

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

LIKE NO OTHER SHAKE IN THE WORLD

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



SRP 0002 / S0818 1102 Rev. 10/14/10

Supplement Facts

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

	Shakeology alone		With 8 oz. of skim milk	
	Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**
Calories	150		230	
Calories from Fat	10		10	
Total Fat	1 g	2%	1 g	2%
Saturated Fat	0 g		0 g	
Trans Fat	0 g		0 g	
Cholesterol	15 mg	5%	20 mg	7%
Sodium	100 mg	4%	220 mg	9%
Total Carbohydrate	17 g	6%	29 g	10%
Dietary Fiber	3 g	12%	3 g	12%
Sugars	9 g		21 g	
Protein	18 g	36%	26 g	52%
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	76%		
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 mg	22%		
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	†
PHYTONUTRIENT SUPER-GREENS BLEND:	1800 mg	†
Chlorella, Spirulina, Hydrilla, Blue green algae, Spinach powder, Barley grass, Kamut grass (<i>Triticum turgidum</i>), Oat grass, Wheat grass (<i>Triticum aestivum</i>).		
ANTIOXIDANT SUPER-FRUIT BLEND:	1750 mg	†
Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lyallium (Goji) powder (berry), Açai powder (berry), Maltake powder, Citrus bioflavonoids, Rose Hips powder (fruit).		
PROPRIETARY ADAPTOGEN HERB BLEND:	1675 mg	†
Maca powder (root), Astragalus powder (root), Ashwagandha powder (root), Cordyceps, Reishi powder, Schisandra powder (berry), Sarna powder (root), Ginkgo powder (leaf).		
PROPRIETARY NONDAIRY PREBIOTIC AND PROBIOTIC BLEND:	1150 mg	†
Yacon (<i>Stachytaraxis sonchifolius</i>) powder, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.		
Sacha Inchi (<i>Plukenetia volubilis</i>) meal	1000 mg	†
Flax (seed) meal	700 mg	†
Chia (seed) meal	500 mg	†
Apple fiber powder	250 mg	†
MSM (methylsulfonylmethane)	150 mg	†
Pea fiber	150 mg	†
Quinoa (sprouted)	150 mg	†
PROPRIETARY DIGESTIVE ENZYME BLEND:	130 mg	†
Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.		
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	†

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

OTHER INGREDIENTS: Natural sweetener blend (non-GMO fructose, stevia), cocoa powder, xanthan gum, chocolate powder, guar gum, and cinnamon powder. **ALLERGY INFORMATION:** Contains milk-based ingredients and is manufactured in a plant that also processes soy ingredients. Shakeology is gluten free.

NOTE: Shakeology contains suma root, a rich source of many phyto-nutrients, including ecdysterone, which has significant health benefits. Ecdysterone is a naturally occurring phyto-chemical compound that could be erroneously detected and flagged in synthetic steroid screening tests. That unfortunate reality caused the IFL and WADA to add ecdysterone to the list of banned substances in 2010. Athletes and anyone subject to banned substances testing should consult with their physician and athletic organization.

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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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ReplacementMealShake.com



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greenberry

DIRECTIONS: Add 1 full scoop (40 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. For more smoothie recipes, go to Shakeology.com.

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Supplement Facts

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

	Shakeology alone		With 8 oz. of skim milk			Amount Per Serving	% Daily Value**
	Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**			
Calories	140		220				
Calories from Fat	3		3				
Total Fat	<0.5 g	0%	<0.5 g	0%			
Saturated Fat	0 g		0 g				
Trans Fat	0 g		0 g				
Cholesterol	10 mg	3%	15 mg	5%			
Sodium	95 mg	4%	215 mg	9%			
Total Carbohydrate	19 g	6%	31 g	9%			
Dietary Fiber	3 g	12%	3 g	12%			
Sugars	11 g		23 g				
Protein	16 g	32%	24 g	50%			
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	76%					
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	†			
PHYTONUTRIENT SUPER-GREENS BLEND:	1800 mg	†					
Chlorella, Spirulina, Hydrilla, Blue green algae, Spinach powder, Barley grass, Kamut grass (<i>Triticum burglunum</i>), Oat grass, Wheat grass (<i>Triticum aestivum</i>).							
ANTIOXIDANT SUPER-FRUIT BLEND:	1750 mg	†					
Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lydum (Goji) powder (berry), Açai powder (berry), Malake powder, Citrus bioflavonoids, Rose Hips powder (fruit).							
PROPRIETARY ADAPTOGEN HERB BLEND:	1675 mg	†					
Maca powder (root), Astragalus powder (root), Ashwagandha powder (root), Cordyceps, Reishi powder, Schisandra powder (berry), Sarsaparilla powder (root), Ginkgo powder (leaf).							
PROPRIETARY FRUIT POWDER BLEND:	1500 mg	†					
Banana powder, Carrot powder, Orange powder, Pineapple powder, Raspberry powder, Strawberry powder.							
PROPRIETARY NONDAIRY PREBIOTIC AND PROBIOTIC BLEND:	1150 mg	†					
Yacon (<i>Smallanthus sonchifolius</i>) powder, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.							
Sacha Inchi (<i>Plukenetia volubilis</i>) meal	1000 mg	†					
Flax (seed) meal	700 mg	†					
Chia (seed) meal	500 mg	†					
Apple fiber powder	250 mg	†					
MSM (methylsulfonylmethane)	150 mg	†					
Pea fiber	150 mg	†					
Quinoa (sprouted)	150 mg	†					
PROPRIETARY DIGESTIVE ENZYME BLEND:	130 mg	†					
Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.							
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	†					

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

OTHER INGREDIENTS: Natural sweetener blend (non-GMO inulose, stevia, xanthan gum), natural strawberry and raspberry flavors, guar gum, and dimannon 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.

NOTE: Shakeology contains ooma root, a rich source of many phyto-nutrients, including ecdysterone, which has significant health benefits. Ecdysterone is a naturally occurring phyto-chemical compound that could be erroneously detected and flagged in synthetic steroid screening tests. That unfortunate reality caused the NFL and WADA to add ecdysterone to the list of banned substances in 2010. Athletes and anyone subject to banned substances testing should consult with their physician and athletic organization.

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ReplacementMealShake.com

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replacement or healthy
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shakeology®

THE HEALTHIEST MEAL OF THE DAY™

Tropical

DIRECTIONS: Add 1 full scoop (48 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. For more smoothie recipes, go to Shakeology.com.

Supplement Facts

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

	Amount Per Serving	% Daily Value**
Calories	160	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	70 mg	3%
Total Carbohydrate	20 g	7%
Dietary Fiber	4 g	16%
Sugars	10 g	
Protein	15 g	30%
PROPRIETARY VEGAN PROTEIN BLEND: 19 g †		
Raw sprouted whole grain brown rice protein, Sacha inchi (<i>Plukenetia volubilis</i> , seed).		
PROPRIETARY SUPERFOOD / FIBER BLEND: 8,350 mg †		
Coconut flower nectar, Sprouted Chia (<i>Salvia hispanica</i> , seed), Sprouted Flax (<i>Linum usitatissimum</i> , seed), Pea fiber (<i>Pisum</i> spp., seed), Quinoa (<i>Chenopodium quinoa</i> , seed), Amaranth (<i>Amaranthus hypochondriacus</i> , seed).		
PROPRIETARY ADAPTOGEN HERB BLEND: 1,675 mg †		
Maca root (<i>Lepidium meyenii</i>), Astragalus root (<i>Astragalus membranaceus</i>), Ashwagandha root (<i>Withania somnifera</i>), Maitake mushroom (<i>Grifola frondosa</i>), Cordyceps (<i>Cordyceps sinensis</i> , fungi), Reishi mushroom (<i>Ganoderma lucidum</i>), Holy basil (<i>Ocimum sanctum</i> , leaf), Schisandra (<i>Schisandra</i> spp., fruit), Ginkgo (<i>Ginkgo biloba</i> , leaf).		

	Amount Per Serving	% Daily Value**
ANTIOXIDANT / SUPER-FRUIT BLEND:	1,400 mg	†
Pomegranate (<i>Punica granatum</i> , fruit), Acerola cherry (<i>Malpighia glabra</i> , fruit), Bilberry (<i>Vaccinium</i> sp., fruit), Goji berry (<i>Lycium barbarum</i>), Camu-Camu (<i>Myrciaria dubia</i> , fruit), Acai (<i>Euterpe oleracea</i> , fruit), Blueberry (<i>Vaccinium angustifolium</i> , fruit), Citrus bioflavonoids, Green tea (<i>Camellia sinensis</i> , leaf), Rose hips (<i>Rosa canina</i> , fruit).		
PROPRIETARY FRUIT POWDER BLEND:	1,300 mg	†
Strawberry (<i>Fragaria chiloensis</i> , berry), Apple pectin (<i>Malus pumila</i> , fruit), Banana (<i>Musa</i> spp., fruit), Pineapple (<i>Ananas comosus</i> , fruit), Papaya (<i>Carica papaya</i> , fruit).		
PROPRIETARY PREBIOTIC AND PROBIOTIC BLEND:	1,075 mg	†
Yacon root (<i>Smallanthus sonchifolius</i>), Lactobacillus sporogenes (as <i>Bacillus coagulans</i>) naturally micro-encapsulated.		
PHYTONUTRIENT / SUPER-GREENS BLEND:	750 mg	†
Spirulina (<i>Arthrospira platensis</i> , <i>Arthrospira maxima</i> , whole), Chlorella (<i>Chlorella</i> sp., whole), Spinach (<i>Spinacia oleracea</i> , leaf), Barley grass (<i>Hordeum vulgare</i>), Kamut grass (<i>Triticum turanicum</i>), Cat grass (<i>Avena sativa</i>), Wheat grass (<i>Triticum aestivum</i>).		
MSM (Methylsulfonylmethane)	250 mg	†
PROPRIETARY DIGESTIVE ENZYME BLEND:	100 mg	†
Protease, Amylase, Cellulase, Lipase, Papain, Lactase, Bromelain.		

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

OTHER INGREDIENTS: Tapioca, Natural flavors (strawberry, banana, pineapple), Konjac gum, Beet juice powder, Citric acid, Natural sweetener (proprietary blend of erythritol, oligosaccharides and natural flavors), Cinnamon powder, Himalayan salt, Stevia, and Luo han guo fruit.

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

STORAGE: Store in a cool, dry place. To ensure freshness, consume within 4 to 5 weeks of opening.

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.

Amino Acid Profile™

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	850 mg	Glycine	699 mg	Methionine†	368 mg	Tryptophan†	192 mg
Arginine	1,261 mg	Histidine†	364 mg	Phenylalanine†	671 mg	Tyrosine	784 mg
Aspartic Acid	1,366 mg	Isoleucine†	658 mg	Proline	734 mg	Valine†	926 mg
Cystine	287 mg	Leucine†	1,322 mg	Serine	791 mg		
Glutamic Acid	2,874 mg	Lysine†	406 mg	Threonine†	565 mg		

††Typical amount in bio-fermented raw sprouted whole-grain brown rice protein found in Shakeology.
‡Essential Amino Acids.

www.RIPPEDCLUB.net

Tropical shakeology

OTHER INGREDIENTS: Natural sweetener blend (non-GMO fucose, stevia), cocoa powder, xanthan gum, chocolate powder, guar gum, and cinnamon powder.
ALLERGY INFORMATION: Contains milk-based ingredients and is manufactured in a plant that also processes soy ingredients. Shakeology is gluten free.

NOTE: Shakeology contains sarsaparilla, a rich source of many phyto-nutrients, including ecdysterone, which has significant health benefits. Ecdysterone is a naturally occurring phyto-chemical compound that could be erroneously detected and flagged as synthetic steroid screening tests. That unfortunate reality caused the NFL and WADA to add ecdysterone to the list of banned substances in 2010. Athletes and anyone subject to banned substances testing should consult with their physician and athletic organization.

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