

Shakeology® FAQs

Should I continue to take ActiVit® or other multivitamins along with Shakeology?

Because of the way Shakeology is formulated, one shake pretty much covers your body's normal daily requirement for vitamins and minerals. However, if you're following a recommended exercise routine, your body is likely using up those nutrients at a faster rate. For example, if you're doing P90X® or ChaLEAN Extreme®—hard-charging routines that burn more calories along with vitamins and minerals—you may need some additional supplementation, like ActiVit. Due to the digestive enzymes in Shakeology, taking ActiVit at the same time you drink Shakeology will help your body to better absorb all the nutrients.

Can I take Shakeology and P90X Peak Health Formula Vitamins?

If you are using P90X Peak Health Formula vitamins, then only 1 serving/scoop of Shakeology is recommended per day. If you are taking any other supplements in addition to Shakeology and P90X Peak Health Formula vitamins, then watch your total intake to ensure you do not exceed Tolerable Upper Intake Levels for copper, magnesium, manganese, and zinc. The Tolerable Upper Intake Level for copper is 10mg/day, for magnesium 350 mg/day, for manganese 11 mg/day, and for zinc 40mg/day.

I already have some Meal Replacement. Should I throw it out and switch to Shakeology?

You don't have to throw it out. Meal Replacement is a high-quality protein shake. Shakeology offers a wide array of nutrients on top of protein. Because Meal Replacement has higher sugar content and less fiber, a good time to use it is around the time you are exercising (Results and Recovery is also good for this purpose). Shakeology is a better option for a meal that's at least 2 hours before a workout or 1 hour afterwards.

Can I take this and Results and Recovery Formula?

Yes, but not together! Results and Recovery Formula should only be taken during or after exercise, when you've been exhausting your body's blood sugar. At any other time, Shakeology would be your preferred option.

Should I still take an omega supplement?

While the flax seed and chia seeds in Shakeology provide some omega-3 fatty acids, it is still recommended to take the Core Omega-3™ supplement to meet your daily requirement.

How about Core Cal-Mag™?

The recommended daily allowance of calcium is 1,200mg/day for women and 1,500mg/day for post-menopausal women. Shakeology provides 500mg of calcium, so it is recommended to supplement with Core Cal-Mag to meet the daily recommended allowance. Due to the digestive enzymes in Shakeology,

taking Core Cal-Mag at the same time you drink Shakeology will help your body to better absorb the nutrients.

Does this mean I don't have to eat any more veggies?

Unfortunately, no. Fresh fruits and vegetables will always be important for a healthy, balanced diet. Shakeology can help you fill in the nutritional gaps that occur when you're too busy to eat the right balance of fruits and veggies. Plus, it's much easier to tuck into a purse or backpack than a head of lettuce!

Is it OK to drink more than one shake per day? Or to replace more than one meal per day?

Yes, but it is not recommended to replace more than 2 meals per day.

There is no food coloring. How is one green and the other brown?

The ingredients (herbal powders, grass powders, vegetable powders, spirulina, chlorella, plus some of the fruit and berry powders) make the color green. The base of chocolate blend is also green, but the chocolate and cocoa powders turn the color "chocolate."

Why does the chocolate have more protein?

The serving size for chocolate is 8 grams higher than for greenberry. The extra ingredients added for the chocolate blend (mostly chocolate powder and cocoa powder) add an additional 2 grams of protein for the serving size.

With what kind of protein is it made?

The primary source of protein is from whey, which comes from milk. Whey is one of the most bioavailable protein sources. Translation: it rapidly gets to work on repairing your muscles and the amino acids are easily absorbed and used by your body.

Are the milk sources of protein antibiotic-free?

Yes, the whey protein used in Shakeology is free of antibiotics.

Is it a good source of fiber?

At 3 grams per 140 calories, Shakeology is a balanced source of fiber. More importantly, its fiber sources are varied, coming from apple pectin, flax, chia meal, and yacon. Yacon also happens to be one of the best prebiotic sources known to man.

Can I drink this right before a workout?

Shakeology would be a better option than a full meal prior to working out. However, if it's immediately before a workout, you'd be better served by something with more sugar and less fiber for rapid absorption, such as Results and Recovery Formula or Meal Replacement.

Can I drink this right after a workout?

Again, it's better than many other options available but less perfect than something designed primarily for this purpose, such as Results and Recovery Formula.

Does it contain caffeine?

Shakeology contains no caffeine. It does contain green tea extract, but the caffeine has been removed.

Is Shakeology vegetarian?

The only non-vegetarian ingredient is whey protein, which comes from milk.

Are all of the ingredients organic?

With the complexity of sourcing over 70 ingredients from all over the world, it was not possible to certify all the ingredients organic. However, they have been carefully selected and processed under strict controls to retain the highest density of nutrients possible.

Shakeology mentions “whole-food ingredients”—what does this mean? How can it be possible when it’s ground to a powder?

Shakeology uses several whole-food sources of nutrients, rather than using only synthetic extracts or isolates (like some multivitamin pills). The benefit of whole-food derived ingredients is that the nutrients are preserved as close to their natural state as possible and are therefore delivered to your body in the most holistic way possible. Your body will better absorb and more efficiently use the nutrients from whole-food sources. The process of converting a food from its natural state to a powder, if done incorrectly, can destroy the nutrients in that food. With Shakeology, we ensure the highest levels of nutrients are preserved through strict temperature-controlled drying and processing.

Can I mix this in with food I'm cooking/baking?

Cooking or heating Shakeology would destroy many of the nutrients in Shakeology and upset the nutrient balance. It's highly recommended that you drink it at room temperature or cooler.

Is it safe for people with diabetes?

Since needs vary for each person with diabetes, it is recommended to check with your doctor first. However, since Shakeology is a low-caloric meal replacement, with a lower glycemic index than most meals, it should be acceptable for most people with diabetes.

Can I give it to my kids? Is it safe for kids?

Since the needs of every child may vary, please check with your pediatrician. However, since Shakeology is a healthy drink with low sugar and a wide variety of nutrients, it is a much healthier option than many other drinks or snacks on the market and should be appropriate for most children over the age of 6. You may want to start out with a smaller serving size until you are sure of the child's tolerance. It is not recommended to give as a meal

replacement for children younger than six years old without first checking with your pediatrician.

What about pregnant women and nursing mothers?

Shakeology should only be taken by pregnant women and nursing mothers under the direction of their physicians.

Is it safe for celiacs or people with gluten allergies? It says gluten-free on the package, but the label lists wheatgrass and kamut grass as ingredients.

After extensive testing, Shakeology has been found to be 100% gluten-free. As such, Shakeology should be an appropriate snack or meal for people suffering from gluten allergies or celiac disease. However, since individual allergies and conditions vary, it is recommended to test a small dose first before proceeding with a full serving.

Does Shakeology interfere with any medication?

While Shakeology has been tested as safe for most people, you should always consult with your physician if you are on any medication (especially heart medication, since Shakeology contains Vitamin K1) or if you have any other unique health conditions.

Do I use a full scoop or just up to the line?

Use a full scoop to get the recommended serving (40 grams for Greenberry and 48 grams for Chocolate).

Is the whey protein antibiotic free?

Yes, the whey protein in Shakeology has been certified free of antibiotics

Is Shakeology organic?

We have put every effort into making sure that these ingredients do not contain pesticides, are not destroyed in processing, are produced using the best of fair trade practices, and have many of the benefits of what is considered "organic." So you might ask, "Why isn't it 'certified organic'?" The experience of our development team has shown that *sometimes* certified organic does not *necessarily* translate to higher quality. Certifying something can simply jack up the price, especially with ingredients of this quality and quantity. So we decided to focus on making sure the quality and integrity of the product lives up to the promise, without asking you to pay the premium it would cost for us to say it with a stamp of approval from a certification lab.

Why is there fructose in Shakeology?

To give Shakeology its great taste and for a balanced, well-rounded macronutrient profile we've used fructose. Fructose is a natural sugar found in fruit and some vegetables. The good thing about fructose--as opposed to glucose (table sugar) or high-fructose corn syrup (chemically altered sugar)--is that it is very low on the glycemic index (GI). This means that your body sends it directly to the liver for absorption, which minimizes its impact on insulin and blood sugar levels. The fructose in Shakeology is from non-GMO (not genetically-modified) sources and is processed cleanly in GMP-certified (Good Manufacturing Practice) facilities.
