

THE PERFECT CHOICE FOR PEOPLE ON THE GO In today’s busy world, it’s difficult not to skip meals. And when you do eat, it’s difficult to make sure that each meal contains all of the nutrients necessary to support an active lifestyle.

BEACHBODY NUTRITIONALS’ MEAL REPLACEMENT SHAKE is a great way for you to get all the nutrients you need from a meal. Each delicious shake contains essential vitamins and minerals and combines the proper balance of carbohydrates, fats, and high-quality proteins to provide sustained energy and appetite satisfaction.*

POWERFUL SOY/WHEY COMBINATION Protein is a vital component to building and maintaining a strong, healthy body, especially for athletes and for people engaging in exercise. Beachbody has chosen a combination of soy and whey protein, which has been shown to be the most effective combination for active people. Whey protein is the highest biologically active protein known to measurably enhance muscle recovery. It is complemented well by soy protein isolates, which have been extensively researched and are known to influence cardiovascular efficiency. This combination helps sustain output during endurance exercise, as well as reduce lean muscle amino acid loss after exercise.*

DIRECTIONS: Add one scoop (36 g) of Meal Replacement powder to 1 cup (8 fl oz) of water or beverage (milk, soy milk, rice milk, juice, etc.). May be mixed in a blender for smoother consistency.

***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.**

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

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BBLBL109 / SUPMEALV30 Rev. 02/17/10

vanilla flavored



Meal Replacement Shake
Low-Calorie Mix

- Great tasting
- 140-calorie balanced meal!
- 15 grams of protein per serving
- No preservatives
- Low sodium

WEIGHT
management

NET WT 2 LB 6 OZ (1080 GRAMS) NUTRITIONAL SHAKE MIX

Nutrition Facts

Serving Size 1 Scoop (36 g, about 1.25 oz dry mix)
Servings Per Container 30

Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value**	
Total Fat 2 g	3%
Saturated Fat 0.5 g	2.5%
Cholesterol 15 mg	5%
Sodium 130 mg	5%
Potassium 195 mg	6%
Total Carbohydrate 15 g	5%
Dietary Fiber 4 g	16%
Sugars 7 g	†
Protein 15 g	30%

Vitamin A	50%	• Vitamin C	100%	• Vitamin D	50%
Vitamin E	100%	• Vitamin K	25%	• Thiamin	100%
Riboflavin	100%	• Niacin	25%	• Vitamin B6	100%
Folate	100%	• Vitamin B12	100%	• Biotin	25%
Pantothenic Acid	100%	• Calcium	30%	• Iron	25%
Phosphorous	26%	• Iodine	45%	• Magnesium	24%
Zinc	25%	• Copper	50%	• Manganese	25%
Chromium	42%	• Molybdenum	50%		

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
†Daily Value (DV) not established

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein blend (soy protein isolate and whey protein concentrate), fructose, maltodextrin, microcrystalline cellulose, natural and artificial flavors, colloid gum, soybean oil, tribasic calcium phosphate, gum colloid, guar gum, potassium citrate, magnesium oxide, dl-alpha tocopheryl acetate, sodium ascorbate, soy fiber, sucralose, chromium aspartate, boron citrate, ferrous fumarate, kelp, calcium-d-pantothenate, biotin, copper citrate, niacinamide, zinc oxide, pyridoxine HCl, phytonadione, riboflavin, thiamine mononitrate, manganese sulfate, cyanocobalamin, vitamin A palmitate, folic acid, cholecalciferol, and sodium molybdate.

ALLERGY INFORMATION:
Contains milk- and soy-based ingredients.

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