



# shake

## dark chocolate

- High-antioxidant meal replacement
- Fitness grade pure whey protein isolate
- Supports weight loss and nutrition goals
- Good source of prebiotic soluble fiber



### Indulge yourself with rich Healthy Chocolate®

Beyond Shake™ Dark Chocolate meal replacement is the perfect balance of the world's finest ingredients—our proprietary high-antioxidant blend of cocoa, acai, and blueberry, whey protein isolate, prebiotic soluble fiber, essential vitamins & nutrients, natural cold-pressed Omega 3, and 19 amino acids—optimized to help you achieve your nutrition goals, lose weight and stay fit.



### What is pure whey protein isolate?

Whey protein isolate is the purest form of whey and is a complete protein. It contains all the essential amino acids that your body needs to repair muscle after a workout. Essential amino acids are not made by our bodies we must look to food and supplements to get these essential nutrients.

Beyond Shake delivers these essential building blocks and helps to reduce tissue damage and increase performance. By incorporating Beyond Shakes into your diet, you can build or maintain lean muscle and reduce fat tissue. Combined with the high-antioxidant power of Healthy Chocolate®, this delicious shake will help you look and feel great.

### Shake up your daily routine.

Enjoying a wholesome Beyond Shake everyday is a habit you will love. This superior whey protein isolate is easily digested by your body—absorbed and processed quickly, especially when consumed as a liquid. Get the most out of your protein and fuel your body with Healthy Chocolate®.

**Shake. Breathe. Drink. Repeat.**

## Free Radicals and Weight Loss: Connected at the Hip

It's no mystery that we are suffering from a major obesity and overweight problem. And surprisingly, a major component of the obesity problem is the free radical problem. Free radicals are "rogue" molecules that rob electrons from other molecules, which in turn become free radicals and "pinball" around the body, creating a continuous cycle of damage and destruction to our bodies' cells, tissue and organs. The end results of free radical damage are some of today's obvious health problems—we are overweight, we look terrible, we feel terrible, and we are simply less healthy.

## Antioxidants to the rescue

Luckily, mother nature created a solution to the free radical problem—antioxidants. The good news is that eating an antioxidant-rich, high-ORAC diet can be one of the best ways you can lose those unwanted pounds.

Now, with the High-Antioxidant Wellness System—which boasts an amazing 56,500 ORAC score per serving—you can significantly boost your antioxidant intake and ORAC consumption, and lose weight at the same time!

## Free Radicals and Obesity: Behind the Science

Multiple studies confirm that free radicals can lead to weight gain. For instance, researchers from the Linus Pauling Institute at Oregon State University found a direct correlation between oxidative stress (free radical damage) and increased obesity. The study authors stated, "Obesity, as measured by body mass index (BMI), is independently associated with oxidative stress and confirms recent data." (Arteriosclerosis, Thrombosis, and Vascular Biology. 2003;23:365.)

## Convenient and cost effective meal replacement

America has become fat on \$5 fast-food, super-sized meals; you can replace the cost of those meals with an ultra-healthy shake that helps you lose weight and costs less.

## Premium high-antioxidant chocolate source

Beyond Shake Dark Chocolate meal replacement is a superior source of the world's healthiest chocolate, delivering a mind boggling 52,300 ORAC in every serving. It's the only cacao-based, high-ORAC meal replacement product available today.

## How to Enjoy

Mix one scoop (25g) combined with 8 oz. of cold water or almond milk. Add crushed ice or frozen fruit as desired. Simply shake, breathe, drink, repeat. Use daily for best results.

## Supplement Facts

Daily Serving size: 25g (1 Scoop)  
Servings per container 28

Amount per Serving	
Calories 90	Calories from Fat 15
% Daily Values*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0.5g	3%
<b>Cholesterol</b> 5mg	2%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 4g	15%
Sugars 1g	
<b>Protein</b> 10g	
Vitamin A 25%	Vitamin C 25%
Vitamin D 26%	Vitamin E 27%
Thiamin 25%	Riboflavin 26%
Niacin 25%	Vitamin B6 25%
Folate 25%	Vitamin B12 25%
Biotin 25%	Calcium 30%
Iron 33%	Phosphorus 24%
Iodine 25%	Magnesium 31%
Zinc 26%	Copper 30%
Sodium 2%	Potassium 3%
<b>Pantothenic Acid</b> 26%	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carb.	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Ingredients

Instant Whey Protein Isolate, Fiber blend (Soluble Cocoa Fiber, Inulin, Apple Fiber), Cocoa Powder, Xylitol, Natural Flavors, Proprietary High-Antioxidant Blend (Cocoa, Acai and Blueberry Powders), Dicalcium Phosphate, ALA Powder (Microencapsulated Chia Oil), Sunflower Oil Creamer, Xanthan Gum, Magnesium Oxide, Balsamic Vinegar Powder, IP Soy Lecithin Emulpsur, Salt (Sodium Chloride), Monk Fruit Extract, Ascorbic Acid (Vitamin C), Copper Gluconate, Vitamin E, Multiple Berry Anthocyanin Extract (wild blueberry powder, strawberry powder, cranberry powder, wild bilberry extract, elderberry extract, and raspberry powder), Biotin, Sucralose, Niacinamide (Niacin), Zinc Oxide, Electrolytic Iron, Vitamin A Acetate, Calcium Pantothenate (Pantothenic Acid), Cholecalciferol (Vitamin D3), Pyridoxine HCl (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Ribofavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Folic Acid, Potassium iodide.

## ORAC6 TESTING

Peroxyl	11,525
Hydroxyl	15,000
Peroxonitrite	250
Superoxide Anion	5,850
Singlet Oxygen	2,525
Hypochlorite	17,150

\* Based on standard ORAC6 and Flavonoid testing of selected production samples. Values may vary.



TOTAL ORAC6\*  
**52,300**  
Per Scoop



FLAVONOIDS\*  
**850**  
Per Scoop