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		<b>Suggested Retail Price</b>	<b>Servings per Container</b>	<b>Cost per Serving</b>	<b>URL Source for Cost of Powder</b>
<p><b>Shakeology</b> Lose weight, reduce cravings, feel energized, improve digestion and regularity, lower cholesterol.</p>		\$119.95 (\$89.96 if a Beachbody Coach); free shipping if auto-shipped	30	\$3.99 (\$2.99 if a Coach)	
<p><b>Multi-Vitamin</b> Shakeology's traditional vitamins and minerals (i.e., vitamin A, calcium, etc.) are equal to half of a multi-vitamin tablet from <i>Kirkland</i>.</p>		\$15.99	300	\$.05	<a href="http://www.costco.com">http://www.costco.com</a>
<p><b>Maca root</b> Increases stamina, boosts libido, and combats fatigue.</p>		\$24.99	90	\$0.28	<a href="http://www.iherb.com/Navitas-Naturals-Maca-Power-Raw-Maca-Powder-16-oz-454-g/8260?at=0">http://www.iherb.com/Navitas-Naturals-Maca-Power-Raw-Maca-Powder-16-oz-454-g/8260?at=0</a>
<p><b>Sacha inchi meal</b> High content of omega-fatty acids; improves heart health, decreases heart disease, improves brain function, decreases joint inflammation.</p>					
<p><b>Yacon</b> High in vitamin C, inulin, prebiotic; alternative sweetener.</p>		\$14.99	15	\$0.53	<a href="http://www.iherb.com/Navitas-Naturals-Yacon-Powder-8-oz-227-g/9332?at=0">http://www.iherb.com/Navitas-Naturals-Yacon-Powder-8-oz-227-g/9332?at=0</a>
<p><b>Flax seed meal</b> Omega-3 fatty acids; fiber; phytochemicals, including antioxidants.</p>		\$3.79	21	\$0.18	<a href="http://www.iherb.com/Now-Foods-Flax-Seed-Meal-12-oz-340-g/8461?at=0">http://www.iherb.com/Now-Foods-Flax-Seed-Meal-12-oz-340-g/8461?at=0</a>
<p><b>Chia seed meal</b> Rich in Omega-3 and fiber.</p>		\$9.99	19	\$0.53	<a href="http://www.iherb.com/Now-Foods-Blanco-Salvia-White-Chia-Seed-Meal-10-oz-284-g/13671?at=0">http://www.iherb.com/Now-Foods-Blanco-Salvia-White-Chia-Seed-Meal-10-oz-284-g/13671?at=0</a>
<p><b>Chlorella</b> Protects against heart disease; boosts immune system; helps heal the GI tract; curbs appetite; increases energy; detoxifies the body.</p>		\$13.95	50	\$0.28	<a href="http://www.iherb.com/Jarrow-Formulas-Chlorella-Powder-100-g-3-5-oz/164?at=0">http://www.iherb.com/Jarrow-Formulas-Chlorella-Powder-100-g-3-5-oz/164?at=0</a>

<p><b>Spirulina</b> Boosts energy and cellular health; rich in antioxidants; high in B-12; easy-to-absorb iron.</p>		\$39.99	64	\$0.62	<a href="http://www.iherb.com/Now-Foods-100-Natural-Spirulina-Powder-1-lbs-454-g/784?at=0">http://www.iherb.com/Now-Foods-100-Natural-Spirulina-Powder-1-lbs-454-g/784?at=0</a>
<p><b>Hydrilla</b> Potent antioxidant, immune stimulator, and detoxifier.</p>		\$35.95	42	\$0.86	<a href="http://www.iherb.com/Vibrant-Health-Green-Calcium-Hydrilla-Verticillata-200-g-Powder/5078?at=0">http://www.iherb.com/Vibrant-Health-Green-Calcium-Hydrilla-Verticillata-200-g-Powder/5078?at=0</a>
<p><b>Apple pectin</b> Promotes digestive cleansing and may help lower cholesterol.</p>		\$14.75	80	\$0.18	<a href="http://www.iherb.com/Life-Extension-Apple-Pectin-Powder-227-g/16361?at=0">http://www.iherb.com/Life-Extension-Apple-Pectin-Powder-227-g/16361?at=0</a>
<p><b>Astragalus root</b> Enhances energy and the immune system.</p>		\$8.99	60	\$0.15	<a href="http://www.herbalremedies.com/astragalusroot.html">http://www.herbalremedies.com/astragalusroot.html</a>
<p><b>Blue green algae</b> High concentration of antioxidants; strengthens the immune system; boosts energy; improves digestion; decreases food cravings; increases clarity of mind; and improves memory; high in protein; reduces stress.</p>		\$54.98	113	\$0.49	<a href="http://www.iherb.com/Source-Naturals-Blue-Green-Algae-Powder-4-oz-113-4-g/977?at=0">http://www.iherb.com/Source-Naturals-Blue-Green-Algae-Powder-4-oz-113-4-g/977?at=0</a>
<p><b>Spinach</b> Helps maintain bone health; cardiovascular protection; promotes gastrointestinal health; increases mental clarity; anti-inflammatory; improves eyesight; improves energy.</p>					
<p><b>MSM (methylsulfonylmethane)</b> Maintains healthy connective tissue.</p>		\$16.99	250	\$0.07	<a href="http://www.iherb.com/Doctor-s-Best-Best-MSM-Powder-250-g/5?at=0">http://www.iherb.com/Doctor-s-Best-Best-MSM-Powder-250-g/5?at=0</a>
<p><b>Pea fiber</b> Weight management; lowers blood pressure, improves sugar metabolism, and lowers triglycerides.</p>		\$7.70			<a href="http://www.herbaextractsplus.com/pea-fiber.cfm">http://www.herbaextractsplus.com/pea-fiber.cfm</a>

<p><b>Quinoa</b> Unusually complete source of protein, fiber, phosphorus, magnesium, and iron.</p>		\$11.89			<a href="http://www.iherb.com/Bob-s-Red-Mill-Organic-Whole-Grain-Quinoa-Flour-Gluten-Free-22-oz-1-lb-6-oz-623-g/13745?at=0">http://www.iherb.com/Bob-s-Red-Mill-Organic-Whole-Grain-Quinoa-Flour-Gluten-Free-22-oz-1-lb-6-oz-623-g/13745?at=0</a>
<p><b>Stevia</b> Naturally sweet.</p>		\$23.29	672	\$0.03	<a href="http://www.iherb.com/NuNaturals-NuStevia-White-Stevia-Powder-12-oz-340-g/4319?at=0">http://www.iherb.com/NuNaturals-NuStevia-White-Stevia-Powder-12-oz-340-g/4319?at=0</a>
<p><b>Ashwagandha root</b> Possesses anti-inflammatory, antitumor, antistress, antioxidant, immunomodulatory, hemopoietic, and rejuvenating properties.</p>					
<p><b>Barley grass</b> High in calcium, iron, all essential amino acids, vitamin C, the flavonoids, vitamin B12, and a number of enzymes and minerals.</p>		\$35.00	50	\$0.70	<a href="http://www.iherb.com/Percent-Ashitaba-Percent-Barley-Green-7-oz-50-g-x-4/18219?at=0">http://www.iherb.com/Percent-Ashitaba-Percent-Barley-Green-7-oz-50-g-x-4/18219?at=0</a>
<p><b>Kamut grass</b> Greatly benefits immune, circulatory, and digestive systems; increases energy.</p>					
<p><b>Oat grass</b></p>					
<p><b>Wheat grass</b> Lowers blood pressure; stimulates the thyroid; restores alkalinity to the blood; powerful detoxifier; contains beneficial enzymes, etc.</p>		\$42.99	60	\$0.72	<a href="http://www.iherb.com/Amazing-Grass-Organic-Wheat-Grass-Powder-17-oz/8963?at=0">http://www.iherb.com/Amazing-Grass-Organic-Wheat-Grass-Powder-17-oz/8963?at=0</a>
<p><b>Amaranth</b></p>					
<p><b>Grape seed extract</b> Lowers blood pressure, cholesterol, and risk of heart disease.</p>					
<p><b>Green tea extract</b> Antioxidant; protects against digestive and respiratory infections; lowers cholesterol; aids in weight loss; stimulates the immune system, etc.</p>					
<p><b>Holy basil leaf</b> Enhances general health and well-being, having positive overall effects on the body and mind.</p>		\$10.20			<a href="http://www.kalyx.com/store/proddetail.cfm/ItemID/678443/CategoryID/1000/SubCatID/2535/file.htm">http://www.kalyx.com/store/proddetail.cfm/ItemID/678443/CategoryID/1000/SubCatID/2535/file.htm</a>

**Notes about this table:**

1. Prices are based on purchasing loose powder only; capsules and tablets are more expensive and are not included here. Not all items are available in loose powder.
2. The URL we have listed is citing a reference for the price, not necessarily the information about health benefits.
3. Blank boxes are intentionally left blank; we were unable to find applicable information online for those boxes.
4. We did not look up the “blended” super foods (for example, “proprietary super-fruit blend”).
5. Shakeology recommends one shake/serving per day. All of the super-food ingredients suggest larger daily serving sizes (if taken as a supplement by itself) than what is provided in one Shakeology shake and some of them suggest multiple servings per day. For example, Shakeology has 100mg of wheat grass powder in it, but the URL listed above for purchasing wheat grass powder recommends you take 8 grams of wheat grass powder up to three times a day. Perhaps the difference is the individual ingredients’ marketing? Or maybe Shakeology doesn’t need as much of each ingredient because of the combination of so many super foods?
6. Based on our online research presented here, the cost of the ingredients in each Shakeology shake is approximately \$1.00. That is approximately the cost for the ingredients only, not what you would spend on shipping, handling, tax, or other costs, if you were to purchase each ingredient separately and combine the ingredients yourself. Beachbody will also have costs for marketing, packaging, research, etc., which would be added to the cost before the expected mark-up to the retail cost. If you become a Beachbody coach, however, you receive a 25% discount.
7. *We are not responsible for the accuracy or result of any of this information we are providing in any way. We have not consulted with Beachbody regarding the accuracy of these claims, this is just based on what information we were able to gather online to help us better understand the ingredients found in Shakeology.*

**[You can visit our Shakeology webpage by clicking here.](http://myshakeology.com/jeremyjohnson/)**

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