



Independent Team Beachbody Coach
Sarah Waters

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What's IN Shakeology?
Pea Fiber supplements are a simple way to supply our diets with both soluble and insoluble natural fiber. A fiber rich diet is thought to provide many healthful benefits, including gastrointestinal well-being, proper bowel function (including relief for constipation and diverticulosis) and may also reduce our risk of malignant colon disease, heart disease and diabetes.

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