

# Pregnant/Nursing

By [Melissa LaFleur Hadley](#) on Monday, April 15, 2013 at 10:38am

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

**SPECIAL NOTE FOR VEGAN FORMULATIONS:** Shakeology is dietary supplement in a food form, and since our vegan formulas are not fortified, the levels of any one nutrient should not be an issue for anyone or for a pregnant woman. Pregnant women need to be careful about levels of Vitamin A (10,000 IU is the upper limit), but the amounts we have at unfortified levels are similar to those found in unfortified foods and in fruits and vegetables. Accordingly, pregnant women should consider their intake of vegan Shakeology as part of their normal diet, but should not rely solely on Shakeology to meet the needs of pregnancy for nutrients like, iron, folate, Vitamin A, or calcium.

Loretta Longo, started drinking Shakeology on 9/20/12 when my son was 4 months old and exclusively breastfeeding: *I started my weight loss journey right after my son was born in late May of 2012, but was concerned that I was losing weight in an unhealthy manner. I knew that I wouldn't be able to sustain that weight loss, and I also knew that I was depriving him of nutrients he needed to really thrive. A lactating mother needs an additional 500 calories, per day, to promote healthy lactation. Shakeology was the best option, for me, to get in those healthy calories and feed my body all of the appropriate nutrients it needs to keep me and my baby healthy. As a breastfeeding mother whatever I ingest passes to the baby through my milk and, of course, I was not going to put anything in my body that could harm my baby. I brought the nutrition facts of the Vegan Chocolate Shakeology to my midwife in August 2012, before ordering, and asked her opinion on the supplement. She read it over, while smiling and nodding. She handed it back to me and told me that not only did she think it was "okay" but that she ENCOURAGED me to drink it. Further, she wished that all of her patients would drink it (pregnant, breastfeeding or otherwise). I have been able to safely lose over 50 pounds over the past 14 months while breastfeeding through a lifestyle change: appropriate nutrition, following an exercise program and incorporating Shakeology into my daily routine.*

Christina Camilo (Landahl): *I started drinking Shakeology when my daughter was 6 months old and I was exclusively breastfeeding. I was seeing a therapist for post partum and felt that my weight gain had a lot to do with how down I was feeling, I was stressed because my milk supply was diminishing and I was exhausted all the time and could barely make it through the day without falling asleep SITTING at my computer. I brought 3 weight loss plans to my doctor and she picked Shakeology. I started at the end of June - my energy level went UP, I started to work out, and my milk supply INCREASED and I was losing weight! My daughter has been refusing food (now almost 7 months old) but is THRIVING, I am losing weight and she is gaining - all is well in our house. I love Shakeology!*

Megan Levesque: *I asked my OBGYN the last time I was there her opinion of me drinking shakeology while pregnant. She was all for it. She said it has all the same vitamins and minerals as a prenatal and all I would have to do was take some more folic acid (Shakeology only has 200mcg*

*vs the 600-800 pregnant women need). I am not pregnant, by the way. Lol! Just planning for the future. You should always check with your individual dr. My OBGYN was very impressed with the ingredients. And we had talked about how SICK I was when pregnant with my son and she was saying if I got as sick with my next pregnancy that Shakeology would be great for me to be drinking because of the high protein and fiber.*

*Cheryl Meenagh:* When I found out I was pregnant with my daughter in 2012 I was currently drinking Shakeology. I took the ingredients to my OB/GYN and she approved Shakeology. I was on folic acid and a low level prenatal vitamin. She thought the ingredients were great and would prescribe this to women in their first trimester that were struggling with morning sickness. I was horribly sick the first trimester, but was so happy to have Shakeology for the nutrients and nutrition. Before getting my epidural they did my blood work and said I had the cleanest blood work on a mom they had ever seen. Thank you Shakeology! My daughter was born in April 2013 as a happy healthy little girl. I breastfed her as well and my milk supply was definitely increased. My daughter's pediatrician also approved Shakeology. I was able to lose 35 lbs while breastfeeding and she has been a very healthy baby.