

**Shakeology® is a powerful superfood formula** designed to provide you with the nutrients you need to help you lose weight, maintain healthy cholesterol levels, and support healthy blood sugar levels.\* Shakeology contains globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk food cravings. Drink Shakeology daily.\*\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Chia, Flax, Quinoa, Rice, Pea, Oat.  
*Protein helps build lean muscle and reduce cravings.\*\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Goji Berry, Green Tea, Luo Han Guo, Pomegranate, Rose Hips.  
*These exotic superfoods are loaded with naturally occurring antioxidants.\*\**
- **PROPRIETARY SUPER-GREEN/PHTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale.  
*Phytonutrients help support health and vitality.\*\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra.  
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.\*\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.  
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.\*\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (43 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (43 g) Servings Per Container: 30

Amount Per Serving % Daily Value†		Amount Per Serving % Daily Value†		Amount Per Serving % Daily Value†	
<b>Calories</b>	170	Polyunsaturated Fat	1.5 g	Dietary Fiber	5 g 20%
Calories from Fat	35	Trans Fat	0 g	Sugars	8 g ††
<b>Total Fat</b>	4 g 6%	<b>Cholesterol</b>	0 mg 0%	<b>Protein</b>	16 g 32%
Saturated Fat	1 g 5%	<b>Sodium</b>	250 mg 10%		
Monounsaturated Fat	1 g	<b>Total Carbohydrate</b>	18 g 6%		

### PROPRIETARY SUPERFOODS:

Vegan Protein Blend (Pea protein, Oat protein, Rice protein, Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Quinoa (*Chenopodium quinoa*, seed)), Cacao, Agave (*Agava tequilana*, fruit), Pea fiber (*Pisum spp.*, seed), Yacon (*Smallanthus sonchifolius*, root), Cordyceps (*Cordyceps militaris*, fungi), Acerola cherry (*Malpighia glabra*, fruit), Pomegranate (*Punica granatum*, fruit), Chlorella (*Chlorella spp.*, whole), Spirulina (*Arthrospira platensis*, whole), Chicory root fiber (*Cichorium intybus*), Camu-Camu (*Myrciaria dubia*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Bilberry (*Vaccinium myrtillus*, fruit), Astragalus (*Astragalus membranaceus*, root), Goji (*Lycium barbarum*, fruit), Himalayan salt, Moringa (*Moringa oleifera*, leaf), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), MSM (Methylsulfonylmethane), Spinach (*Spinacia oleracea*, leaf), Ashwagandha (*Withania somnifera*, root), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea*, leaf), Rose hips (*Rosa canina*, fruit), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Schisandra (*Schisandra spp.*, fruit), Maca (*Lepidium meyenii*, root), Cinnamon (*Cinnamomum cassia*, bark), Green tea (*Camellia sinensis*, extract), Ginkgo (*Ginkgo biloba*, leaf extract).

†Percent Daily Values are based on a 2,000-calorie diet.  
††Daily Value not established.

**OTHER INGREDIENTS:** Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

**ALLERGY INFORMATION:** This product is manufactured in a plant that also processes milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

### Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	669 mg	Glycine	639 mg	Methionine	180 mg	Tryptophan	182 mg
Arginine	1,240 mg	Histidine	337 mg	Phenylalanine	828 mg	Tyrosine	601 mg
Aspartic Acid	1,590 mg	Isoleucine	704 mg	Proline	772 mg	Valine	802 mg
Cystine	181 mg	Leucine	1,220 mg	Serine	691 mg		
Glutamic Acid	2,660 mg	Lysine	867 mg	Threonine	549 mg		

\*Results vary. Results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

\*\*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.



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