

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:** Whey, Sacha Inchi, Chia, Flax, Quinoa, Pea.
*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, Vitamins A, C, E.
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.***
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT 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 (35 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (milk, 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.

Supplement Facts

Serving Size: 1 scoop (35 g) Servings Per Container: 30

Amount Per Serving		% Daily Value†	Amount Per Serving		% Daily Value†	Amount Per Serving		% Daily Value†
Calories	130		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	15		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%
Total Fat	1.5 g	2%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron	2 mg	11%
Saturated Fat	0 g	0%	Vitamin E (mixed tocopherols)	15 IU	50%	Phosphorus (as dicalcium phosphate)	230 mg	23%
Monounsaturated Fat	0 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (potassium iodide)	52 mcg	35%
Polysaturated Fat	0.5 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as zinc oxide)	6 mg	40%
Cholesterol	5 mg	2%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as copper gluconate)	0.8 mg	40%
Sodium	180 mg	8%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as manganese sulfate)	2 mg	100%
Total Carbohydrate	15 g	5%	Folic acid	200 mcg	50%	Chromium (as chromium chloride)	60 mcg	50%
Dietary Fiber	3 g	12%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Sugars	7 g	††	Biotin	90 mcg	30%			
Protein	16 g	32%						

PROPRIETARY SUPERFOODS:

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

†Percent Daily Values are based on a 2,000-calorie diet.

††Daily Value not established.

OTHER INGREDIENTS: Non-GMO fructose, Xanthan gum, Natural strawberry flavor (with other natural flavors), Citric acid, Stevia (*Stevia rebaudiana*, leaf).

ALLERGY INFORMATION: Contains milk. This product is manufactured in a plant that also processes 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.

*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.



© 2015 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at TeamBeachbody.com, or call 1 (800) 427-3809.

