

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 | 2 g | 3% | 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 | 1 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 | 200 mg | 8% | Vitamin B6 (as pyridoxine HCl) | 2 mg | 100% | Manganese (as manganese sulfate) | 2 mg | 100% |
| Total Carbohydrate | 14 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), Pomegranate (*Punica granatum*, fruit), Yacon (*Smallanthus sonchifolius*, root), Acerola cherry (*Malpighia glabra*, fruit), Cordyceps (*Cordyceps militaris*, fungi), Chicory root fiber (*Cichorium intybus*), Blueberry (*Vaccinium corymbosum*, fruit), Bilberry (*Vaccinium myrtillus*, fruit), Astragalus (*Astragalus membranaceus*, root), Camu-Camu (*Myrciaria dubia*, fruit), Goji berry (*Lycium barbarum*, fruit), Spinach (*Spinacia oleracea*, leaf), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Rose hips (*Rosa canina*, fruit), MSM (Methylsulfonylemethane), 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, Natural vanilla flavor (with other natural flavors), Xanthan gum, 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.



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