

**Shakeology® is a powerful superfood formula** designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!\*



- **PROPRIETARY SUPER-PROTEIN BLEND:** Whey, Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Pea. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Grape Seed, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and promotes a healthy heart and optimal blood pressure.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Barley Grass, Kamut Grass, Wheat Grass, Oat Grass. *Helps alkalize the body and promotes detoxification of the liver, kidneys, and blood to restore health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Lipase, Protease, Bromelain, Papain. *Helps increase nutrient absorption, promotes regularity, and improves digestion.\**

**DIRECTIONS:** Drink daily. Combine 1 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. For more smoothie recipes, go to [Shakeology.com](http://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**
<b>Calories</b>	130		<b>Vitamin A</b> (as beta-carotene)	5000 IU	100%	<b>Pantothenic acid</b>	5 mg	50%
Calories from Fat	15		<b>Vitamin C</b> (as ascorbic acid)	180 mg	300%	(as calcium d-pantothenate)		
<b>Total Fat</b>	1.5 g	2%	<b>Vitamin D</b> (as cholecalciferol)	200 IU	50%	<b>Calcium</b> (as dicalcium phosphate)	300 mg	30%
Saturated Fat	0 g	0%	<b>Vitamin E</b>	15 IU	50%	<b>Iron</b>	3.5 mg	19%
Monounsaturated Fat	0 g		(as <i>d-alpha</i> tocopheryl succinate)			<b>Phosphorous</b>	250 mg	25%
Polyunsaturated Fat	1 g		<b>Vitamin K1</b> (as phytonadione)	40 mcg	50%	(as dicalcium phosphate)		
Trans Fat	0 g		<b>Vitamin B1</b> (as thiamin HCl)	1.5 mg	100%	<b>Iodine</b> (as kelp)	52 mcg	35%
<b>Cholesterol</b>	0 mg	0%	<b>Vitamin B2</b> (as riboflavin)	1.3 mg	70%	<b>Magnesium</b> (as magnesium oxide)	80 mg	20%
<b>Total Carbohydrate</b>	13 g	4%	<b>Vitamin B3</b> (as niacin)	5 mg	25%	<b>Zinc</b> (as zinc oxide)	6 mg	40%
Dietary Fiber	4 g	20%	<b>Vitamin B6</b> (as pyridoxine HCl)	2 mg	100%	<b>Copper</b> (as cupric oxide)	0.8 mg	40%
Sugars	6 g	†	<b>Folic acid</b>	200 mcg	50%	<b>Manganese</b> (as amino acid chelate)	2 mg	100%
<b>Protein</b>	17 g	34%	<b>Vitamin B12</b> (as cyanocobalamin)	6 mcg	100%	<b>Chromium</b> (as amino acid chelate)	60 mcg	50%
<b>Sodium</b>	200 mg	8%	<b>Biotin</b>	90 mcg	30%	<b>Molybdenum</b> (as sodium molybdate)	30 mcg	40%

### PROPRIETARY SUPERFOODS:

Whey protein (as isolate), Pea protein, Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Pea fiber (*Pisum spp.*, seed), Chlorella (*Chlorella sp.*, whole), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Maca root (*Lepidium meyenii*), Yacon root (*Smallanthus sonchifolius*), Acerola cherry (*Malpighia glabra*, fruit), Spinach (*Spinacia oleracea*, leaf), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Blueberry (*Vaccinium angustifolium*, fruit), Goji berry (*Lycium barbarum*), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylemethane), Himalayan salt, Ashwagandha root (*Withania somnifera*), Cordyceps (*Cordyceps sinensis*, fungi), Enzyme blend (Protease, Amylase, Bromelain, Cellulase, Lipase, Papain, Lactase), Maitake mushroom (*Grifola frondosa*), Reishi mushroom (*Ganoderma lucidum*), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Momordica grosvenori* swingle), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Grape seed (*Vitis vinifera*), Rose hips (*Rosa canina*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Schisandra (*Schisandra spp.*, fruit), Cinnamon bark (*Cinnamom zeylanicum*), Apple pectin (*Malus pumila*, fruit), Barley grass (*Hordeum vulgare*), Ginkgo (*Ginkgo biloba*, leaf), Kamut grass (*Triticum turanicum*), Moringa (*Moringa oleifera*, leaf), Oat grass (*Avena sativa*), Wheat grass (*Triticum aestivum*), Chlorophyll (as sodium copper chlorophyllin), Quinoa (*Chenopodium quinoa*, seed), Sacha inchi (*Plukenetia volubilis*, seed), Amaranth (*Amaranthus hypochondriacus*, seed).

\*\* 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.

\*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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