

**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:** Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Brown Rice, 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, 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 full scoop (44 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 (44 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
<b>Calories</b>	170		<b>Polyunsaturated Fat</b>	1 g		<b>Dietary Fiber</b>	5 g	20%
Calories from Fat	25		<b>Trans Fat</b>	0 g		<b>Sugars</b>	9 g	
<b>Total Fat</b>	3 g	5%	<b>Cholesterol</b>	0 mg	0%	<b>Protein</b>	16 g	32%
Saturated Fat	1 g	5%	<b>Sodium</b>	215 mg	9%			
Monounsaturated Fat	1 g		<b>Total Carbohydrate</b>	22 g	7%			

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

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

**OTHER INGREDIENTS:** Tapioca and Stevia.

**ALLERGY INFORMATION:** This product is manufactured in a plant that also processes soy, egg, fish, crustacean shellfish, tree nuts, and wheat (gluten) 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	775 mg	Glycine	713 mg	Methionine	297 mg	Tryptophan	217 mg
Arginine	1,270 mg	Histidine	327 mg	Phenylalanine	820 mg	Tyrosine	704 mg
Aspartic Acid	1,600 mg	Isoleucine	686 mg	Proline	740 mg	Valine	820 mg
Cystine	270 mg	Leucine	1,240 mg	Serine	735 mg		
Glutamic Acid	2,590 mg	Lysine	757 mg	Threonine	579 mg		

\*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.

© 2012 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 Ultimate, 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](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0021 / SUSH31115