

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.

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 | 5 mg | 50% |
| Calories from Fat | 15 | | Vitamin C (as ascorbic acid) | 180 mg | 300% | (as calcium d-pantothenate) | | |
| Total Fat | 1.5 g | 2% | Vitamin D (as cholecalciferol) | 200 IU | 50% | Calcium (as dicalcium phosphate) | 300 mg | 30% |
| Saturated Fat | 0 g | 0% | Vitamin E | 15 IU | 50% | Iron | 3.5 mg | 19% |
| Monounsaturated Fat | 0 g | | (as <i>d-alpha</i> tocopheryl succinate) | | | Phosphorous | 250 mg | 25% |
| Polyunsaturated Fat | 1 g | | Vitamin K1 (as phytonadione) | 40 mcg | 50% | (as dicalcium phosphate) | | |
| Trans Fat | 0 g | | Vitamin B1 (as thiamin HCl) | 1.5 mg | 100% | Iodine (as kelp) | 52 mcg | 35% |
| Cholesterol | 0 mg | 0% | Vitamin B2 (as riboflavin) | 1.3 mg | 70% | Magnesium (as magnesium oxide) | 80 mg | 20% |
| Total Carbohydrate | 13 g | 4% | Vitamin B3 (as niacin) | 5 mg | 25% | Zinc (as zinc oxide) | 6 mg | 40% |
| Dietary Fiber | 4 g | 20% | Vitamin B6 (as pyridoxine HCl) | 2 mg | 100% | Copper (as cupric oxide) | 0.8 mg | 40% |
| Sugars | 6 g | † | Folic acid | 200 mcg | 50% | Manganese (as amino acid chelate) | 2 mg | 100% |
| Protein | 17 g | 34% | Vitamin B12 (as cyanocobalamin) | 6 mcg | 100% | Chromium (as amino acid chelate) | 60 mcg | 50% |
| Sodium | 200 mg | 8% | Biotin | 90 mcg | 30% | Molybdenum (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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