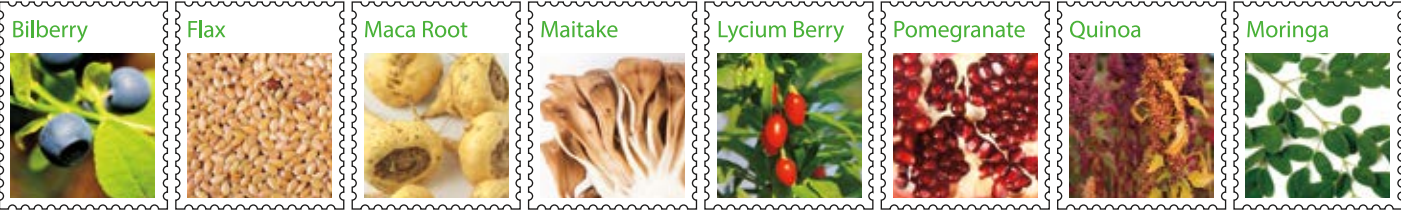


Shakeology® is a powerful superfood formula designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels, and support healthy blood sugar levels.** Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk food cravings.* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Chia, Pea, Flax, Quinoa, Rice, Oat.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips.
*These exotic superfoods have antioxidant properties that help fight free radical damage.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, 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 (43 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (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 (43 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value†	Amount Per Serving	% Daily Value†	Amount Per Serving	% Daily Value†
Calories	170	Polyunsaturated Fat	1.5 g	Protein	16 g 32%
Calories from Fat	35	Cholesterol	0 mg 0%	Vitamin A	104 IU 2%
Total Fat	4 g 6%	Sodium	300 mg 13%	Vitamin C	20 mg 33%
Saturated Fat	1 g 5%	Total Carbohydrate	18 g 6%	Calcium	50 mg 5%
Trans Fat	0 g	Dietary Fiber	5 g 20%	Iron	5 mg 28%
Monounsaturated Fat	1 g	Sugars	8 g ††		

Proprietary Superfood Blend: 42 g ††
Vegan Protein Blend (Pea protein, Oat protein, Rice protein, Chia (seed), Flax (seed), Quinoa (seed)), Cacao (bean), Agave (fruit), Pea fiber (seed), Chlorella (whole plant), Yacon (root), Cordyceps (fungi), Acerola cherry (fruit), Pomegranate (fruit), Chicory fiber (root), Camu-Camu (fruit), Blueberry (fruit), Bilberry (fruit), Astragalus (root), Lycium berry (fruit), Moringa (leaf), Maitake (fungi), Reishi (fungi), MSM (Methylsulfonylmethane), Spinach (leaf), Ashwagandha (root), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (leaf), Rose hips (fruit), *Lactobacillus sporogenes* (as *Bacillus coagulans*), Luo Han Guo (fruit), Schisandra (fruit), Maca (root), Cinnamon (bark), Green tea extract (leaf), Spirulina.



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

OTHER INGREDIENTS: Xanthan gum, Himalayan salt, Stevia extract (leaf).
ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.
DISTRIBUTED BY: Beachbody LLC, Santa Monica, CA 90404 • 1 (800) 427-3809
STORAGE: Store in a cool, dry place.
WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

Typical Amino Acid Profile					
Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	740 mg	Glycine	690 mg	Methionine	210 mg
Arginine	1,340 mg	Histidine	370 mg	Phenylalanine	880 mg
Aspartic Acid	1,760 mg	Isoleucine	750 mg	Proline	740 mg
Cystine	180 mg	Leucine	1,290 mg	Serine	800 mg
Glutamic Acid	2,800 mg	Lysine	1,060 mg	Threonine	600 mg
				Tryptophan	170 mg
				Tyrosine	650 mg
				Valine	860 mg

**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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