

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:** Chia, Flax, Quinoa, Amaranth, Rice, Pea, Oat.
*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 helps promote a healthy heart and optimal blood pressure.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale.
*Helps alkalinize the body and promote detoxification for 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, Agave, 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 (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.

Amount Per Serving % Daily Value**			Amount Per Serving % Daily Value**			Amount Per Serving % Daily Value**		
Calories	170		Polyunsaturated Fat	1.5 g		Dietary Fiber	5 g	20%
Calories from Fat	35		<i>Trans</i> Fat	0 g		Sugars	8 g	†
Total Fat	4 g	6%	Cholesterol	0 mg	0%	Protein	16 g	32%
Saturated Fat	1 g	5%	Sodium	250 mg	10%			
Monounsaturated Fat	1 g		Total Carbohydrate	18 g	6%			

PROPRIETARY SUPERFOODS: 43 g †
 Vegan Protein Blend (Pea protein, Oat protein, Rice protein, Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Quinoa (*Chenopodium quinoa*, seed), Amaranth (*Amaranthus hypochondriacus*, seed)), Cacao, Agave (*Agava tequilana*, fruit), Yacon (*Smalanthus sonchifolius*, root), Maca (*Lepidium meyenii*, root), Acerola cherry (*Malpighia glabra*, fruit), Chlorella (*Chlorella vulgaris*, whole), Spirulina (*Arthrospira platensis*, whole), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus (*Astragalus membranaceus*, root), Bilberry (*Vaccinium myrtillus*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Goji (*Lycium barbarum*, fruit), Moringa (*Moringa oleifera*, leaf), Himalayan salt, Pea fiber (*Pisum spp.*, seed), Açai (*Euterpe oleracea*, fruit), MSM (Methylsulfonylmethane), Spinach (*Spinacia oleracea*, leaf), Ashwagandha (*Withania somnifera*, root), Cordyceps (*Cordyceps militaris*, fungi), Enzyme blend (Protease, Amylase, Bromelain, Cellulase, Lipase, Papain, Lactase), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), Lactobacillus sporogenes (as *Bacillus coagulans*), Luo Han Guo (Monk fruit) (*Siraitia grosvenori*), Kale (*Brassica oleracea*, leaf), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Rose hips (*Rosa canina*, fruit), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Schisandra (*Schisandra spp.*, fruit), Cinnamon (*Cinnamomum cassia*, bark), Ginkgo (*Ginkgo biloba*, leaf).

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

OTHER INGREDIENTS: Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

ALLERGY INFORMATION: This product is manufactured in a plant that also processes milk, 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.

Amino Acid Profile							
Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	669 mg	Glycine	639 mg	Methionine	180 mg	Tryptophan	182 mg
Arginine	1,240 mg	Histidine	337 mg	Phenylalanine	828 mg	Tyrosine	601 mg
Aspartic Acid	1,590 mg	Isoleucine	704 mg	Proline	772 mg	Valine	802 mg
Cystine	181 mg	Leucine	1,220 mg	Serine	691 mg		
Glutamic Acid	2,660 mg	Lysine	867 mg	Threonine	549 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.