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!

Amaranth | Bilberry | Ashwagandha | Goji Berry | Maca Root | Reishi | Tulsi | Camu-Camu

- 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 (41 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 (41 g) Servings Per Container: 30

	Amount Per Serving	% Daily Value**
Calories	170	
Calories from Fat	30	
Total Fat	3.5 g	5%
Saturated Fat	0.5 g	3%
Monounsaturated Fat	1 g	
Polyunsaturated Fat	2 g	
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Total Carbohydrate	18 g	6%
Dietary Fiber	4 g	16%
Sugars	8 g	†
Protein	16 g	32%

PROPRIETARY SUPERFOODS: 39 g †

Vegan Protein Blend (Pea protein, Oat protein, Chia (*Salvia hispanica*, seed), Rice protein, Flax (*Linum usitatissimum*, seed), Amaranth (*Amaranthus hypochondriacus*, seed), Quinoa (*Chenopodium quinoa*, seed)), Agave (*Agava tequilana*, fruit), Yacon (*Smallanthus sonchifolius*, root), Maca (*Lepidium meyenii,* root), Beet juice (*Beta vulgaris*, root), Strawberry (*Fragaria chiloensis*, fruit), Acerola cherry (*Malpighia glabra*, fruit), Chlorella (*Chlorella vulgaris*, whole), Spirulina (*Arthrospira platensis*, whole), Pea fiber (*Pisum spp.*, seed), 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), 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), Himalayan salt, 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: Natural Flavor (Strawberry, Banana, Pineapple, Papaya, Guava, and other natural flavors), Citric acid, 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	724 mg	Glycine	658 mg	Methionine	201 mg	Tryptophan	182 mg
Arginine	1,310 mg	Histidine	358 mg	Phenylalanine	871 mg	Tyrosine	630 mg
Aspartic Acid	1,580 mg	Isoleucine	716 mg	Proline	789 mg	Valine	826 mg
Cystine	207 mg	Leucine	1,260 mg	Serine	724 mg		
Glutamic Acid	2,890 mg	Lysine	883 mg	Threonine	560 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.**

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