

DIRECTIONS: Gently shake the jar to loosen compressed powder then combine one level scoop (15 g) of Digestive Health powder with Shakeology or the beverage of your choice. Add more liquid as needed, if too thick. Consume promptly.

STORAGE: Store in a cool, dry place.

ALLERGEN INFORMATION: This product is manufactured in a plant that also processes milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

*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.

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.

NOTICE: This product should be eaten with at least a full glass of liquid. Eating this product without enough liquid may cause choking. Do not eat this product if you have difficulty in swallowing.

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*Formulated with key ingredients to:**

- Enhance your Shakeology® for even healthier results
- Contain 7g of fiber per serving—40% of daily value when added to Shakeology
- Help maintain regularity and digestive health
- Provide an optimal ratio of soluble and insoluble fiber

shakeology®
BOOST

DIGESTIVE
HEALTH

- ALA Omega-3 Fatty Acids help support cardiovascular health
- Excellent source of dietary fiber
- Soluble fiber from psyllium, as part of a healthy diet low in saturated fat and cholesterol, may reduce the risk of heart disease
- No artificial colors, flavors, sweeteners, or preservatives



20 SERVINGS • NET WT 10.58 OZ (300 G) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 scoop (15 g) Servings Per Container: 20

	Amount Per Serving	% Daily Value**
Calories	50	
Calories from Fat	20	
Total Fat	2.5 g	4%
Sodium	20 mg	1%
Total Carbohydrate	9 g	3%
Dietary Fiber	7 g	28%
Soluble Fiber	2 g	†
Insoluble Fiber	5 g	†
Protein	2 g	4%

PROPRIETARY FIBER BLEND: 14.9 g †
Pea (*Pisum spp.*) fiber, Flax (*Linum usitatissimum*) seed powder, Psyllium (*Plantago ovata*) husk powder, Chicory (*Cichorium intybus*) root fiber, Chia (*Salvia hispanica*) seed powder.

ALA Omega 3 Fatty Acid 1.3 g †

**Percent Daily Values are based on a 2,000 calorie diet.
†% Daily Value (DV) not established.

OTHER INGREDIENTS: Mixed tocopherols (to preserve freshness).