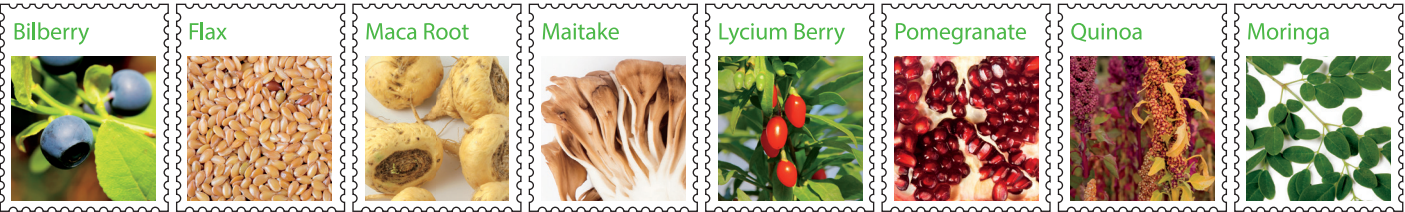


Shakeology® is a powerful superfood formula designed to deliver the nutrients you need. Our vegan options have all 9 essential amino acids that make up a complete protein source without the animal byproducts. Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, 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, Sacha Inchi, 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, Spinach, Kale, Matcha.
*Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga.
*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, *Bacillus coagulans*, 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 (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	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	160	Polyunsaturated Fat	1 g ††	Vitamin A	340 IU 7%
Calories from Fat	30	Total Carbohydrate	18 g 6% †	Calcium	40 mg 4%
Total Fat	3 g 5% †	Dietary Fiber	6 g 24% †	Iron	5 mg 28%
Saturated Fat	1 g 5% †	Sugars	7 g ††	Sodium	280 mg 12%
Monounsaturated Fat	1 g ††	Protein	16 g 25% †		

Proprietary Superfood Blend: 35 g ††
Vegan Protein Blend (Pea protein, Oat protein, Rice protein, Chia (seed), Quinoa (seed), Flax (seed), Sacha inchi (seed)), Cocoa powder (processed with alkali), Rose hips (fruit), Pomegranate juice powder (fruit), Chlorella, Yacon (root), Acerola juice powder (fruit), Astragalus (root), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Chicory fiber (root), Cordyceps (fungi), Lycium juice powder (fruit), *Moringa oleifera* (leaf), Ashwagandha (root), Chaga (fungi), Maitake (fungi), MSM (Methylsulfonylmethane), Reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea* L. var. *acephala*) (leaf), Schisandra (fruit), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Pea fiber (seed), Luo Han Guo extract (fruit), Matcha green tea (leaf).

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

OTHER INGREDIENTS: Organic cane sugar, Xanthan gum, Himalayan pink salt, Stevia leaf extract.

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
Alanine	710 mg	Glycine	660 mg
Arginine	1,310 mg	Histidine	350 mg
Aspartic Acid	1,810 mg	Isoleucine	720 mg
Cysteine	170 mg	Leucine	1,270 mg
Glutamic Acid	2,720 mg	Lysine	940 mg
		Methionine	200 mg
		Phenylalanine	840 mg
		Proline	730 mg
		Serine	770 mg
		Threonine	570 mg
		Tryptophan	160 mg
		Tyrosine	610 mg
		Valine	820 mg

Results vary. Weight-loss 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.