

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.



Say hello to Whole Coffee Fruit**—Shakeology's latest and greatest superfood powerhouse that thrives in regions of Mexico and India. This highly coveted crop is actually where coffee beans come from. For centuries, farmers would only harvest the seeds, which we recognize as coffee beans, and discard the surrounding red fleshy fruit. However, all that changed when science revealed that the fruit has antioxidants, chlorogenic acids, and polyphenols. Shakeology is excited to have Whole Coffee Fruit as part of the Café Latte flavor formula, because in addition to its advantages, harvesting the entire fruit and not just the bean also minimizes our carbon footprint while increasing sustainable farming.

- **PROPRIETARY PROTEIN BLEND:** Chia, Pea, Sacha Inchi, Flax, Quinoa, Rice, Oat.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Whole Coffee Fruit, 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/PHTONUTRIENT 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	170	Polyunsaturated Fat	1.5 g ††	Vitamin C	12 mg 20%
Calories from Fat	30	Total Carbohydrate	18 g 6%†	Calcium	43 mg 4%
Total Fat	3 g 5%†	Dietary Fiber	5 g 20%†	Iron	4.5 mg 25%
Saturated Fat	1 g 5%†	Sugars	8 g ††	Sodium	290 mg 12%
Monounsaturated Fat	1 g ††	Protein	16 g 27%†		

Proprietary Superfood Blend:

Vegan Protein Blend (Pea protein, Oat protein, Flax (seed), Rice protein, Chia (seed), Quinoa (seed), Sacha inchi (seed)), Chicory (root extract and root fiber), Cocoa powder, Cocoa powder (processed with alkali), Coffee (fruit), Yacon (root), Acerola juice powder (fruit), Astragalus (root), Camu-Camu (fruit), Bilberry juice powder (fruit), Blueberry (fruit), Lycium juice powder (fruit), Pomegranate juice powder (fruit), Cordyceps (fungi), 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), Rose hips (fruit), Schisandra (fruit), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Pea fiber (seed), Matcha green tea (leaf), *Moringa oleifera* (leaf), Luo Han Guo extract (fruit), Chlorella.

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

OTHER INGREDIENTS: Organic cane sugar, Natural coffee flavor, 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	Amino Acid	Amount Per Serving
Alanine	700 mg	Glycine	660 mg	Methionine	200 mg
Arginine	1,320 mg	Histidine	330 mg	Phenylalanine	880 mg
Aspartic Acid	1,690 mg	Isoleucine	730 mg	Proline	720 mg
Cysteine	200 mg	Leucine	1,300 mg	Serine	750 mg
Glutamic Acid	2,800 mg	Lysine	910 mg	Threonine	570 mg
				Tryptophan	160 mg
				Tyrosine	610 mg
				Valine	810 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.

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