

**Shakeology® is a powerful superfood formula** designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels within the normal range, and support healthy blood sugar levels (as measured by HbA1C)\*\* Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants, all to help support healthy energy levels, support regularity and healthy 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:** Whey, Pea, Sacha Inchi, Chia, Flax, Quinoa.  
*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, Vitamins A, C, E.  
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.\**
- **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 (40 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (milk, 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](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 Scoop (40 g)  
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	150	Vitamin A (as beta-carotene)	1750 IU 35%	Biotin	105 mcg 35%
Calories from Fat	15	Vitamin C (as ascorbic acid)	180 mg 300%	Calcium (as dicalcium phosphate)	250 mg 25%
Total Fat	2 g 3%†	Vitamin D (as cholecalciferol)	400 IU 100%	Iron	4 mg 22%
Saturated Fat	0.5 g 3%†	Vitamin E (as mixed tocopherols, d-alpha tocopheryl succinate)	10.5 IU 35%	Phosphorus (as dicalcium phosphate)	193.2 mg 19%
Monounsaturated Fat	0 g ††	Vitamin K2 (as menaquinone-7)	28 mcg 35%	Iodine (as potassium iodide)	52.5 mcg 35%
Polyunsaturated Fat	0.5 g ††	Thiamine (as thiamine HCl)	0.5 mg 35%	Magnesium (as magnesium oxide)	140 mg 35%
Cholesterol	5 mg 2%	Riboflavin	0.6 mg 35%	Zinc (as zinc oxide)	5.3 mg 35%
Total Carbohydrate	17 g 6%†	Vitamin B6 (as pyridoxine HCl)	1 mg 50%	Selenium (as sodium selenite)	24.5 mcg 35%
Dietary Fiber	5 g 20%†	Folate (as L-methylfolate)	200 mcg 50%	Chromium (as chromium chloride)	12 mcg 10%
Sugars	7 g ††	Vitamin B12 (as methylcobalamin)	3 mcg 50%	Sodium	190 mg 8%
Protein	17 g 31%†				

### Proprietary Superfood Blend:

31 g ††

Protein Blend (Whey protein isolate (milk), Pea protein, Flax (seed), Chia (seed), Quinoa (seed), Sacha inchi (seed)), Chicory (root extract and root fiber), Cocoa powder, Pea fiber (seed), Cocoa powder (processed with alkali), Coffee (fruit), Bilberry juice powder (fruit), Blueberry (fruit), Acerola juice powder (fruit), Astragalus (root), Camu-Camu (fruit), Lycium juice powder (fruit), MSM (Methylsulfoniylmethane), Spinach (leaf), Pomegranate juice powder (fruit), Ashwagandha (root), Rose hips (fruit), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), *Bacillus coagulans*, Chaga (fungi), Cordyceps (fungi), Maitake (fungi), Reishi (fungi), Maca (root), Cinnamon (bark), Green tea extract (leaf), Kale (*Brassica oleracea L. var. acephala*) (leaf), Schisandra (fruit), Yacon (root), Luo Han Guo extract (fruit), Matcha green tea (leaf), *Moringa oleifera* (leaf), 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:** Contains milk. This product is manufactured in a plant that also processes 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.

\*\*Results vary. 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.

\*\*\*Patented Coffeoberry® Brand products are manufactured under license from VDF FutureCeuticals, Inc.

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