

SUSH31219

DIRECTIONS: Gently shake the jar to loosen compressed powder then combine one level scoop (13 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 STATEMENT: This product is manufactured in a plant that also processes milk, egg, soy, fish, crustacean shellfish, tree nut, peanut, and wheat 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.

‡Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease. One serving of Digestive Health Boost has 2 grams of this soluble fiber.

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.

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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- *Contains 7g of fiber per serving—46% of daily value when added to Shakeology*

- *Helps maintain regularity and digestive health**

- *Provides a beneficial ratio of soluble and insoluble fiber**

- *Excellent source of Omega-3 from ALA to help support cardiovascular health**

shakeology®
BOOST

DIGESTIVE
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*

Supplement Facts

Serving Size: 1 scoop (13 g) Servings Per Container: 20

	Amount Per Serving	% Daily Value
Calories	60	
Total Fat	2.5 g	3%†
Total Carbohydrate	7 g	3%†
Dietary Fiber	7 g	25%†
Soluble Fiber	2 g	**
Insoluble Fiber	5 g	**
Protein	2 g	
Calcium	32 mg	2%
Iron	1 mg	6%
Potassium	75 mg	2%
Alpha-Linolenic Acid (Omega-3)	1 g	**
PROPRIETARY FIBER BLEND:	12.9 g	**
Flax (seed) powder, Pea fiber, Psyllium (husk) powder, Chicory (root) fiber, Chia (seed) powder.		

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

OTHER INGREDIENTS: Mixed tocopherols (to preserve freshness).

20 SERVINGS • NET WT 9.17 OZ (260 G) • DIETARY SUPPLEMENT