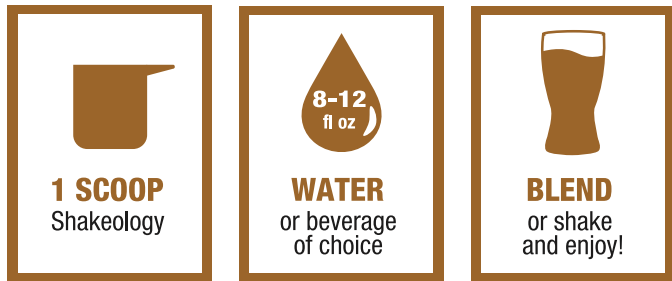


## HOW TO MAKE YOUR SHAKE



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 (milk, almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty shake. **Best consumed within 30 minutes.** For more shake recipes, go to [Shakeology.com](http://Shakeology.com).

## SUPPLEMENT FACTS

Serving size: 1 scoop (41 g) Servings per container: 30

AMOUNT PER SERVING		% DV
Calories	160	
Total Fat	2 g	3%†
Saturated Fat	0.5 g	3%†
Polyunsaturated Fat	0.5 g	††
Monounsaturated Fat	0 g	††
Cholesterol	10 mg	3%
Total Carbohydrate	18 g	7%†
Dietary Fiber	6 g	21%†
Total Sugars	7 g	††
Includes 5 g Added Sugars		10%†
Protein	17 g	33%†
Vitamin A (as beta-carotene)	315 mcg RAE	35%
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl succinate)	5.25 mg TE	35%
Vitamin K2 (as menaquinone-7)	42 mcg	35%
Thiamine (as thiamine HCl)	0.42 mg	35%
Riboflavin	0.46 mg	35%
Vitamin B6 (as pyridoxine HCl)	0.85 mg	50%
Folate (as L-methylfolate)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	1.2 mcg	50%
Biotin	10.5 mcg	35%
Calcium (as dicalcium phosphate)	260 mg	20%
Iron	3 mg	17%
Iodine (as potassium iodide)	52.5 mcg	35%
Magnesium (as magnesium oxide)	147 mg	35%
Zinc (as zinc oxide)	5.5 mg	50%
Selenium (as sodium selenite)	19.25 mcg	35%
Chromium (as chromium chloride)	12.25 mcg	35%
Potassium	310 mg	7%
Sodium	190 mg	8%
Alpha-Linolenic Acid (omega-3)	250 mg	††

**Proprietary Superfood Blend:** 32 g ††  
 Protein Blend (Whey protein isolate (milk), Pea protein, Flax (seed), Quinoa (seed)), Chicory (root extract and root fiber), Cocoa powder (processed with alkali), Pea fiber (seed), Coffee (fruit),\*\* Yacon (root), Acerola juice powder (fruit), Astragalus (root), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), *Bacillus coagulans*, Organic cordyceps (fungi), Lycium juice powder (fruit), Ashwagandha (root), Organic chaga (fungi), Organic maitake (fungi), Organic reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea L. var. acephala*) (leaf), Schisandra (fruit), Matcha green tea (leaf), Rose hips (fruit), Maca (root), Pomegranate juice powder (fruit), Cinnamon (bark), Luo Han Guo extract (fruit), Chlorella.

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

## CHANGE BEGINS INSIDE.

When you want to get more out of life, start by feeding your body high-quality fuel like Shakeology. Shakeology is a powerful superfood shake, crafted with nutrients that help your body perform at its best. Not just protein, vitamins, and minerals, but antioxidants, phytonutrients, digestive enzymes, fiber, adaptogens, and more. It's delicious, daily nutrition that helps you build a foundation for a healthier life, so you can feel better and take on new challenges every day.\*



- PROPRIETARY PROTEIN BLEND: Whey, Pea, Flax, Quinoa. *Protein helps build lean muscle and reduce cravings.\**
- PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND: Whole Coffee Fruit, Camu-Camu, Acerola Cherry, Blueberry, Bilberry, Lycium Berry (Goji Berry), Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, E. *These rare superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.\**
- PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND: Chlorella, Spinach, Kale, Matcha Green Tea. *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.\**

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

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### HOW SHAKEOLOGY FITS INTO BEACHBODY NUTRITION PROGRAMS:

Ultimate Portion Fix®  
 Container Equivalents = 1 red ■  
 2B Mindset® Plate It! A great protein option.  
 For more information, visit  
[BeachbodyOnDemand.com/nutrition](http://BeachbodyOnDemand.com/nutrition)



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**OTHER INGREDIENTS:** Organic cane sugar, Natural coffee flavor, Xanthan gum, Himalayan pink salt, Stevia leaf extract, Mixed tocopherols (to maintain freshness).

**ALLERGEN STATEMENT:** Contains milk. This product is manufactured in a plant that also processes egg, soy, fish, crustacean shellfish, tree nut, peanut, and wheat ingredients.

**DISTRIBUTED BY:** Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 470-7870 **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.