



NUTRITION DECLARATION

Daily Portion: 1 scoop (41 g)
Daily Portions Per Container: 30

	Per 100 g	% R.I.*	Per daily portion	% R.I.**
Energy	1669 kJ	20%**	682 kJ	8%**
	399 kcal	20%**	163 kcal	8%**
Fat	7.5 g	11%	3.1 g	4%
of which				
Saturates	2.2 g	11%	0.9 g	5%
Mono-unsaturates	2 g	-	0.8 g	-
Poly-unsaturates	2.9 g	-	1.2 g	-
Carbohydrate	41 g	16%	17 g	7%
of which				
Sugars	14 g	16%	6 g	7%
Fibre	15 g	-	6.3 g	-
Protein	40 g	80%	17 g	34%
Salt	0.58 g	10%	0.24 g	4%
Potassium	1049 mg	52%	430 mg	22%
Phosphorus	415 mg	59%	170 mg	24%
Magnesium	171 mg	46%	70.3 mg	19%
Iron	12 mg	86%	4.8 mg	34%
Zinc	4.1 mg	41%	1.7 mg	17%
Chromium	59 µg	148%	24 µg	60%
Pea Protein	35854 mg	-	14700 mg	-
Oat Protein	5366 mg	-	2200 mg	-
Rose Hips Fruit Powder	4244 mg	-	1740 mg	-
Flaxseed	2927 mg	-	1200 mg	-
Pomegranate Juice Powder	2634 mg	-	1080 mg	-
Rice Protein	2439 mg	-	1000 mg	-
Chlorella Powder	1341 mg	-	550 mg	-
Yacon Root Powder	976 mg	-	400 mg	-
Astragalus Root Powder	915 mg	-	375 mg	-
Cordyceps Fungi Powder	854 mg	-	350 mg	-
Acerola Fruit Powder	854 mg	-	350 mg	-
Quinoa Seed Powder	732 mg	-	300 mg	-
Inulin	610 mg	-	250 mg	-
Bilberry Juice Powder	610 mg	-	250 mg	-
Blueberry Fruit Powder	610 mg	-	250 mg	-
Camu Camu Fruit Powder	610 mg	-	250 mg	-
Goji Berry Juice Powder	488 mg	-	200 mg	-
Moringa Leaf Powder	488 mg	-	200 mg	-
Schisandra Berry Powder	427 mg	-	175 mg	-
Methyl Sulfonyl Methane (MSM)	366 mg	-	150 mg	-
Spinach Leaf Powder	366 mg	-	150 mg	-
Maitake Fungi Powder	366 mg	-	150 mg	-
Reishi Fungi Powder	366 mg	-	150 mg	-
Kale Leaf Powder	244 mg	-	100 mg	-
Enzyme Blend	244 mg	-	100 mg	-
<i>Bacillus coagulans</i>	488 million CFU	-	200 million CFU	-
Maca Root Powder	134 mg	-	55 mg	-
Pea Seed Fibre	122 mg	-	50 mg	-
Chinese Cinnamon Bark Powder	122 mg	-	50 mg	-
Green Tea Leaf Extract	122 mg	-	50 mg	-
Matcha Green Tea Powder	49 mg	-	20 mg	-

*R.I. = Reference Intake

**Reference intake of an average adult (8 400 kJ / 2 000 kcal)

The Beachbody® Weight-Loss Programme:

- To help you lose weight and get in great shape, exercise each day for at least 30 minutes and make sure you follow a healthy eating plan.
- Beachbody has many proven fitness programmes like P90X®, 21 Day Fix®, FOCUS T25®, and many others for you to follow, portion-control containers to help you stay on track, and many balanced meal plans to help you meet your fitness and weight-loss goals.
- Drink Shakeology® every day for nutrients your body needs to help you succeed with your Beachbody Weight-Loss Programme.

INGREDIENTS:

Pea protein, Cocoa powder (20%), Organic cane sugar, **Oat** protein, Rose hips fruit powder (*Rosa canina*), Flaxseed (*Linum usitatissimum*), Pomegranate juice powder (*Punica granatum*), Rice protein, Chlorella powder (*Chlorella vulgaris*), Thickener (Xanthan gum), Yacon root powder (*Smilaxnthus sonchifolius*), Astragalus root powder (*Astragalus membranaceus*), Acerola fruit powder (*Malpighia glabra*), Cordyceps fungi powder (*Cordyceps sinensis*), Quinoa seed powder (*Chenopodium quinoa*), Bilberry juice powder (*Vaccinium myrtillus*), Blueberry fruit powder (*Vaccinium corymbosum*), Camu camu fruit powder (*Myrciaria dubia*), Inulin, Goji berry juice powder (*Lycium barbarum*), Himalayan pink salt, Moringa leaf powder (*Moringa oleifera*), Sweetener (Steviol glycosides), Schisandra berry powder (*Schisandra chinensis*), Maitake fungi powder (*Grifola frondosa*), Methyl sulfonyl methane (MSM), Reishi fungi powder (*Ganoderma lucidum*), Spinach leaf powder (*Spinacia oleracea*), Enzyme blend [Amylase, Cellulase, Lactase, Glucoamylase, Alpha-galactosidase, Invertase], Kale leaf powder (*Brassica oleracea*), *Bacillus coagulans*, Maca root powder (*Lepidium meyenii*), Chinese cinnamon bark powder (*Cinnamomum cassia*), Green tea leaf extract (*Camellia sinensis*), Pea seed fibre, Matcha green tea powder (*Camellia sinensis*).

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

DIRECTIONS: Drink once per day. Gently shake the bag to loosen compressed powder then combine one level scoop (41 g) of Shakeology powder with 250 mL 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.

WARNINGS: Do not exceed the recommended daily dose. It has been advised not to use during pregnancy in the EU due to *Moringa Oleifera*. Consult your physician before use if you are breastfeeding, taking anticoagulants or any other medication, if you have any medical condition such as hypothyroidism, or are under thyroid treatment. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not suitable for children under 18. Keep out of reach of young children.

IMPORTED BY: Beachbody UK, Ltd., Harpenden Hall, Southdown Road, Harpenden, AL5 1TE, UK

Lot number/Best before end: See top of bag

Store in a cool, dry place.

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