



## NUTRITION DECLARATION

Daily Portion: 1 scoop (42 g)  
Daily Portions Per Container: 30

	Per 100 g	% R.I.*	Per daily portion	% R.I.**
Energy	1590 kJ	19%**	669 kJ	8%**
	380 kcal	19%**	160 kcal	8%**
Fat	5.3 g	8%	2.2 g	3%
of which				
Saturates	2 g	10%	0.8 g	4%
Mono-unsaturates	1.3 g	-	0.6 g	-
Poly-unsaturates	1.8 g	-	0.8 g	-
Carbohydrate	42 g	16%	18 g	7%
of which				
Sugars	16 g	18%	7 g	8%
Fibre	15 g	-	6.3 g	-
Protein	41 g	82%	17 g	34%
Salt	0.37 g	6%	0.16 g	3%
Vitamin A	417 µg	52%	175 µg	22%
Vitamin D	24 µg	480%	10 µg	200%
Vitamin E	17 mg	142%	7.0 mg	58%
Vitamin K2	67 µg	89%	28 µg	37%
Vitamin C	430 mg	538%	180 mg	225%
Vitamin B1	1.2 mg	109%	0.5 mg	45%
Vitamin B2	1.4 mg	100%	0.6 mg	43%
Vitamin B6	2.4 mg	171%	1.0 mg	71%
Folate	476 µg	238%	200 µg	100%
Vitamin B12	7.1 µg	284%	3.0 µg	120%
Biotin	250 µg	500%	105 µg	210%
Calcium	595 mg	74%	250 mg	31%
Phosphorus	460 mg	66%	193 mg	28%
Magnesium	333 mg	89%	140 mg	37%
Zinc	13 mg	130%	5.3 mg	53%
Selenium	60 µg	109%	25 µg	45%
Chromium	29 µg	73%	12 µg	30%
Iodine	125 µg	83%	52.5 µg	35%
Whey Protein Isolate	24048 mg	-	10100 mg	-
Pea Protein	15476 mg	-	6500 mg	-
Flaxseed	3095 mg	-	1300 mg	-
Pea Seed Fibre	1786 mg	-	750 mg	-
Chlorella Powder	1429 mg	-	600 mg	-
Quinoa Seed Powder	1429 mg	-	600 mg	-
Yacon Root Powder	952 mg	-	400 mg	-
Chicory Root Powder	881 mg	-	370 mg	-
Rose Hips Fruit Powder	881 mg	-	370 mg	-
Cordyceps Fungi Powder	833 mg	-	350 mg	-
Pomegranate Juice Powder	833 mg	-	350 mg	-
Acerola Fruit Powder	714 mg	-	300 mg	-
Astragalus Root Powder	714 mg	-	300 mg	-
Inulin	595 mg	-	250 mg	-
Bilberry Juice Powder	476 mg	-	200 mg	-
Blueberry Fruit Powder	476 mg	-	200 mg	-
Camu Camu Fruit Powder	476 mg	-	200 mg	-
Goji Berry Juice Powder	476 mg	-	200 mg	-
Methyl Sulfonyl Methane (MSM)	357 mg	-	150 mg	-
Spinach Leaf Powder	357 mg	-	150 mg	-
Kale Leaf Powder	238 mg	-	100 mg	-
Maitake Fungi Powder	238 mg	-	100 mg	-
Reishi Fungi Powder	238 mg	-	100 mg	-
Schisandra Berry Powder	238 mg	-	100 mg	-
Enzyme Blend	202 mg	-	85 mg	-
<i>Bacillus coagulans</i>	476 million CFU	-	200 million CFU	-
Maca Root Powder	131 mg	-	55 mg	-
Chinese Cinnamon Bark Powder	119 mg	-	50 mg	-
Green Tea Leaf Extract	119 mg	-	50 mg	-
Matcha Green Tea Powder	48 mg	-	20 mg	-
Moringa Leaf Powder	48 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:

Whey protein isolate (milk), Cocoa powder (19%), Pea protein, Organic cane sugar, Chocolate flavour (5%), Vitamin and mineral blend [Calcium salts of orthophosphoric acid, Magnesium oxide, L-ascorbic acid, Zinc oxide, D-alpha-tocopheryl acid succinate, Pyridoxine hydrochloride, Beta carotene, Thiamin hydrochloride, Riboflavin, [(6S)-5-methyltetrahydrofolic acid, glucosamine salt] or calcium-L-methylfolate, Biotin, Potassium iodide, Sodium selenite, Methylcobalamin, Menaquinone, Chromium chloride, Cholecalciferol], Flaxseed (*Linum usitatissimum*), Pea seed fibre, Chlorella powder (*Chlorella vulgaris*), Quinoa seed powder (*Chenopodium quinoa*), Thickener (Xanthan gum), Yacon root powder (*Smilax racemosa*), Chicory root powder (*Cichorium intybus*), Rose hips fruit powder (*Rosa canina*), Cordyceps fungi powder (*Cordyceps sinensis*), Pomegranate juice powder (*Punica granatum*), Acerola fruit powder (*Malpighia glabra*), Astragalus root powder (*Astragalus membranaceus*), Inulin, Bilberry juice powder (*Vaccinium myrtillus*), Blueberry fruit powder (*Vaccinium corymbosum*), Camu camu fruit powder (*Myrciaria dubia*), Goji berry juice powder (*Lycium barbarum*), Sweetener (Steviol glycosides), Methyl sulfonyl methane (MSM), Spinach leaf powder (*Spinacia oleracea*), Himalayan pink salt, Kale leaf powder (*Brassica oleracea*), Maitake fungi powder (*Grifola frondosa*), Reishi fungi powder (*Ganoderma lucidum*), Schisandra berry powder (*Schisandra chinensis*), Enzyme blend [Amylase, Cellulase, Lactase, Glucoamylase, Alpha-galactosidase, Invertase], *Bacillus coagulans*, Maca root powder (*Lepidium meyenii*), Chinese cinnamon bark powder (*Cinnamomum cassia*), Green tea leaf extract (*Camellia sinensis*), Antioxidant (Tocopherol-rich extract), Matcha green tea powder (*Camellia sinensis*), Moringa leaf powder (*Moringa oleifera*).

**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 (42 g) of Shakeology powder with 250 mL 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).

**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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