

Shakeology® is a powerful superfood formula designed to deliver the nutrients you need. Our vegan options have all 9 essential amino acids that make up a complete protein source without the animal byproducts. Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk-food cravings.* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Chia, Pea, Sacha Inchi, Flax, Quinoa, Rice, Oat.
*Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips.
*These exotic superfoods have antioxidant properties that help fight free radical damage.**
- **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 (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](https://www.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	160	Polyunsaturated Fat	1.5 g ††	Vitamin A	180 IU 4%
Calories from Fat	25	Total Carbohydrate	18 g 6% †	Calcium	50 mg 5%
Total Fat	3 g 5% †	Dietary Fiber	4 g 16% †	Iron	3 mg 17%
Saturated Fat	0.5 g 3% †	Sugars	7 g ††	Sodium	240 mg 10%
Monounsaturated Fat	0.5 g ††	Protein	16 g 28% †		

Proprietary Superfood Blend:

33 g ††

Vegan Protein Blend (Pea protein, Oat protein, Chia (seed), Rice protein, Quinoa (seed), Flax (seed), Sacha inchi (seed)), Pomegranate juice powder (fruit), Strawberry (fruit), Beet juice powder (root), Chlorella, Yacon (root), Acerola juice powder (fruit), Rose hips (fruit), Astragalus (root), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Chicory fiber (root), Cordyceps (fungi), Lycium juice powder (fruit), *Moringa oleifera* (leaf), Ashwagandha (root), Chaga (fungi), Maitake (fungi), MSM (Methylsulfonylmethane), Reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea L. var. acephala*) (leaf), Pea fiber (seed), Schisandra (fruit), *Bacillus coagulans*, Maca (root), Cinnamon (bark), Green tea extract (leaf), Luo Han Guo extract (fruit), Matcha green tea (leaf).

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

††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural flavors (Strawberry, Banana, Pineapple, Papaya, Guava), Xanthan gum, Citric acid, Stevia leaf extract, Himalayan pink salt.

ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, 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.

Typical Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	730 mg	Glycine	670 mg	Methionine	230 mg	Tryptophan	160 mg
Arginine	1,340 mg	Histidine	360 mg	Phenylalanine	880 mg	Tyrosine	620 mg
Aspartic Acid	1,700 mg	Isoleucine	740 mg	Proline	780 mg	Valine	830 mg
Cysteine	200 mg	Leucine	1,340 mg	Serine	790 mg		
Glutamic Acid	2,840 mg	Lysine	1,010 mg	Threonine	580 mg		

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.

*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.