



NUTRITION DECLARATION

Daily Portion: 1 scoop (36 g)
Daily Portions Per Container: 30

	Per 100 g	% R.I.*	Per daily portion	% R.I.**
Energy	1611 kJ	19%**	582 kJ	7%**
	385 kcal	19%**	139 kcal	7%**
Fat	5.3 g	8%	1.9 g	3%
of which				
Saturates	1.1 g	6%	0.4 g	2%
Mono-unsaturates	1 g	-	0.4 g	-
Poly-unsaturates	2.7 g	-	1 g	-
Carbohydrate	36 g	14%	13 g	5%
of which				
Sugars	19 g	21%	7 g	8%
Fibre	11.6 g	-	4.2 g	-
Protein	48 g	96%	17 g	34%
Salt	0.42 g	7%	0.15 g	3%
Vitamin A	486 µg	61%	175 µg	22%
Vitamin D	28 µg	560%	10 µg	200%
Vitamin E	19 mg	158%	7.0 mg	58%
Vitamin K2	78 µg	104%	28 µg	37%
Vitamin C	500 mg	625%	180 mg	225%
Vitamin B1	1.4 mg	127%	0.5 mg	45%
Vitamin B2	1.7 mg	121%	0.6 mg	43%
Vitamin B6	2.8 mg	200%	1.0 mg	71%
Folate	556 µg	278%	200 µg	100%
Vitamin B12	8.3 µg	332%	3.0 µg	120%
Biotin	290 µg	580%	105 µg	210%
Calcium	694 mg	87%	250 mg	31%
Phosphorus	537 mg	77%	193 mg	28%
Magnesium	389 mg	104%	140 mg	37%
Zinc	15 mg	150%	5.3 mg	53%
Selenium	68 µg	124%	25 µg	45%
Chromium	33 µg	83%	12 µg	30%
Iodine	146 µg	97%	52.5 µg	35%
Whey Protein Isolate	39472 mg	-	14210 mg	-
Pea Protein	13889 mg	-	5000 mg	-
Flaxseed	7222 mg	-	2600 mg	-
Pea Seed Fibre	3333 mg	-	1200 mg	-
Yacon Root Powder	1111 mg	-	400 mg	-
Cordyceps Fungi Powder	972 mg	-	350 mg	-
Pomegranate Juice Powder	944 mg	-	340 mg	-
Acerola Fruit Powder	833 mg	-	300 mg	-
Astragalus Root Powder	833 mg	-	300 mg	-
Inulin	694 mg	-	250 mg	-
Bilberry Juice Powder	556 mg	-	200 mg	-
Blueberry Fruit Powder	556 mg	-	200 mg	-
Camu Camu Fruit Powder	556 mg	-	200 mg	-
Goji Berry Juice Powder	556 mg	-	200 mg	-
Methyl Sulfonyl Methane (MSM)	417 mg	-	150 mg	-
Spinach Leaf Powder	417 mg	-	150 mg	-
Kale Leaf Powder	278 mg	-	100 mg	-
Maitake Fungi Powder	278 mg	-	100 mg	-
Reishi Fungi Powder	278 mg	-	100 mg	-
Rose Hips Fruit Powder	278 mg	-	100 mg	-
Schisandra Berry Powder	278 mg	-	100 mg	-
Enzyme Blend	236 mg	-	85 mg	-
<i>Bacillus coagulans</i>	556 million CFU	-	200 million CFU	-
Maca Root Powder	153 mg	-	55 mg	-
Chinese Cinnamon Bark Powder	139 mg	-	50 mg	-
Green Tea Leaf Extract	139 mg	-	50 mg	-
Quinoa Seed Powder	139 mg	-	50 mg	-
Matcha Green Tea Powder	56 mg	-	20 mg	-
Moringa Leaf Powder	56 mg	-	20 mg	-
Chlorella Powder	14 mg	-	5 mg	-

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*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), Organic cane sugar, Pea protein, Flaxseed (*Linum usitatissimum*), 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-methyltetrahydrofolate, L-glucosamine salt] or calcium-L-methylfolate, Biotin, Potassium iodide, Sodium selenite, Methylcobalamin, Menaquinone, Chromium chloride, Cholecalciferol], Pea seed fibre, Vanilla flavour (3%), Thickener (Xanthan gum), Yacon root powder (*Smallanthus sonchifolius*), 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*), Methyl sulfonyl methane (MSM), Spinach leaf powder (*Spinacia oleracea*), Antioxidant (Tocopherol-rich extract), Himalayan pink salt, Kale leaf powder (*Brassica oleracea*), Maitake fungi powder (*Grifola frondosa*), Reishi fungi powder (*Ganoderma lucidum*), Rose hips fruit powder (*Rosa canina*), Schisandra berry powder (*Schisandra chinensis*), Sweetener (Steviol glycosides), 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*), Quinoa seed powder (*Chenopodium quinoa*), Matcha green tea powder (*Camellia sinensis*), Moringa leaf powder (*Moringa oleifera*), Chlorella powder (*Chlorella vulgaris*).

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 (36 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.

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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