

Shakeology® is a powerful superfood formula designed to provide you with the nutrients you need to help you lose weight, maintain healthy cholesterol levels, and support healthy blood sugar levels.* Shakeology contains 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 SUPER-PROTEIN BLEND: Chia, Flax, Quinoa, Rice, Pea, Oat.
*Protein helps build lean muscle and reduce cravings.***
- PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND: Camu-Camu, Acerola Cherry, Bilberry, Goji Berry, Green Tea, Luo Han Guo, Pomegranate, Rose Hips.
*These exotic superfoods are loaded with naturally occurring antioxidants.***
- PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND: Moringa, Chlorella, Spirulina, Spinach, Kale.
*Phytonutrients help support health and vitality.***
- PROPRIETARY ADAPTOGEN BLEND: Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra.
*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, Lactobacillus Sporogenes, 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 (41 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.

Supplement Facts

Serving Size: 1 scoop (41 g) Servings Per Container: 30

Amount Per Serving % Daily Value†		Amount Per Serving % Daily Value†		Amount Per Serving % Daily Value†	
Calories	170	Polyunsaturated Fat	2 g	Dietary Fiber	4 g 16%
Calories from Fat	30	Trans Fat	0 g	Sugars	8 g ††
Total Fat	3.5 g 5%	Cholesterol	0 mg 0%	Protein	16 g 32%
Saturated Fat	0.5 g 3%	Sodium	200 mg 8%		
Monounsaturated Fat	1 g	Total Carbohydrate	18 g 6%		

PROPRIETARY SUPERFOODS:

Vegan Protein Blend (Pea protein, Oat protein, Chia (*Salvia hispanica*, seed), Rice protein, Quinoa (*Chenopodium quinoa*, seed), Flax (*Linum usitatissimum*, seed)), Agave (*Agave tequilana*, fruit), Strawberry (*Fragaria chiloensis*, fruit), Beet juice (*Beta vulgaris*, root), Pea fiber (*Pisum spp.*, seed), Chlorella (*Chlorella spp.*, whole), Yacon (*Smallanthus sonchifolius*, root), Cordyceps (*Cordyceps militaris*, fungi), Acerola cherry (*Malpighia glabra*, fruit), Pomegranate (*Punica granatum*, fruit), Camu-Camu (*Myrciaria dubia*, fruit), Blueberry (*Vaccinium corymbosum*, fruit), Bilberry (*Vaccinium myrtillus*, fruit), Astragalus (*Astragalus membranaceus*, root), Goji (*Lycium barbarum*, fruit), Moringa (*Moringa oleifera*, leaf), Maitake (*Grifola frondosa*, fungi), Reishi (*Ganoderma lucidum*, fungi), MSM (Methylsulfonylmethane), Spinach (*Spinacia oleracea*, leaf), Ashwagandha (*Withania somnifera*, root), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Himalayan salt, Kale (*Brassica oleracea*, leaf), Rose hips (*Rosa canina*, fruit), Lactobacillus sporogenes (as *Bacillus coagulans*), Spirulina (*Arthrospira platensis*, whole), Schisandra (*Schisandra spp.*, fruit), Luo Han Guo (Monk fruit) (*Siraitia grosvenorii*), Maca (*Lepidium meyenii*, root), Chicory root fiber (*Cichorium intybus*), Cinnamon (*Cinnamomum cassia*, bark), Green tea (*Camellia sinensis*, extract), Ginkgo (*Ginkgo biloba*, leaf extract).

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

OTHER INGREDIENTS: Natural flavor (Strawberry, Banana, Pineapple, Papaya, Guava, and other natural flavors), Citric acid, Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

ALLERGY INFORMATION: This product is manufactured in a plant that also processes milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	724 mg	Glycine	658 mg	Methionine	201 mg	Tryptophan	182 mg
Arginine	1,310 mg	Histidine	358 mg	Phenylalanine	871 mg	Tyrosine	630 mg
Aspartic Acid	1,580 mg	Isoleucine	716 mg	Proline	789 mg	Valine	826 mg
Cystine	207 mg	Leucine	1,260 mg	Serine	724 mg		
Glutamic Acid	2,890 mg	Lysine	883 mg	Threonine	560 mg		

*Results vary. 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.



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