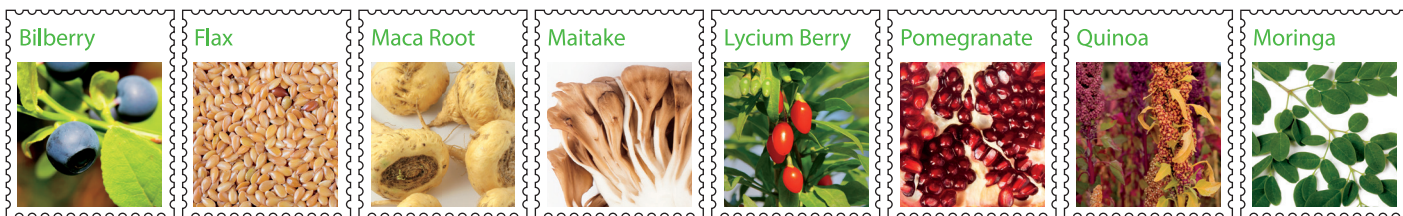


**Shakeology® is a powerful superfood formula** designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels within the normal range, and support healthy blood sugar levels (as measured by HbA1C)\*\* Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants, all to help support healthy energy levels, support regularity and healthy digestion, and help curb junk-food cravings.\* Drink Shakeology daily.



- **PROPRIETARY PROTEIN BLEND:** Whey, Pea, Sacha Inchi, Chia, Flax, Quinoa.  
*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, Vitamins A, C, E.  
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.\**
- **PROPRIETARY SUPER-GREEN/PHTONUTRIENT 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 (35.5 g) of Shakeology powder with 8 to 12 fl oz 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).

## Supplement Facts

Serving Size: 1 Scoop (35.5 g)  
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	140	Vitamin A (as beta-carotene)	1750 IU 35%	Biotin	105 mcg 35%
Calories from Fat	20	Vitamin C (as ascorbic acid)	180 mg 300%	Calcium (as dicalcium phosphate)	250 mg 25%
Total Fat	2 g 3%†	Vitamin D (as cholecalciferol)	400 IU 100%	Iron	2 mg 11%
Monounsaturated Fat	0 g ††	Vitamin E (as mixed tocopherols, d-alpha tocopheryl succinate)	10.5 IU 35%	Phosphorus (as dicalcium phosphate)	193.2 mg 19%
Polyunsaturated Fat	1 g ††	Vitamin K2 (as menaquinone-7)	28 mcg 35%	Iodine (as potassium iodide)	52.5 mcg 35%
Cholesterol	5 mg 2%	Thiamine (as thiamine HCl)	0.5 mg 35%	Magnesium (as magnesium oxide)	140 mg 35%
Total Carbohydrate	13 g 4%†	Riboflavin	0.6 mg 35%	Zinc (as zinc oxide)	5.3 mg 35%
Dietary Fiber	4 g 16%†	Vitamin B6 (as pyridoxine HCl)	1 mg 50%	Selenium (as sodium selenite)	24.5 mcg 35%
Sugars	7 g ††	Folate (as L-methylfolate)	200 mcg 50%	Chromium (as chromium chloride)	12 mcg 10%
Protein	17 g 31%†	Vitamin B12 (as methylcobalamin)	3 mcg 50%	Sodium	170 mg 7%

### Proprietary Superfood Blend:

27 g ††

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

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

**OTHER INGREDIENTS:** Organic cane sugar, Xanthan gum, Natural strawberry flavor, Citric acid, Himalayan pink salt, Stevia leaf extract.

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

\*\*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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