

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:** Whey, Sacha Inchi, Chia, Flax, Quinoa, Pea.
*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, 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/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 (42 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.

Supplement Facts

Serving Size: 1 scoop (42 g) Servings Per Container: 30

Amount Per Serving % Daily Value†			Amount Per Serving % Daily Value†			Amount Per Serving % Daily Value†		
Calories	160		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	20		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	300 mg	30%
Total Fat	2 g	3%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron	6 mg	33%
Saturated Fat	1 g	5%	Vitamin E (mixed tocopherols)	15 IU	50%	Phosphorus (as dicalcium phosphate)	230 mg	23%
Monounsaturated Fat	0.5 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (potassium iodide)	52 mcg	35%
Polysaturated Fat	0.5 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as zinc oxide)	6 mg	40%
Cholesterol	5 mg	2%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as copper gluconate)	0.8 mg	40%
Sodium	180 mg	7%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as manganese sulfate)	2 mg	100%
Total Carbohydrate	17 g	6%	Folic acid	200 mcg	50%	Chromium (as chromium chloride)	60 mcg	50%
Dietary Fiber	6 g	24%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Sugars	6 g	††	Biotin	90 mcg	30%			
Protein	17 g	34%						

PROPRIETARY SUPERFOODS:

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

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

††Daily Value not established.

OTHER INGREDIENTS: Non-GMO fructose, Natural chocolate flavor (with other natural flavors), Xanthan gum, Stevia (*Stevia rebaudiana*, leaf).

ALLERGY INFORMATION: Contains milk. This product is manufactured in a plant that also processes 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.

*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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