

**Shakeology® is a powerful superfood formula** designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels, and support healthy blood sugar levels.\*\* 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, 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, Spirulina, Spinach, Kale.  
*Phytonutrients help support health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, 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](http://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†
<b>Calories</b>	170	<b>Polyunsaturated Fat</b>	2 g	<b>Protein</b>	16 g 32%
Calories from Fat	30	<b>Cholesterol</b>	0 mg 0%	Vitamin A	104 IU 2%
<b>Total Fat</b>	3.5 g 5%	Sodium	250 mg 10%	Vitamin C	20 mg 33%
Saturated Fat	0.5 g 3%	<b>Total Carbohydrate</b>	18 g 6%	Calcium	36 mg 4%
Trans Fat	0 g	Dietary Fiber	4 g 16%	Iron	3 mg 17%
Monounsaturated Fat	1 g	Sugars	8 g ††		

### Proprietary Superfood Blend:

Vegan Protein Blend (Pea protein, Oat protein, Chia (seed), Rice protein, Quinoa (seed), Flax (seed)), Agave (fruit), Strawberry (fruit), Beet juice (root), Pea fiber (seed), Chlorella (whole plant), Yacon (root), Cordyceps (fungi), Acerola cherry (fruit), Pomegranate (fruit), Camu-Camu (fruit), Blueberry (fruit), Bilberry (fruit), Astragalus (root), Lycium berry (fruit), Moringa (leaf), Maitake (fungi), Reishi (fungi), MSM (Methylsulfonylmethane), Spinach (leaf), Ashwagandha (root), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (leaf), Rose hips (fruit), *Lactobacillus sporogenes* (as *Bacillus coagulans*), Schisandra (fruit), Luo Han Guo (fruit), Maca (root), Chicory fiber (root), Cinnamon (bark), Green tea extract (leaf), Spirulina.

†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, Himalayan salt, Stevia extract (leaf).

**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	680 mg	Methionine	220 mg	Tryptophan	170 mg
Arginine	1,350 mg	Histidine	370 mg	Phenylalanine	880 mg	Tyrosine	620 mg
Aspartic Acid	1,670 mg	Isoleucine	730 mg	Proline	740 mg	Valine	840 mg
Cystine	190 mg	Leucine	1,280 mg	Serine	770 mg		
Glutamic Acid	2,780 mg	Lysine	1,050 mg	Threonine	570 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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