Shakeology® is a powerful superfood formula designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply not available at your local supermarket. Drink Shakeology every day—you'll feel more satisfied, eat less, and lose weight!*

- PROPRIETARY SUPER-PROTEIN BLEND: Whey, Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Pea. *Helps build lean muscles, improve skin and hair, support mental clarity, and reduce cravings.**
- PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND: Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Grape Seed, Green Tea, Luo Han Guo, Pomegranate, Rose Hips. *Provides antioxidant support and promotes a healthy heart and optimal blood pressure.**
- PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND: Moringa, Chlorella, Spirulina, Spinach, Barley Grass, Kamut Grass, Wheat Grass, Oat Grass. *Helps alkalize the body and promotes detoxification of the liver, kidneys, and blood to restore health and vitality.**
- PROPRIETARY ADAPTOGEN BLEND: Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil). *Helps protect the body from stress, support the immune system, and balance the endocrine system.**
- PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND: Yacon Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Lipase, Protease, Bromelain, Papain. *Helps increase nutrient absorption, promotes regularity, and improves digestion.**

DIRECTIONS: Drink daily. Combine 1 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. 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**
Calories	160	
Calories from Fat	20	
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Monounsaturated Fat	0.5 g	
Polyunsaturated Fat	0.5 g	
Trans Fat	0 g	
Cholesterol	0 mg	0%
Total Carbohydrate	17 g	6%
Dietary Fiber	6 g	24%
Sugars	6 g	†
Protein	17 g	34%
Sodium	150 mg	6%

	Amount Per Serving	% Daily Value**
Vitamin A (as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	180 mg	300%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as *d-alpha* tocopheryl succinate)	15 IU	50%
Vitamin K1 (as phytonadione)	40 mcg	50%
Vitamin B1 (as thiamin HCl)	1.5 mg	100%
Vitamin B2 (as riboflavin)	1.3 mg	76%
Vitamin B3 (as niacin)	5 mg	25%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folic acid	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	90 mcg	30%

	Amount Per Serving	% Daily Value**
Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calcium (as dicalcium phosphate)	300 mg	30%
Iron	6 mg	33%
Phosphorous (as dicalcium phosphate)	250 mg	25%
Iodine (as kelp)	52 mcg	35%
Magnesium (as magnesium oxide)	80 mg	20%
Zinc (as oxide)	6 mg	40%
Copper (as cupric oxide)	0.8 mg	40%
Manganese (as amino acid chelate)	2 mg	100%
Chromium (as amino acid chelate)	60 mcg	50%
Molybdenum (as sodium molybdate)	30 mcg	40%

PROPRIETARY SUPERFOODS: 33 g †

Whey protein (as isolate), Cacao, Pea protein, Maca root (*Lepidium meyenii*), Yacon root (*Smallanthus sonchifolius*), Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Quinoa (*Chenopodium quinoa*, seed), Coconut flower nectar, Chlorella (*Chlorella sp.*, whole), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Acerola cherry (*Malpighia glabra*, fruit), Sacha inchi (*Plukenetia volubilis*, seed), Camu-Camu (*Myrciaria dubia*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Blueberry (*Vaccinium angustifolium*, fruit), Goji berry (*Lycium barbarum*), Spinach (*Spinacia oleracea*, leaf), Açai (*Euterpe oleracea*, fruit), Pea fiber (*Pisum spp.*, seed), MSM (Methylsulfonylmethane), Ashwagandha root (*Withania somnifera*), Cordyceps (*Cordycepssinensis*, fungi), Enzyme blend (Protease, Amylase, Cellulase, Lipase, Papain, Lactase, Bromelain), Maitake mushroom (*Grifola frondosa*), Reishi mushroom (*Ganoderma lucidum*), Amaranth (*Amaranthus hypochondriacus*, seed), Luo Han Guo (*Momordica grosvenori swingle*), Himalayan salt, Lactobacillus sporogenes (as *Bacillus coagulans*), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Grape seed (*Vitis vinifera*), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Cinnamon powder, Apple pectin (*Malus pumila*, fruit), Barley grass (*Hordeum vulgare*), Ginkgo (*Ginkgo biloba*, leaf), Kamut grass (*Triticum turanicum*), Moringa (*Moringa oleifera*, leaf), Oat grass (*Avena sativa*), Wheat grass (*Triticum aestivum*).

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

OTHER INGREDIENTS: Natural sweetener blend (non-GMO fructose, stevia), Natural chocolate flavor, Xanthan gum.

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

***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.**

CERTIFIED LOW GLYCEMIC INDEX

Clinically GI tested by Glycemic Index Laboratories

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