

**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:** Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Brown Rice, 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, 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 full scoop (44 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](http://Shakeology.com).

## Supplement Facts

Serving Size: 1 scoop (44 g) Servings Per Container: 30

| Amount Per Serving  | % Daily Value** | Amount Per Serving        | % Daily Value** | Amount Per Serving | % Daily Value** |
|---------------------|-----------------|---------------------------|-----------------|--------------------|-----------------|
| <b>Calories</b>     | 170             | Polyunsaturated Fat       | 1 g             | Dietary Fiber      | 5 g 20%         |
| Calories from Fat   | 25              | Trans Fat                 | 0 g             | Sugars             | 9 g             |
| <b>Total Fat</b>    | 3 g 5%          | <b>Cholesterol</b>        | 0 mg 0%         | <b>Protein</b>     | 16 g 32%        |
| Saturated Fat       | 1 g 5%          | <b>Sodium</b>             | 215 mg 9%       |                    |                 |
| Monounsaturated Fat | 1 g             | <b>Total Carbohydrate</b> | 22 g 7%         |                    |                 |

### PROPRIETARY SUPERFOODS:

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

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

**OTHER INGREDIENTS:** Tapioca and Stevia.

**ALLERGY INFORMATION:** This product is manufactured in a plant that also processes soy, egg, fish, crustacean shellfish, tree nuts, 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.

### Amino Acid Profile

| Amino Acid    | Amount Per Serving | Amino Acid | Amount Per Serving | Amino Acid    | Amount Per Serving | Amino Acid | Amount Per Serving |
|---------------|--------------------|------------|--------------------|---------------|--------------------|------------|--------------------|
| Alanine       | 775 mg             | Glycine    | 713 mg             | Methionine    | 297 mg             | Tryptophan | 217 mg             |
| Arginine      | 1,270 mg           | Histidine  | 327 mg             | Phenylalanine | 820 mg             | Tyrosine   | 704 mg             |
| Aspartic Acid | 1,600 mg           | Isoleucine | 686 mg             | Proline       | 740 mg             | Valine     | 820 mg             |
| Cystine       | 270 mg             | Leucine    | 1,240 mg           | Serine        | 735 mg             |            |                    |
| Glutamic Acid | 2,590 mg           | Lysine     | 757 mg             | Threonine     | 579 mg             |            |                    |

\*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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