## WHAT’S IN SHAKEOLOGY and HOW IT WORKS

<table>
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<th>NUTRIENT GROUP</th>
<th>INGREDIENTS</th>
<th>BENEFITS*</th>
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| Proteins and Amino Acids | Whey protein, brown rice protein, pea protein, sacha inchi, quinoa, chia, flax, amaranth | • Help build and repair muscles  
• Reduce hunger and food cravings  
• Help keep blood sugar steady  
• Promote healthy skin, hair, and nails  
• Support brain function to help promote alert thinking and well-being  
• Support your immune system to help you stay healthy and strong |
| Vitamins and Minerals | Vitamins A, C, D, E, and K, vitamins B1, 2, 3, 6, and 12, biotin, pantothenic acid, folic acid | • There are 13 vitamins that are considered essential for proper body function. Shakeology has all of them.  
• There are a total of 23 vitamins and minerals in Shakeology.  
• These vitamins and minerals are important micronutrients your body needs to carry out every chemical process needed for life.  
• Help your cells make energy  
• Build and repair muscles and strengthen bones  
• Support energy production |
| Antioxidants | Açaí berries, acerola cherry, bilberry, blueberries, camu-camu, goji berries, pomegranate, rose hips, luo han guo, grape seed, green tea | • Protect the body from free radicals  
• Prevent cellular damage  
• Promote cardiovascular health |
| Phytonutrients | Moringa, chlorella, spirulina, spinach, barley grass, kamut grass, oat grass, wheatgrass | • Support strong immune function  
• Promote healthy aging  
• Help detoxify the body  
• Promote an ideal alkaline state |
| Adaptogen Herbs | Astragalus, ashwagandha, cordyceps, gingko leaf, tulsi (holy basil leaf), maca root, maitake mushroom, reishi mushroom, schisandra | • Help promote strong immune system function  
• Help the body cope with environmental stress  
• Naturally help increases energy  
• Help promote ideal cognitive function  
• Promote calmness |
| Prebiotics | Yacon root | • Probiotics need special nutrients—prebiotics—to grow and thrive  
• Yacon root has the highest concentration of prebiotics of any plant in the world  
• Helps strengthen the immune system |
| Probiotics | Bacillus coagulans (Lactobacillus sporogenes) | • These are the good, healthy bacteria that live in your intestines  
• Promote healthy digestion and normal colon function |
| Digestive Enzymes | Amylase, bromelain, cellulase, lactase, lipase, papain, protease | • Help you break down food so you can assimilate nutrients better |

*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.*