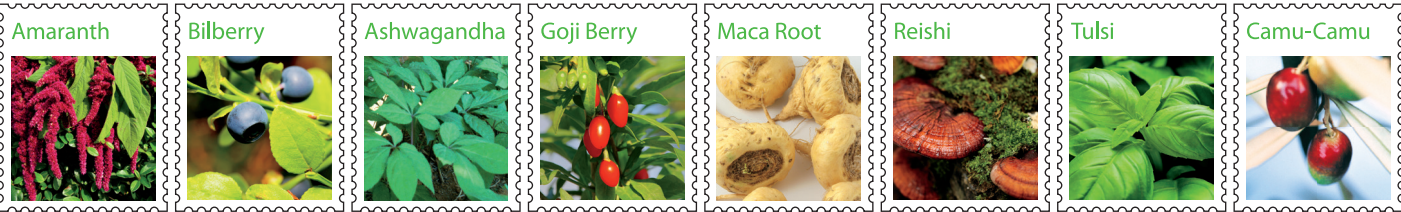


Shakeology® is a powerful superfood formula designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. To make Shakeology, Beachbody® searched the world to find ancient and exotic superfoods simply 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 helps promote a healthy heart and optimal blood pressure.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale.
*Helps alkalinize the body and promote detoxification for 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, Chicory Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Helps increase nutrient absorption, promotes regularity, and improves 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	5 mg	50%
Calories from Fat	20		Vitamin C (as ascorbic acid)	180 mg	300%	(as calcium d-pantothenate)		
Total Fat	2 g	3%	Vitamin D (as cholecalciferol)	200 IU	50%	Calcium (as dicalcium phosphate)	300 mg	30%
Saturated Fat	1 g	5%	Vitamin E	15 IU	50%	Iron	6 mg	33%
Monounsaturated Fat	0.5 g		(mixed tocopherols)			Phosphorus	230 mg	23%
Polyunsaturated Fat	0.5 g		Vitamin K1 (as phytonadione)	40 mcg	50%	(as dicalcium phosphate)		
Trans Fat	0 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Iodine (potassium iodide)	52 mcg	35%
Cholesterol	0 mg	0%	Vitamin B2 (as riboflavin)	1.3 mg	76%	Magnesium (as magnesium oxide)	80 mg	20%
Sodium	150 mg	6%	Vitamin B3 (as niacin)	5 mg	25%	Zinc (as zinc oxide)	6 mg	40%
Total Carbohydrate	17 g	6%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Copper (as copper gluconate)	0.8 mg	40%
Dietary Fiber	6 g	24%	Folic acid	200 mcg	50%	Manganese (as manganese sulfate)	2 mg	100%
Sugars	6 g	†	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Chromium (as chromium chloride)	60 mcg	50%
Protein	17 g	34%	Biotin	90 mcg	30%	Molybdenum (as sodium molybdate)	30 mcg	40%

PROPRIETARY SUPERFOODS: 32 g †

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

**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.

*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.

Clinically GI tested by
Glycemic Index Laboratories

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