**Supplement Facts**

**Amount Per Serving % Daily Value**

- Calories: 15
- Calories from Fat: 15
- Total Fat: 0g (0%)
- Saturated Fat: 0g (0%)
- Trans Fat: 0g
- Cholesterol: 0mg (0%)
- Sodium: 0mg (0%)
- Total Carbohydrate: 32g (11%)
- Dietary Fiber: 9g (36%)
- Sugars: 4g
- Protein: 4g (8%)
- Vitamin A: 8%
- Vitamin C: 11%
- Vitamin D: 7%
- Calcium: 0%
- Iron: 7%
- For more smoothie recipes, go to Shakeology.com

**DIRECTIONS:**

Drink daily. Combine 1 full scoop (42 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.

**STORAGE:**

Store in a cool, dry place. 

**WARNING:**

For use as a meal replacement diet. Not intended for use by infants, children, pregnant or nursing women, or individuals with health problems without the advice of a health professional. Consult your health professional before beginning any exercise or nutrition program.

**ALLERGY INFORMATION:**

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

**NOTES:**

For additional nutritional information, visit Shakeology.com

**PROPRIETARY SUPER-PROTEIN BLEND:**
Sacha Inchi, Chia, Flax, Quinoa, Amaranth, Brown Rice, Pea.

**PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:**
Camu-Camu, Açai, Acerola Cherry, Bilberry, Goji Berry, Green Tea, Luo Han Guo, Acerola juice powder, Spinach, Beet juice powder, Flax, Quinoa, and natural flavors.

**PROPRIETARY ADAPTOGEN BLEND:**
Ashwagandha, Astragalus, Cordyceps, Ginkgo, Maca, Maitake, Reishi, Schisandra, Tulsi (Holy Basil).

**PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:**
Yacon Root, Lactobacillus Sporogenes, Amylase, Cellulase.