

**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 (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. Blend until creamy for a frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://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**
<b>Calories</b>	160		<b>Polyunsaturated Fat</b>	1 g		<b>Dietary Fiber</b>	4 g	16%
Calories from Fat	15		<i>Trans</i> Fat	0 g		Sugars	9 g	
<b>Total Fat</b>	2 g	3%	<b>Cholesterol</b>	0 mg	0%	<b>Protein</b>	16 g	32%
Saturated Fat	0 g	0%	<b>Sodium</b>	190 mg	8%			
Monounsaturated Fat	0 g		<b>Total Carbohydrate</b>	21 g	7%			

### PROPRIETARY SUPERFOODS:

Brown rice protein, Pea protein, Coconut flower nectar, Konjac, Maca root (*Lepidium meyenii*), Chia (*Salvia hispanica*, seed), Yacon root (*Smallanthus sonchifolius*), Strawberry (*Fragaria chiloensis*, berry), Beet juice powder, Flax (*Linum usitatissimum*, seed), Amaranth (*Amaranthus hypochondriacus*, seed), Quinoa (*Chenopodium quinoa*, seed), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Apple pectin (*Malus pumila*, fruit), Chlorella (*Chlorella sp.*, whole), MSM (Methylsulfonylethane), Pomegranate (*Punica granatum*, fruit), Sacha inchi (*Plukenetia volubilis*, seed), Acerola cherry (*Malpighia glabra*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Goji berry (*Lycium barbarum*), Moringa (*Moringa oleifera*, leaf), Açai (*Euterpe oleracea*, fruit), Camu-Camu (*Myrciaria dubia*, fruit), Cinnamon powder, Pea fiber (*Pisum spp.*, seed), Ashwagandha root (*Withania somnifera*), Banana (*Musa spp.*, fruit), Blueberry (*Vaccinium angustifolium*, fruit), Cordyceps (*Cordyceps sinensis*, fungi), Enzyme blend (Protease, Amylase, Cellulase, Lipase, Papain, Lactase, Bromelain), Himalayan salt, Maitake mushroom (*Grifola frondosa*), Pineapple (*Ananas comosus*, fruit), Lactobacillus sporogenes (as Bacillus coagulans), Luo Han Guo (*Momordica grosvenori* swingle), Barley grass juice (*Hordeum vulgare*), Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Kamut grass juice (*Triticum turanicum*), Oat grass juice (*Avena sativa*), Papaya (*Carica papaya*, fruit), Reishi mushroom (*Ganoderma lucidum*), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Spinach (*Spinacia oleracea*, leaf), Tulsi (Holy basil, *Ocimum sanctum*, leaf), 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, Natural flavors (strawberry, banana, pineapple, and other natural flavors), Citric acid, Natural sweetener (proprietary blend of erythritol, oligosaccharides and natural flavors), and Stevia (*Stevia rebaudiana*, leaf).

**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.

**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	777 mg	Glycine	664 mg	Methionine	297 mg	Tryptophan	188 mg
Arginine	1,260 mg	Histidine	347 mg	Phenylalanine	811 mg	Tyrosine	676 mg
Aspartic Acid	1,520 mg	Isoleucine	685 mg	Proline	701 mg	Valine	802 mg
Cystine	251 mg	Leucine	1,220 mg	Serine	764 mg		
Glutamic Acid	2,580 mg	Lysine	748 mg	Threonine	559 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.



© 2012 Beachbody, LLC. All rights reserved. Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody Ultimate, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0023 / SUSH31208 Rev. 12/01/12