

FINALLY,  
HEALTHY  
TASTES  
GREAT!

Enjoy one Shakeology®  
drink a day as a meal  
replacement or healthy  
snack alternative

LIKE NO OTHER SHAKE  
IN THE WORLD

Not only is Shakeology delicious, it's packed with proteins and energy-providing carbohydrates, plus a combination of nutrients that is simply impossible to find at your local supermarket or even health food store. Beachbody Nutritionals searched the world to find açai and goji berries, camu-camu, quinoa, wheat grass, maca root, and sacha inchi (just to name a few) so that you don't have to. With Shakeology, you truly have a world of nutrition at your fingertips.

ENJOY ALL THESE BENEFITS

This incredible drink provides your body with nutrients that help you maintain healthy body weight, support your immune system and well-being, protect your long-term health, and give you energy.\* It's so delicious and satisfying, you'll eat less and lose weight! Use Shakeology every day as part of your overall Beachbody wellness program to help your body reach optimal health.

A SHAKE JUST THE WAY  
NATURE INTENDED

- Gluten free and caffeine free
- No refined sugars or artificial sweeteners
- Provides health-supporting chlorophylls, polyphenols, prebiotics, and proanthocyanins
- Optimal health in a glass



**shakeology**®  
THE HEALTHIEST MEAL OF THE DAY

chocolate

**DIRECTIONS:** Add 1 scoop (48 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, soy milk, rice milk, etc.) and mix. It can also be mixed in a blender with ice for a creamy, frosty smoothie.

## Supplement Facts

Serving Size 1 scoop (48 g)  
Servings Per Container 30

Amount Per Serving	% Daily Value**
<b>Calories</b>	140
Calories from Fat	10
<b>Total Fat</b>	1 g 10%
<b>Cholesterol</b>	15 mg 5%
<b>Sodium</b>	100 mg 4%
<b>Total Carbohydrate</b>	17 g 6%
Dietary Fiber	3 g 12%
Sugars	9 g
<b>Protein</b>	17 g 34%
Vitamin A (as beta-carotene)	5000 IU 100%
Vitamin C (as ascorbic acid)	180 mg 300%
Vitamin D (as cholecalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU 50%
Vitamin K1 (as phytonadione)	40 mcg 50%
Vitamin B1 (as thiamin HCL)	1.5 mg 100%
Vitamin B2 (as riboflavin)	1.3 mg 77%
Vitamin B3 (as niacin)	5 mg 25%
Vitamin B6 (as pyridoxine HCL)	2 mg 100%
Folic acid	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	6 mcg 100%
Biotin	90 mcg 30%
Pantothenic acid (as d-calcium pantothenate)	5 mg 50%
Calcium (as dicalcium phosphate)	500 mg 50%
Iron (as ferrous fumarate)	4 mg 22%
Phosphorous (as dicalcium phosphate)	250 mg 25%
Iodine (as kelp)	52 mcg 35%
Magnesium (as oxide)	80 mg 20%
Zinc (as zinc oxide)	6 mg 40%
Copper (as copper oxide)	0.8 mg 40%
Manganese (as manganese amino acid chelate)	2 mg 100%
Chromium (as chromium amino acid chelate)	60 mcg 50%
Molybdenum (as sodium molybdate)	30 mcg 40%
Whey protein (isolate)	15 g †

Amount Per Serving	% Daily Value**
<b>PROPRIETARY SUPER-FRUIT BLEND:</b>	2075 g †
Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lycium (Goji) powder (berry), Açai powder (berry), Cordyceps, Maitake powder, Reishi powder, Citrus bioflavonoids, Rose Hips powder (fruit), Schisandra powder (berry), Suma powder (root), Gingko powder (leaf).	
Maca powder (root)	1000 mg †
Sacha inchi ( <i>Plukenetia volubilis</i> ) meal	1000 mg †
Yacon ( <i>Smallanthus sonchifolius</i> ) powder	1000 mg †
Flax (seed) meal	700 mg †
Chia (seed) meal	500 mg †
Chlorella	350 mg †
Spirulina	350 mg †
Hydrilla	300 mg †
Apple pectin powder	250 mg †
Astragalus powder (root)	200 mg †
Blue green algae	200 mg †
Spinach powder	200 mg †
MSM (methylsulfonylmethane)	150 mg †
Pea fiber	150 mg †
Quinoa (sprouted)	150 mg †
<b>PROPRIETARY NONDAIRY PROBIOTIC BLEND:</b>	150 mg †
Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.	
Stevia	135 mg †
<b>PROPRIETARY ENZYME BLEND:</b>	130 mg †
Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.	
Ashwagandha powder (root)	100 mg †
Barley grass	100 mg †
Kamut grass	100 mg †
Oat grass	100 mg †
Wheat grass	100 mg †
Amaranth (sprouted) ( <i>Amaranthus hypochondriacus</i> )	50 mg †
Grape seed extract (seed, 95% proanthocyanins)	50 mg †
Green tea decaffeinated extract (leaf, 50% polyphenols)	50 mg †
Holy basil powder (leaf)	50 mg †

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

**OTHER INGREDIENTS:** Fructose, cocoa powder, xanthan gum, chocolate powder, guar gum, natural vanilla flavor, and cinnamon powder.  
**ALLERGY INFORMATION:** Contains milk- and soy-based ingredients.  
**Shakeology is gluten free and caffeine free.**

\*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.

**NOTE:** Although highly nutritious, Shakeology does not meet all of your daily dietary needs and should not be the only thing you consume throughout any given day.

**WARNING:** Consult with a healthcare professional if pregnant, breast feeding, or if you have any other unique or special needs. Keep out of reach of children.

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For more information, visit [Shakeology.com](http://Shakeology.com)