

CHANGE BEGINS INSIDE.

When you want to get more out of life, start by feeding your body high-quality fuel like Shakeology. Shakeology is a powerful superfood shake, crafted with nutrients that help your body perform at its best. Not just protein, vitamins, and minerals, but antioxidants, phytonutrients, enzymes, fiber, adaptogens, and more. It's delicious, daily nutrition that helps you build a foundation for a healthier life, so you can feel better and take on new challenges every day.*

SUPPLEMENT FACTS

Serving size: 1 scoop (38 g)
Servings per container: 20

AMOUNT PER SERVING		% DV
Calories	160	
Total Fat	3 g	4%†
Saturated Fat	0.5 g	3%†
Polyunsaturated Fat	1 g	††
Monounsaturated Fat	0.5 g	††
Total Carbohydrate	15 g	5%†
Dietary Fiber	6 g	21%†
Total Sugars	7 g	††
Includes 5 g Added Sugars		10%†
Protein	16 g	26%†
Vitamin C	25 mg	28%
Calcium	25 mg	2%
Iron	4 mg	22%
Sodium	290 mg	13%
Potassium	90 mg	2%

Alpha-Linolenic Acid (omega-3)	250 mg	††
Proprietary Superfood Blend:	30 g	††
Vegan Protein Blend (Pea protein, Flax (seed), Rice protein, Quinoa (seed)), Pea fiber (seed), Rose hips (fruit), Pomegranate juice powder (fruit), Yacon (root), Acerola juice powder (fruit), Astragalus (root), Bilberry juice powder (fruit), Blueberry (fruit), Camu-Camu (fruit), Chicory fiber (root), <i>Bacillus coagulans</i> , Organic cordyceps (fungi), Lycium juice powder (fruit), Ashwagandha (root), Organic chaga (fungi), Organic maitake (fungi), Organic reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (<i>Brassica oleracea L. var. acephala</i>) (leaf), Schisandra (fruit), Matcha green tea (leaf), Maca (root), Cinnamon (bark), Luo Han Guo extract (fruit), Chlorella.		

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
††Daily Value not established.

OTHER INGREDIENTS: Organic cane sugar, Natural flavors, Xanthan gum, Stevia leaf extract, Himalayan pink salt, Mixed tocopherols (to maintain freshness).

ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, egg, soy, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

DISTRIBUTED BY: Beachbody, LLC, 400 Continental Blvd., Suite 400, El Segundo, CA 90245
STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

HOW SHAKEOLOGY FITS INTO BEACHBODY NUTRITION PROGRAMS:

Portion Fix® Container Equivalents = 1 ■ red
2B Mindset® Plate It! = A great protein option.

For more information, visit [BeachbodyOnDemand.com/nutrition](https://www.beachbodyondemand.com/nutrition)

MAKING A SHAKE IS EASY



1 SCOOP
Shakeology



8-12
fl oz
WATER, NUT MILK,
or beverage
of choice



BLEND
or shake
and enjoy!

Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (38 g) of Shakeology powder with 8 to 12 fl oz of cold water or beverage (almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty shake. **Best consumed within 30 minutes.** For more shake recipes, go to [Shakeology.com](https://www.shakeology.com).

DELICIOUS ADDITIONS (optional)



FOR A CREAMIER
TEXTURE
Add nut butter, banana,
avocado, or flaxseed oil.



FOR MORE VITAMINS
AND FIBER
Add fruits, veggies,
nuts, or grains.

- **PROPRIETARY PROTEIN BLEND:** Pea, Flax, Quinoa, Rice. *Protein helps build lean muscle and reduce cravings.**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Camu-Camu, Acerola Cherry, Blueberry, Bilberry, Lycium Berry (Goji Berry), Luo Han Guo, Pomegranate, Rose Hips. *These rare superfoods and vitamin C provide antioxidants that help fight free radical damage.**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Chlorella, Spinach, Kale, Matcha Green Tea. *Phytonutrients help support health and vitality.**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga. *Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, *Bacillus coagulans*, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase. *Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.**



*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.

Results vary. Weight-loss results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

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