

## 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 (39 g)

Servings per container: 20

AMOUNT PER SERVING		% DV
Calories	160	
Total Fat	2.5 g	3%†
Saturated Fat	0.5 g	3%†
Polyunsaturated Fat	1 g	††
Monounsaturated Fat	0.5 g	††
Total Carbohydrate	17 g	6%†
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	40 mg	3%
Iron	4 mg	22%
Sodium	290 mg	13%
Potassium	170 mg	4%
Alpha-Linolenic Acid (omega-3)	250 mg	††

<b>Proprietary Superfood Blend:</b>	30 g	††
Vegan Protein Blend (Pea protein, Flax (seed), Rice protein, Quinoa (seed)), Pea fiber (seed), Pomegranate juice powder (fruit), Rose hips (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</i> L. var. <i>acephala</i> ) (leaf), Schisandra (fruit), Matcha green tea (leaf), Maca (root), Cinnamon (bark), Luo Han Guo extract (fruit), Chlorella.		

†Percent Daily Values are based on a 2,000 calorie diet.  
††Daily Value (DV) 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:** BODi, 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 BODi EATING PLANS:

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

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

## MAKING A SHAKE IS EASY



Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (39 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](http://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.

# BODi™

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