

# It's not magic. It just feels like it.

Energy. Health. Vitality.  
That's the power of superfood nutrition.

Good stuff only



## SUPPLEMENT FACTS

Serving size: 1 scoop (36 g) Servings per container: 30

AMOUNT PER SERVING		% DV
Calories	140	
Total Fat	2.5 g	3% †
Saturated Fat	1 g	5% †
Polyunsaturated Fat	1 g	††
Monounsaturated Fat	0.5 g	††
Cholesterol	<5 mg	1% †
Total Carbohydrate	11 g	4% †
Dietary Fiber	7 g	25% †
Total Sugars	1 g	††
Includes 0 g Added Sugars		0% †
Protein	17 g	33% †
Vitamin A (as beta-carotene)	315 mcg RAE	35%
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl succinate)	5.25 mg TE	35%
Vitamin K (as menaquinone-7)	42 mcg	35%
Thiamine (as thiamine HCl)	0.42 mg	35%
Riboflavin	0.46 mg	35%
Vitamin B6 (as pyridoxine HCl)	0.85 mg	50%
Folate (as methylfolate)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	1.2 mcg	50%
Biotin	10.5 mcg	35%
Calcium (as dicalcium phosphate)	260 mg	20%
Iron	4.5 mg	25%
Iodine (as potassium iodide)	52.5 mcg	35%
Magnesium (as magnesium oxide)	147 mg	35%
Zinc (as zinc oxide)	5.5 mg	50%
Selenium (as sodium selenite)	19.25 mcg	35%
Chromium (as chromium chloride)	12.25 mcg	35%
Sodium	200 mg	9%
Potassium	520 mg	11%

Alpha-Linolenic Acid (omega-3) 275 mg ††

**Proprietary Superfood Blend:** 31 g ††

Protein Blend (Whey protein isolate (milk), Pea protein, Flax (seed), Quinoa (seed)), Cocoa powder (processed with alkali), Chlorella, Chicory (root extract and root fiber), Rose hips (fruit), Astragalus (root), Organic camu-camu (fruit), *Bacillus coagulans*, Organic cordyceps (fungi), Lycium juice powder (fruit), Blueberry (fruit), Ashwagandha (root), Organic chaga (fungi), Organic maitake (fungi), Organic reishi (fungi), Spinach (leaf), Gum acacia, Schisandra (fruit), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea* L. var. *acephala*) (leaf), Matcha green tea (leaf), Organic maca (root), Cinnamon (bark), Luo Han Guo extract (fruit), Pomegranate juice powder (fruit).

†Percent Daily Values are based on a 2,000 calorie diet.

††Daily Value (DV) not established.

## Our blends have great chemistry.

When nutrients are combined precisely, you get something more powerful than its parts. It's called **Nutrient Synergy**. And it's what makes Shakeology so effective.

### PROTEIN POWER PLAYERS

17 g whey & plant-based protein from pea, quinoa, & flax which provides omega-3 ALA. *Protein helps build lean muscle and keeps you satisfied.\**

### SUPERFRUIT & ANTIOXIDANT DEFENDERS

Camu-camu, blueberry, lycium berry (goji berry), pomegranate, rose hips, vitamins A, C, E. *Helps fight free radical damage.\**

### GUT HEALTH GUARDIANS

Chicory root, *Bacillus coagulans* (2 billion CFUs), digestive enzymes (amylase, cellulase, lactase, glucoamylase, alpha-galactosidase, invertase), prebiotics, probiotics, fiber. *Helps you absorb nutrients, stay regular, and keep digestion on-point.\**

### STRESS ADAPTERS

Ashwagandha, astragalus, cordyceps, maca, maitake, reishi, schisandra, chaga. *Adaptogens and mushrooms traditionally used to help the body adapt and respond to the effects of stress.\**

### SUPERGREEN VITALITY SQUAD

Chlorella, spinach, kale, matcha green tea. *Nutrient-dense greens nourish cells to help support health & well-being.\**

## How to enjoy

Combine 8 to 12 fl oz of water or beverage of your choice, 1 scoop of Shakeology, and ice in a blender.

Blend until creamy for a frosty shake.

Do a happy dance. Repeat daily.

(Best consumed within 30 minutes.)

### An even tastier option:

- 8 to 12 oz. nut milk or milk
- 1 scoop Shakeology
- ½ banana or handful of fruit
- 1 tsp. to 1 Tbsp. healthy fats
- 1 cup ice

Combine ingredients using the blending instructions above. Don't forget to dance.

