

# 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 (32 g)  
Servings per container: 30

AMOUNT PER SERVING		% DV
Calories	130	
Total Fat	2.5 g	3% †
Saturated Fat	0.5 g	3% †
Polyunsaturated Fat	1 g	††
Monounsaturated Fat	0.5 g	††
Total Carbohydrate	10 g	4% †
Dietary Fiber	6 g	21% †
Total Sugars	2 g	††
Includes 0 g Added Sugars		0% †
Protein	16 g	27% †
Vitamin C	12 mg	13%
Calcium	50 mg	4%
Iron	3.5 mg	19%
Sodium	320 mg	14%
Potassium	130 mg	3%
Alpha-Linolenic Acid (omega-3)	275 mg	††

**Proprietary Superfood Blend:** 29 g ††  
Vegan Protein Blend (Pea protein, Flax (seed), Rice protein, Quinoa (seed)), Gum acacia, Rose hips (fruit), Pomegranate juice powder (fruit), Astragalus (root), Organic camu-camu (fruit), Chicory fiber (root), *Bacillus coagulans*, Organic cordyceps (fungi), Lycium juice powder (fruit), Blueberry (fruit), Ashwagandha (root), Organic chaga (fungi), Organic maitake (fungi), Organic reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea L. var. acephala*) (leaf), Schisandra (fruit), Matcha green tea (leaf), Organic 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:** Natural flavors, Xanthan gum, Stevia leaf Reb M, Himalayan pink salt, Mixed tocopherols (to maintain freshness).

## 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

16 g plant-based protein from pea, quinoa, rice, & 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, vitamin C. *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.

