

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, this patent-pending formula is 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 searched the world to find açai and goji berries, camu-camu, quinoa, wheatgrass, maca root, and sacha inchi (just to name a few) so 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
- No refined sugars or artificial sweeteners
- Provides health-supporting chlorophylls, polyphenols, prebiotics, and proanthocyanins
- Optimal health in a glass



Clinically GI tested by  
**Glycemic Index**  
Laboratories

SUPK600Z / SUS431102 Rev. 10/14/10



# shakeology®

THE HEALTHIEST MEAL OF THE DAY®

## chocolate

**DIRECTIONS:** Add 1 full scoop (48 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

## Supplement Facts

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

	Shakeology alone		With 8 oz. of skim milk		Amount Per Serving	% Daily Value**
	Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**		
<b>Calories</b>	150		230			
Calories from Fat	10		10			
<b>Total Fat</b>	1 g	2%	1 g	2%		
Saturated Fat	0 g		0 g			
Trans Fat	0 g		0 g			
<b>Cholesterol</b>	15 mg	5%	20 mg	7%		
<b>Sodium</b>	100 mg	4%	220 mg	9%		
<b>Total Carbohydrate</b>	17 g	6%	29 g	10%		
Dietary Fiber	3 g	12%	3 g	12%		
Sugars	9 g		21 g			
<b>Protein</b>	18 g	36%	26 g	52%		
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	76%				
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	†				
<b>PHYTONUTRIENT SUPER-GREENS BLEND:</b>	1800 mg	†				
Chlorella, Spirulina, Hydrilla, Blue green algae, Spinach powder, Barley grass, Kamut grass ( <i>Triticum turgidum</i> ), Oat grass, Wheat grass ( <i>Triticum aestivum</i> ).						
<b>ANTIOXIDANT SUPER-FRUIT BLEND:</b>	1750 mg	†				
Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lycium (Goji) powder (berry), Açai powder (berry), Maitake powder, Citrus bioflavonoids, Rose Hips powder (fruit).						
<b>PROPRIETARY ADAPTOGEN HERB BLEND:</b>	1675 mg	†				
Maca powder (root), Astragalus powder (root), Ashwagandha powder (root), Cordyceps, Reishi powder, Schisandra powder (berry), Suma powder (root), Ginkgo powder (leaf).						
<b>PROPRIETARY NONDAIRY PREBIOTIC AND PROBIOTIC BLEND:</b>	1150 mg	†				
Yacon ( <i>Smallanthus sonchifolius</i> ) powder, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.						
Sacha inchi ( <i>Plukenetia volubilis</i> ) meal	1000 mg	†				
Flax (seed) meal	700 mg	†				
Chia (seed) meal	500 mg	†				
Apple fiber powder	250 mg	†				
MSM (methylsulfonylemethane)	150 mg	†				
Pea fiber	150 mg	†				
Quinoa (sprouted)	150 mg	†				
<b>PROPRIETARY DIGESTIVE ENZYME BLEND:</b>	130 mg	†				
Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.						
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	†				

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

**OTHER INGREDIENTS:** Natural sweetener blend (non-GMO fructose, stevia), cocoa powder, xanthan gum, chocolate powder, guar gum, and cinnamon powder.  
**ALLERGY INFORMATION:** Contains milk-based ingredients and is manufactured in a plant that also processes soy ingredients.  
**Shakeology is gluten free.**

**NOTE:** Shakeology contains suma root, a rich source of many phyto-nutrients, including ecdysterone, which has significant health benefits. Ecdysterone is a naturally occurring phyto-chemical compound that could be erroneously detected and flagged in synthetic steroid screening tests. That unfortunate reality caused the NFL and WADA to add ecdysterone to the list of banned substances in 2010. **Athletes and anyone subject to banned substances testing should consult with their physician and athletic organization.**

\*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 meal 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)