



Shakeology

chocolate

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 and caffeine free
- No refined sugars or artificial sweeteners
- Provides health-supporting chlorophylls, polyphenols, prebiotics, and proanthocyanins
- Optimal health in a glass

DIRECTIONS: Drink daily. Combine 1 full scoop (42 g) of Shakeology powder with 8 to 12 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.

Supplement Facts

Serving Size: 1 scoop (42 g) Servings Per Container: 30

Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**	Amount Per Serving		% Daily Value**
Calories	160		Vitamin A (as beta-carotene)	5000 IU	100%	Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calories from Fat	19		Vitamin C (as ascorbic acid)	180 mg	300%	Calcium (as dicalcium phosphate)	500 mg	50%
Total Fat	2 g	3%	Vitamin D (as cholecalciferol)	200 IU	50%	Iron (as ferrous fumarate)	4 mg	22%
Saturated Fat	1 g	5%	Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%	Phosphorus (as dicalcium phosphate)	250 mg	25%
Monounsaturated Fat	<1 g		Vitamin K1 (as phytonadione)	40 mcg	50%	Iodine (as kelp)	52 mcg	35%
Polyunsaturated Fat	<1 g		Vitamin B1 (as thiamin HCl)	1.5 mg	100%	Magnesium (as magnesium oxide)	80 mg	20%
Trans Fat	0 g		Vitamin B2 (as riboflavin)	1.3 mg	76%	Zinc (as oxide)	6 mg	40%
Cholesterol	<1 mg	0%	Vitamin B3 (as niacin)	5 mg	25%	Copper (as cupric oxide)	0.8 mg	40%
Sodium	150 mg	6%	Vitamin B6 (as pyridoxine HCl)	2 mg	100%	Manganese (as amino acid chelate)	2 mg	100%
Total Carbohydrate	17 g	6%	Folic acid	200 mcg	50%	Chromium (as amino acid chelate)	60 mcg	50%
Dietary Fiber	6 g	24%	Vitamin B12 (as cyanocobalamin)	6 mcg	100%	Molybdenum (as sodium molybdate)	30 mcg	40%
Sugars	6 g		Biotin	90 mcg	30%			
Protein	17 g	34%						

PROPRIETARY SUPERFOODS:

Cacao, Whey protein (as isolate), Pea protein, Sprouted brown rice protein, Coconut flower nectar, Maca root (*Lepidium meyenii*), Yacon root (*Smallanthus sonchifolius*), Chia (*Salvia hispanica*, seed), Flax (*Linum usitatissimum*, seed), Sprouted quinoa (*Chenopodium quinoa*, seed), Chlorella (*Chlorella sp.*, whole), Spirulina (*Arthrospira platensis*, *Arthrospira maxima*, whole), Acerola cherry (*Malpighia glabra*, fruit), Sacha inchi (*Plukenetia volubilis*, seed), Himalayan salt, Camu-Camu (*Myrciaria dubia*, fruit), Apple pectin (*Malus pumila*, fruit), Pomegranate (*Punica granatum*, fruit), Astragalus root (*Astragalus membranaceus*), Bilberry (*Vaccinium sp.*, fruit), Blueberry (*Vaccinium angustifolium*, fruit), Goji berry (*Lycium barbarum*), Spinach (*Spinacia oleracea*, leaf), Açai (*Euterpe oleracea*, fruit), Pea fiber (*Pisum spp.*, seed), MSM (Methylsulfonylmethane), Ashwagandha root (*Withania somnifera*), Cordyceps (*Cordyceps sinensis*, fungi), Enzyme blend (Protease, Amylase, Cellulase, Lipase, Papain, Lactase, Bromelain), Maitake mushroom (*Grifola frondosa*), Reishi mushroom (*Ganoderma lucidum*), Luo Han Guo (*Momordica grosvenori* swingle), Lactobacillus sporogenes (as *Bacillus coagulans*), Tulsi (Holy basil) (*Ocimum sanctum*, leaf), Cinnamon powder, Citrus bioflavonoids, Green tea (*Camellia sinensis*, leaf), Grape seed (*Vitis vinifera*), Rose hips (*Rosa canina*, fruit), Schisandra (*Schisandra spp.*, fruit), Sprouted amaranth (*Amaranthus hypochondriacus*, seed), Barley grass (*Hordeum vulgare*), Ginkgo (*Ginkgo biloba*, leaf), Kamut grass (*Triticum turanicum*), Moringa (*Moringa oleifera*, leaf), Oat grass (*Avena sativa*), Wheat grass (*Triticum aestivum*).

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

† Daily Value not established.

OTHER INGREDIENTS: Natural sweetener blend (non-GMO fructose, stevia), Natural chocolate flavor, Xanthan gum, and Guar gum.

ALLERGY INFORMATION: Contains milk.

STORAGE: Store in a cool, dry place.