



Shakeology

greenberry

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

Supplement Facts

Serving Size 1 scoop (40 g) Servings Per Container 30

	Shakeology alone		With 8 oz. of skim milk	
	Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**
Calories	140		220	
Calories from Fat	3		3	
Total Fat	<0.5 g	0%	<0.5 g	0%
Saturated Fat	0 g		0 g	
Trans Fat	0 g		0 g	
Cholesterol	10 mg	3%	15 mg	5%
Sodium	95 mg	4%	215 mg	9%
Total Carbohydrate	19 g	6%	31 g	9%
Dietary Fiber	3 g	12%	3 g	12%
Sugars	11 g		23 g	
Protein	16 g	32%	24 g	50%
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)	4.5 mg	25%		
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%		

	Amount Per Serving	% Daily Value*
Chromium (as chromium amino acid chelate)	60 mcg	50%
Molybdenum (as sodium molybdate)	30 mcg	40%
Whey protein (isolate)	15 g	†

PHYTONUTRIENT SUPER-GREENS BLEND: 1800 mg †
Chlorella, Spirulina, Hydrilla, Blue green algae, Spinach powder, Barley grass, Kamut grass (*Triticum turgidum*), Oat grass, Wheat grass (*Triticum aestivum*).

ANTIOXIDANT SUPER-FRUIT BLEND: 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).

PROPRIETARY ADAPTOGEN HERB BLEND: 1675 mg †
Maca powder (root), Astragalus powder (root), Ashwagandha powder (root), Cordyceps, Reishi powder, Schisandra powder (berry), Suma powder (root), Ginkgo powder (leaf).

PROPRIETARY FRUIT POWDER BLEND: 1500 mg †
Banana powder, Carrot powder, Orange powder, Pineapple powder, Raspberry powder, Strawberry powder.

PROPRIETARY NONDAIRY PREBIOTIC AND PROBIOTIC BLEND: 1150 mg †

Yacon (*Smallanthus sonchifolius*) powder, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.

Sacha inchi (*Plukenetia volubilis*) meal 1000 mg †

Flax (seed) meal 700 mg †

Chia (seed) meal 500 mg †

Apple fiber powder 250 mg †

MSM (methylsulfonylethane) 150 mg †

Pea fiber 150 mg †

Quinoa (sprouted) 150 mg †

PROPRIETARY DIGESTIVE ENZYME BLEND: 130 mg †

Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.

Amaranth (sprouted) (*Amaranthus hypochondriacus*) 50 mg †

Grape seed extract (seed, 95% proanthocyanins) 50 mg †

Green tea decaffeinated extract (leaf, 50% polyphenols) 50 mg †

† Daily Value not established

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

† Daily Value not established