



Shakeology

strawberry

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 (35 g) Servings Per Container: 30

Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**
Calories	130	Vitamin A (as beta-carotene)	5000 IU	Pantothenic acid	5 mg
Calories from Fat	10	Vitamin C (as ascorbic acid)	180 mg	(as calcium d-pantothenate)	50%
Total Fat	1 g	Vitamin D (as cholecalciferol)	200 IU	Calcium (as dicalcium phosphate)	300 mg
Saturated Fat	0 g	Vitamin E	15 IU	Iron	1.2 mg
Monounsaturated Fat	0 g	(as α -tocopheryl succinate)	50%	Phosphorus	230 mg
Polyunsaturated Fat	0.5 g	Vitamin K1 (as phytonadione)	40 mcg	(as dicalcium phosphate)	23%
Trans Fat	0 g	Vitamin B1 (as thiamin HCl)	1.5 mg	Iodine (as kelp)	52 mcg
Cholesterol	5 mg	Vitamin B2 (as riboflavin)	1.3 mg	Magnesium (as magnesium oxide)	80 mg
Sodium	120 mg	Vitamin B3 (as niacin)	5 mg	Zinc (as zinc oxide)	6 mg
Total Carbohydrate	15 g	Vitamin B6 (as pyridoxine HCl)	2 mg	Copper (as cupric oxide)	0.8 mg
Dietary Fiber	3 g	Folic acid	200 mcg	Manganese (as amino acid chelate)	2 mg
Sugars	7 g	Vitamin B12 (as cyanocobalamin)	6 mcg	Chromium (as amino acid chelate)	60 mcg
Protein	16 g	Biotin	90 mcg	Molybdenum (as sodium molybdate)	30 mcg

PROPRIETARY SUPERFOODS:

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

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

† Daily Value not established.