

Ingredients & Benefits



Nutrient Group	Ingredients	Benefits*
Protein & Amino Acids	Amaranth, Camu-Camu, Goji berry, Sacha Inchi, sprouted quinoa, whey protein.	Help the body build lean muscle, heal wounds, improve skin and hair. Support optimal brain function, mental clarity, improved mood, and reduced cravings.
Antioxidants "Red Super Foods"	Açaí berry, Acerola cherry, bilberry, Camu-Camu, Goji berry, grape seed extract, green tea, Maca root, pomegranate.	Help reduce oxidative damage in the body caused by free radicals. Oxidative damage is a major cause for degenerative (aging) conditions such as heart disease, high blood pressure (which can lead to stroke), dementia, and arthritis.
Phytonutrients "Green Super Foods"	Barley grass, blue-green algae, Chia seeds, Chlorella, flax, grape seed extract, Hydrilla, spinach, Spirulina, sprouted quinoa, wheat grass.	Boost immunity, help fight diseases, can slow down the aging process, detoxify the body, and have alkalizing properties.
Adaptogens	Ashwagandha, Astragalus, Cordyceps, holy basil leaf, Maca root, Reishi mushroom, Schisandra, Suma root.	Plant derived agents help to adapt the body or protect it from stress. Adaptogenic herbs are unique from other substances in their ability to balance endocrine hormones and the immune system.
Prebiotics	Pea fiber, yacon root.	Promote better intestinal health. Stimulate growth of friendly bacteria for better digestion.
Digestive Enzymes	Amylase, bromelain from pineapple, cellulose, lactase, lipase, papain from papaya, protease.	Help the body break down foods and increase absorption of nutrients.



POMEGRANATE



GRAPE SEED EXTRACT



GREEN TEA



MACA ROOT



GOJI BERRIES



YACON ROOT



AÇAÍ

FINALLY, HEALTHY TASTES GREAT!



chocolate

DIRECTIONS: Add 1 full scoop (48 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, soy milk, rice milk, etc.) and mix. It can also be mixed in a blender with ice for a creamy, frosty smoothie.

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 Nutritionals searched the world to find Açai and Goji berries, Camu-Camu, quinoa, wheat grass, Maca root, and sacha inchi (just to name a few) so that 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



SUPKG002 / SUSH31102 Rev. 03/26/09

Supplement Facts

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

Amount Per Serving	% Daily Value**	Amount Per Serving	% Daily Value**
Calories	140	PROPRIETARY SUPER-FRUIT BLEND:	2075 mg †
Calories from Fat	10	Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lycium (Goji) powder (berry), Açai powder (berry), Cordyceps, Maitake powder, Reishi powder, Citrus bioflavonoids, Rose Hips powder (fruit), Schisandra powder (berry), Suma powder (root), Gingko powder (leaf).	
Total Fat	1 g 2%	Maca powder (root)	1000 mg †
Cholesterol	15 mg 5%	Sacha inchi (<i>Plukenetia volubilis</i>) meal	1000 mg †
Sodium	100 mg 4%	Yacon (<i>Smallanthus sonchifolius</i>) powder	1000 mg †
Total Carbohydrate	17 g 6%	Flax (seed) meal	700 mg †
Dietary Fiber	3 g 12%	Chia (seed) meal	500 mg †
Sugars	9 g	Chlorella	350 mg †
Protein	17 g 34%	Spirulina	350 mg †
Vitamin A (as beta-carotene)	5000 IU 100%	Hydrilla	300 mg †
Vitamin C (as ascorbic acid)	180 mg 300%	Apple pectin powder	250 mg †
Vitamin D (as cholecalciferol)	200 IU 50%	Astragalus powder (root)	200 mg †
Vitamin E (as d-alpha tocopheryl succinate)	15 IU 50%	Blue green algae	200 mg †
Vitamin K1 (as phytonadione)	40 mcg 50%	Spinach powder	200 mg †
Vitamin B1 (as thiamin HCL)	1.5 mg 100%	MSM (methylsulfonylmethane)	150 mg †
Vitamin B2 (as riboflavin)	1.3 mg 77%	Pea fiber	150 mg †
Vitamin B3 (as niacin)	5 mg 25%	Quinoa (sprouted)	150 mg †
Vitamin B6 (as pyridoxine HCL)	2 mg 100%	PROPRIETARY NONDAIRY PROBIOTIC BLEND:	150 mg †
Folic acid	200 mcg 50%	Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.	
Vitamin B12 (as cyanocobalamin)	6 mcg 100%	Stevia	135 mg †
Biotin	90 mcg 30%	PROPRIETARY ENZYME BLEND:	130 mg †
Pantothenic acid (as d-calcium pantothenate)	5 mg 50%	Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.	
Calcium (as dicalcium phosphate)	500 mg 50%	Ashwagandha powder (root)	100 mg †
Iron (as ferrous fumarate)	4 mg 22%	Barley grass	100 mg †
Phosphorous (as dicalcium phosphate)	250 mg 25%	Kamut grass	100 mg †
Iodine (as kelp)	52 mcg 35%	Oat grass	100 mg †
Magnesium (as oxide)	80 mg 20%	Wheat grass	100 mg †
Zinc (as zinc oxide)	6 mg 40%	Amaranth (sprouted) (<i>Amaranthus hypochondriacus</i>)	50 mg †
Copper (as copper oxide)	0.8 mg 40%	Grape seed extract (seed, 95% proanthocyanins)	50 mg †
Manganese (as manganese amino acid chelate)	2 mg 100%	Green tea decaffeinated extract (leaf, 50% polyphenols)	50 mg †
Chromium (as chromium amino acid chelate)	60 mcg 50%	Holy basil powder (leaf)	50 mg †
Molybdenum (as sodium molybdate)	30 mcg 40%		
Whey protein (isolate)	15 g †		

OTHER INGREDIENTS: Fructose, cocoa powder, xanthan gum, chocolate powder, guar gum, natural vanilla flavor, and cinnamon powder.
ALLERGY INFORMATION: Contains milk-based ingredients and is manufactured in a plant that also processes soy ingredients.
Shakeology is gluten free and caffeine free.

*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

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HEALTHY
TASTES
GREAT!

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drink a day as a meal
replacement or healthy
snack alternative

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shakeology
THE HEALTHIEST MEAL OF THE DAY

greenberry

DIRECTIONS: Add 1 full scoop (40 g) of Shakeology powder to 1 cup (8 fl. oz.) cold water or beverage (milk, soy milk, rice milk, juice, etc.) and mix. It can also be mixed in a blender with ice for a creamy, frosty smoothie.

Supplement Facts

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

Amount Per Serving	% Daily Value**
Calories	140
Calories from Fat	3
Total Fat	<0.5 g 0 %
Cholesterol	10 mg 3%
Sodium	95 mg 4%
Total Carbohydrate	19 g 6%
Dietary Fiber	3 g 13%
Sugars	11 g
Protein	15 g 30%
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 77%
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Pantothenic acid (as d-calcium pantothenate)	5 mg 50%
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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 †

PROPRIETARY SUPER-FRUIT BLEND: 2075 mg †
Acerola powder (fruit), Camu-Camu powder (fruit), Pomegranate powder (fruit), Bilberry powder (fruit), Blueberry powder (fruit), Lycium (Goji) powder (berry), Açai powder (berry), Cordyceps, Maitake powder, Reishi powder, Citrus bioflavonoids, Rose Hips powder (fruit), Schisandra powder (berry), Suma powder (root), Ginkgo powder (leaf).

Amount Per Serving	% Daily Value**
PROPRIETARY FRUIT POWDER BLEND: 1500 mg †	
Banana powder, Carrot powder, Orange powder, Pineapple powder, Raspberry powder, Strawberry powder.	
Maca powder (root)	1000 mg †
Sacha inchi (<i>Plukenetia volubilis</i>) meal	1000 mg †
Yacon (<i>Smallanthus sonchifolius</i>) powder	1000 mg †
Flax (seed) meal	700 mg †
Chia (seed) meal	500 mg †
Chlorella	350 mg †
Spirulina	350 mg †
Hydrilla	300 mg †
Apple fiber powder	250 mg †
Astragalus powder (root)	200 mg †
Blue green algae	200 mg †
Spinach powder	200 mg †
MSM (methylsulfonylmethane)	150 mg †
Pea fiber	150 mg †
Quinoa (sprouted)	150 mg †
PROPRIETARY NONDAIRY PROBIOTIC BLEND: 150 mg †	
Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.	

PROPRIETARY ENZYME BLEND: 130 mg †	
Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.	
Ashwagandha powder (root)	100 mg †
Barley grass	100 mg †
Kamut grass	100 mg †
Oat grass	100 mg †
Wheat grass	100 mg †
Stevia	75 mg †
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 †
Holy basil powder (leaf)	50 mg †

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

OTHER INGREDIENTS: Fructose, xanthan gum, natural strawberry and raspberry flavors, guar gum, natural vanilla flavor, and cinnamon powder.
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