

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, it's 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



shakeology®
THE HEALTHIEST MEAL OF THE DAY

greenberry

DIRECTIONS: Add 1 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**	Amount Per Serving	% Daily Value**
Calories	140	PROPRIETARY FRUIT POWDER BLEND:	1500 g †
Cholesterol	10 mg 3%	Banana powder, Carrot powder, Orange powder, Pineapple powder, Raspberry powder, Strawberry powder.	
Sodium	95 mg 4%	Maca powder (root)	1000 mg †
Total Carbohydrate	19 g 6%	Sacha inchi (<i>Plukenetia volubilis</i>) meal	1000 mg †
Dietary Fiber	3 g 13%	Yacon (<i>Smilaxnthus sonchifolius</i>) powder	1000 mg †
Sugars	11 g	Flax (seed) meal	700 mg †
Protein	15 g 30%	Chia (seed) meal	500 mg †
Vitamin A (as beta-carotene)	5000 IU 100%	Chlorella	350 mg †
Vitamin C (as ascorbic acid)	180 mg 300%	Spirulina	350 mg †
Vitamin D (as cholecalciferol)	200 IU 50%	Hydrilla	300 mg †
Vitamin E (as d-alpha tocopheryl succinate)	15 IU 50%	Apple fiber powder	250 mg †
Vitamin K1 (as phytonadione)	40 mcg 50%	Astragalus powder (root)	200 mg †
Vitamin B1 (as thiamin HCL)	1.5 mg 100%	Blue green algae	200 mg †
Vitamin B2 (as riboflavin)	1.3 mg 77%	Spinach powder	200 mg †
Vitamin B3 (as niacin)	5 mg 25%	MSM (methylsulfonylmethane)	150 mg †
Vitamin B6 (as pyridoxine HCL)	2 mg 100%	Pea fiber	150 mg †
Folic acid	200 mcg 50%	Quinoa (sprouted)	150 mg †
Vitamin B12 (as cyanocobalamin)	6 mcg 100%	PROPRIETARY NONDAIRY PROBIOTIC BLEND:	150 mg †
Biotin	90 mcg 30%	Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus acidophilus DDS-1, Lactobacillus bulgaricus, Lactobacillus casei, Streptococcus thermophilus.	
Pantothenic acid (as d-calcium pantothenate)	5 mg 50%	PROPRIETARY ENZYME BLEND:	130 mg †
Calcium (as dicalcium phosphate)	500 mg 50%	Amylase, Papain, Cellulase, Lactase, Lipase, Protease, Bromelain.	
Iron (as ferrous fumarate)	4.5 mg 25%	Ashwagandha powder (root)	100 mg †
Phosphorous (as dicalcium phosphate)	250 mg 25%	Barley grass	100 mg †
Iodine (as kelp)	52 mcg 35%	Kamut grass	100 mg †
Magnesium (as oxide)	80 mg 20%	Oat grass	100 mg †
Zinc (as zinc oxide)	6 mg 40%	Wheat grass	100 mg †
Copper (as copper oxide)	0.8 mg 40%	Stevia	75 mg †
Manganese (as manganese amino acid chelate)	2 mg 100%	Amaranth (sprouted) (<i>Amaranthus hypochondriacus</i>)	50 mg †
Chromium (as chromium amino acid chelate)	60 mcg 50%	Grape seed extract (seed, 95% proanthocyanins)	50 mg †
Molybdenum (as sodium molybdate)	30 mcg 40%	Green tea decaffeinated extract (leaf, 50% polyphenols)	50 mg †
Whey protein (isolate)	15 g †	Holy basil powder (leaf)	50 mg †
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).			

OTHER INGREDIENTS: Fructose, xanthan gum, natural strawberry and raspberry flavors, guar gum, natural vanilla flavor, and cinnamon powder.
ALLERGY INFORMATION: Contains milk- and soy-based 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 thing 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.

© 2008 Beachbody. All rights reserved. Distributed by Product Partners, LLC, Santa Monica, CA 90404. Product Partners, LLC, is the owner of Shakeology, Beachbody, Beachbody Nutritionals, Team Beachbody, and all related designs, copyrights, trademarks, and proprietary rights.

If you are a member of the Team Beachbody™ community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

For more information, visit Shakeology.com