

FINALLY,
HEALTHY
TASTES
GREAT!

shakeology[®]
THE HEALTHIEST MEAL OF THE DAY

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.

© 2009 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