

shakeology®

YOUR DAILY DOSE OF DENSE NUTRITION™

WHEY-BASED SUPERFOOD NUTRITION SHAKES

- Whole-food based formula for a healthy nutritional foundation
- No artificial sweeteners, flavors, colors, or preservatives



- Excellent source of protein and fiber
- Good source of omega-3 from ALA
- Supports healthy energy and digestion*
- Helps curb cravings and supports healthy weight loss*

chocolate flavored

DIETARY SUPPLEMENT



USP K1110 / SUSP K1104 Rev. 01/28/16

A World of Superfoods in Every Glass

chocolate
flavored

Supplement Facts

Serving Size: 1 Packet (42 g)

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories	160	Riboflavin	1.3 mg 76%
Calories from Fat	20	Niacin (as nicotinamide)	5 mg 25%
Total Fat	2 g 3%	Vitamin B6 (as pyridoxine HCl)	2 mg 100%
Saturated Fat	1 g 5%	Folic acid	200 mcg 50%
Trans Fat	0 g	Vitamin B12 (as cyanocobalamin)	6 mcg 100%
Monounsaturated Fat	0.5 g	Biotin	90 mcg 30%
Polysaturated Fat	0.5 g	Pantothenic acid (as calcium d-pantothenate)	5 mg 50%
Cholesterol	5 mg 2%	Calcium (as calcium phosphate)	300 mg 30%
Total Carbohydrate	17 g 6%	Iron	6 mg 33%
Dietary Fiber	6 g 24%	Phosphorus (as disodium phosphate)	230 mg 20%
Sugars	6 g 11%	Iodine (as potassium iodide)	52 mcg 35%
Protein	17 g 34%	Magnesium (as magnesium oxide)	80 mg 20%
Vitamin A (as beta-carotene)	5000 IU 100%	Zinc (as zinc oxide)	6 mg 40%
Vitamin C (as ascorbic acid)	180 mg 300%	Copper (as copper gluconate)	0.8 mg 40%
Vitamin D (as cholecalciferol)	200 IU 50%	Manganese (as manganese sulfate)	2 mg 100%
Vitamin E (mixed tocopherols, d-alpha-tocopherol acetate)	15 IU 50%	Chromium (as chromium chloride)	60 mcg 50%
Vitamin K1 (as phytylphosphatide)	40 mcg 50%	Molybdenum (as sodium molybdate)	30 mcg 40%
Thiamine (as thiamine HCl)	1.5 mg 100%	Sodium	180 mg 7%

PROPRIETARY SUPERFOOD BLEND:

Protein Blend (Whey protein isolate (milk), Pea protein, Chia (seed), Flax (seed), Quinoa (seed), Cacao (bean), Chlorella (whole plant), Pea fiber (seed), Yacon (root), Cordyceps (fungi), Acerola cherry (fruit), Chicory fiber (root), Pomegranate (fruit), Astragalus (root), Camu-Camu (fruit), Siberian (fruit), Blueberry (fruit), Lycium berry (fruit), Sprinch (leaf), Maitake (fungi), Reishi (fungi), Rose hips (fruit), MSM (Methylsulfonylmethane), Ashwagandha (root), Enzyme Blend (Amylase, Cellulase, Lipase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (leaf), Luo Han Guo (fruit), Lactobacillus sporogenes (as Bacillus coagulans), Schisandra (fruit), Maca (root), Osmunda (rank), Green tea extract (leaf), Moringa (leaf), Sacha inchi (seed), Spirulina.

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

†Daily Value not established.

OTHER INGREDIENTS: Non-GMO fructose, Natural chocolate flavor (with other natural flavors), Xanthan gum, Stevia extract (leaf), Himalayan salt, ALLERGEN STATEMENT: Contains milk. This product is manufactured in a plant that also processes egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy ingredients.

DISTRIBUTED BY: Beachbody LLC, Santa Monica, CA 90404 • 1 (800) 427-3809. **STORAGE:** Store in a cool, dry place. **DIRECTIONS:** Drink daily. Contains 1 packet (42 g) of Shakeology powder with 8 to 12 oz of cold water or beverage (milk, almond milk, rice milk, juice, etc.) and ice in a blender. Blend until creamy for a frosty smoothie. Best consumed within 30 minutes. For more smoothie recipes, go to Shakeology.com.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

*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.

© 2016 Beachbody, LLC. All rights reserved. Beachbody LLC is the owner of the Shakeology, Your Daily Dose of Dense Nutrition, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. For customer service or to reorder, call 1 (800) 427-3809. You can also contact your Coach or log in to TeamBeachbody.com to reorder.