

**Shakeology® is a powerful superfood formula** designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels, and support healthy blood sugar levels.\*\* Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants that support energy levels, support regularity and digestion, and help curb junk food cravings.\* Drink Shakeology daily.

**Whole Coffee Fruit**



**Say hello to Whole Coffee Fruit\*\*\***—Shakeology’s latest and greatest superfood powerhouse that thrives in regions of Mexico and India. This highly coveted crop is actually where coffee beans come from. For centuries, farmers would only harvest the seeds, which we recognize as coffee beans, and discard the surrounding red fleshy fruit. However, all that changed when science revealed that the fruit has antioxidants, chlorogenic acids, and polyphenols. Shakeology is excited to have Whole Coffee Fruit as part of the Café Latte flavor formula, because in addition to its advantages, harvesting the entire fruit and not just the bean also minimizes our carbon footprint while increasing sustainable farming.

- **PROPRIETARY PROTEIN BLEND:** Whey, Pea, Sacha Inchi, Chia, Flax, Quinoa.  
*Protein helps build lean muscle and reduce cravings.\**
- **PROPRIETARY SUPER-FRUIT/ANTIOXIDANT BLEND:** Whole Coffee Fruit, Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, E.  
*These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system.\**
- **PROPRIETARY SUPER-GREEN/PHYTONUTRIENT BLEND:** Moringa, Chlorella, Spirulina, Spinach, Kale.  
*Phytonutrients help support health and vitality.\**
- **PROPRIETARY ADAPTOGEN BLEND:** Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra.  
*Adaptogens have been traditionally used to help the body adapt and respond to the effects of stress.\**
- **PROPRIETARY PRE- AND PROBIOTIC/DIGESTIVE ENZYME BLEND:** Yacon Root, Chicory Root, Lactobacillus Sporogenes, Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase.  
*Probiotics, prebiotics, fiber, and enzymes help nutrient absorption and support regularity and healthy digestion.\**

**DIRECTIONS:** Drink daily. Gently shake the bag to loosen compressed powder then combine one level scoop (40 g) of Shakeology powder with 8 to 12 fl oz 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](http://Shakeology.com).

**Supplement Facts**

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

Amount Per Serving	% Daily Value†	Amount Per Serving	% Daily Value†	Amount Per Serving	% Daily Value†
<b>Calories</b>	150	Vitamin C (as ascorbic acid)	180 mg 300%	Calcium (as dicalcium phosphate)	300 mg 30%
Calories from Fat	15	Vitamin D (as cholecalciferol)	200 IU 50%	Iron	6 mg 33%
<b>Total Fat</b>	2 g 3%	Vitamin E (mixed tocopherols, d-alpha tocopherol acetate)	15 IU 50%	Phosphorus (as dicalcium phosphate)	230 mg 23%
Saturated Fat	1 g 5%	Vitamin K (as phytonadione)	40 mcg 50%	Iodine (as potassium iodide)	52 mcg 35%
Trans Fat	0 g	Thiamine (as thiamine HCl)	1.5 mg 100%	Magnesium (as magnesium oxide)	80 mg 20%
Monounsaturated Fat	0 g	Riboflavin	1.3 mg 76%	Zinc (as zinc oxide)	6 mg 40%
Polyunsaturated Fat	1 g	Niacin (as niacinamide)	5 mg 25%	Copper (as copper gluconate)	0.8 mg 40%
<b>Cholesterol</b>	5 mg 2%	Vitamin B6 (as pyridoxine HCl)	2 mg 100%	Manganese (as manganese sulfate)	2 mg 100%
<b>Total Carbohydrate</b>	18 g 6%	Folic acid	200 mcg 50%	Chromium (as chromium chloride)	60 mcg 50%
Dietary Fiber	5 g 20%	Vitamin B12 (as cyanocobalamin)	6 mcg 100%	Molybdenum (as sodium molybdate)	30 mcg 40%
Sugars	7 g ††	Biotin	90 mcg 30%	Sodium	185 mg 7%
<b>Protein</b>	16 g 32%	Pantothenic acid (as calcium d-pantothenate)	5 mg 50%		
Vitamin A (as beta-carotene)	5000 IU 100%				

**Proprietary Superfood Blend:** Protein Blend (Whey protein isolate (milk), Pea protein, Chia (seed), Flax (seed), Quinoa (seed), Sacha inchi (seed)), Chicory (root and root fiber), Cacao (bean), Pea fiber (seed), Coffee (fruit), Pomegranate (fruit), Bilberry (fruit), Blueberry (fruit), Astragalus (root), Acerola cherry (fruit), Camu-Camu (fruit), Lycium berry (fruit), Spinach (leaf), Rose hips (fruit), MSM (Methylsulfonylemethane), Ashwagandha (root), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (leaf), Lactobacillus sporogenes (as *Bacillus coagulans*), Schisandra (fruit), Cordyceps (fungi), Maitake (fungi), Reishi (fungi), Maca (root), Luo Han Guo (fruit), Cinnamon (bark), Green tea extract (leaf), Yacon (root), Moringa (leaf), Chlorella (whole plant), Spirulina. 30 g ††

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

**OTHER INGREDIENTS:** Non-GMO fructose, Natural coffee flavor (with other natural flavors), Xanthan gum, Himalayan salt, Stevia extract (leaf).

**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.

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

\*\*Results vary. Results based on a twelve-week independent clinical trial sponsored by Beachbody, where fifty people consumed Shakeology as their breakfast and lunch with no other changes to their diet or exercise regimen.

\* 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.

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