

# Supplement Facts

Serving Size: 1 Packet (38 g)

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	150	Dietary Fiber	4 g 16%†
Calories from Fat	25	Sugars	7 g ††
Total Fat	3 g 5%†	Protein	16 g 29%†
Saturated Fat	0.5 g 3%†	Vitamin C	30 mg 50%
Monounsaturated Fat	0.5 g ††	Calcium	38 mg 3%
Polyunsaturated Fat	1.5 g ††	Iron	4 mg 22%
Total Carbohydrate	16 g 5%†	Sodium	290 mg 12%

## PROPRIETARY SUPERFOOD BLEND:

30 g ††  
Vegan Protein Blend (Pea protein, Oat protein, Chia (seed), Rice protein, Quinoa (seed), Flax (seed), Sacha inchi (seed)), Pea fiber (seed), Yacon (root), Pomegranate juice powder (fruit), Acerola juice powder (fruit), Astragalus (root), Camu-Camu (fruit), Chicory fiber (root), Cordyceps (fungi), Lycium juice powder (fruit), Ashwagandha (root), Chaga (fungi), Maitake (fungi), MSM (Methylsulfonylmethane), Reishi (fungi), Spinach (leaf), Enzyme Blend (Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase), Kale (*Brassica oleracea L. var. acephala*) (leaf), Rose hips (fruit), Schisandra (fruit), *Bacillus coagulans*, Cinnamon (bark), Maca (root), Bilberry juice powder (fruit), Blueberry (fruit), Green tea extract (leaf), Annatto extract (seed), Luo Han Guo extract (fruit), Matcha green tea (leaf), *Moringa oleifera* (leaf), Chlorella.

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

††Daily Value not established.

**OTHER INGREDIENTS:** Organic cane sugar, Natural pumpkin spice flavor, Xanthan gum, Stevia leaf extract, Himalayan pink salt.

**ALLERGEN STATEMENT:** This product is manufactured in a plant that also processes milk, 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. Combine 1 packet (38 g) of Shakeology powder with 8 to 12 fl oz cold water or beverage (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](https://www.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.

## Typical Amino Acid Profile

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	700 mg	Glycine	650 mg	Methionine	200 mg	Tryptophan	170 mg
Arginine	1,310 mg	Histidine	340 mg	Phenylalanine	860 mg	Tyrosine	610 mg
Aspartic Acid	1,600 mg	Isoleucine	720 mg	Proline	740 mg	Valine	800 mg
Cysteine	200 mg	Leucine	1,270 mg	Serine	730 mg		
Glutamic Acid	2,800 mg	Lysine	880 mg	Threonine	550 mg		

\*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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