



# WHAT'S IN SHAKEOLOGY® AND HOW IT WORKS.

Shakeology is a powerful superfood formula designed to deliver the nutrients you need to help you lose weight, maintain healthy cholesterol levels within the normal range, and support healthy blood sugar levels (as measured by HbA1C).† Shakeology is formulated with globally harvested ingredients, such as adaptogens, proteins, prebiotics, and antioxidants. Drink Shakeology daily to experience the best results!\*

## What's in Shakeology How it works

Ingredient Group***	Includes	What it does in your body*
<b>Premium Protein and Amino Acids</b>	Whey, Pea, Chia, Quinoa, Flax, Sacha Inchi, Rice, and Oat Protein <i>[Sacha Inchi]</i> 	Protein helps curb cravings by helping you feel fuller longer, reducing the urge to snack. Protein can also promote muscle protein synthesis and help maintain lean muscle mass as you lose weight.
<b>Antioxidants and Super-Fruits</b> <i>[Lycium Berries]</i> 	Cacao, Whole Coffee Fruit, Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Luo Han Guo, Pomegranate, Rose Hips, Vitamins A, C, and E,	The superfoods and vitamins in Shakeology have antioxidant properties that help fight free radical damage.
<b>Phytonutrients and Super-Greens</b>	Moringa, Matcha, Chlorella, Spinach, Kale <i>[Spinach]</i> 	Phytonutrients help support health and vitality.
<b>Adaptogenic Herbs and Botanicals</b>	Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga	Have been traditionally used to help the body adapt and respond to the effects of stress.
<b>Probiotics, Prebiotics, and Fiber</b>	Yacon Root, Chicory Root, <i>Bacillus Coagulans</i> <i>[Yacon Root]</i> 	Help support regularity and healthy digestion. Probiotics and prebiotics help support good bacteria in the gut. Good bacteria helps you properly digest food and absorb nutrients. Shakeology is formulated with insoluble and soluble fiber that helps keep waste moving through the body, which may help reduce bloating. As many as 97% of Americans are not meeting their fiber needs!
<b>Digestive Enzymes</b>	Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase	Digestive enzymes also help the body break down food into nutrients so it can be absorbed properly.
<b>Vitamins and Minerals</b>	Vitamins: A, B6, B12, C, D, E, K2; Biotin, Calcium, Magnesium, Zinc, Selenium, Sodium, Thiamine, Riboflavin, Folate, Chromium, Phosphorus, Iodine, Iron <i>[Blueberries]</i> 	Shakeology delivers key vitamins and minerals that support many key body functions.

†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.

\*\*\*Ingredients vary per flavor. See Shakeology.com for more information.