

FINALLY,  
VEGAN  
TASTES  
GREAT!

# shakeology®

THE HEALTHIEST MEAL OF THE DAY®

## tropical strawberry

**DIRECTIONS:** Combine 1 scoop (42 g) of Shakeology with 8 to 12 fl. oz. of cold water or beverage (juice, almond milk, rice milk, etc.) and ice in a blender. Mix well for a refreshing, frosty smoothie. **Best consumed within 30 minutes.** For more smoothie recipes, go to [Shakeology.com](http://Shakeology.com).

### NOW 100% ANIMAL-PRODUCT-FREE TROPICAL STRAWBERRY

When Olympic athletes break a world record, they start training to do it again. Since we launched the Healthiest Meal of the Day® in 2009, we've been working to take Shakeology to the next level by creating a 100% vegan shake. Tropical Strawberry Shakeology contains even more exotic, nutritious whole food ingredients from around the world. And now with Rice\*Pro® ultra fine bio-fermented raw sprouted brown rice protein, it's also 100% animal-product-free.

### VEGAN TASTE BREAKTHROUGH

- All key ingredients come from natural whole foods
- Unprecedented ease of digestion and assimilation\*
- Everything your body needs to help maintain a healthy body weight, support your immune system, protect long-term health, and give you energy\*
- Taste and texture so smooth you won't believe it's vegan

### BEACHBODY ULTIMATE™: THE FUTURE OF WHOLE FOOD NUTRITION

Beachbody is committed to helping you put the world's most perfect whole food ingredients in a glass, on your table, at your fingertips... to make eating healthy absolutely delicious.

When it comes to purity, assimilability, freedom from toxicity, and the highest quality ingredients, Beachbody Ultimate-branded products are effective, nurturing the body's ability to heal itself while enhancing the body's organic processes.\*



## Supplement Facts

Serving Size: 1 scoop (42 g) Servings Per Container: 30

	Amount Per Serving	% Daily Value**		Amount Per Serving	% Daily Value**
<b>Calories</b>	160		<b>ANTIOXIDANT / SUPER-FRUIT BLEND:</b>	1,400 mg	†
Calories from Fat	10		Pomegranate ( <i>Punica granatum</i> , fruit), Acerola cherry ( <i>Malpighia glabra</i> , fruit), Bilberry ( <i>Vaccinium sp.</i> , fruit), Goji berry ( <i>Lycium barbarum</i> ), Camu-Camu ( <i>Myrciaria dubia</i> , fruit), Açai ( <i>Euterpe oleracea</i> , fruit), Blueberry ( <i>Vaccinium angustifolium</i> , fruit), Citrus bioflavonoids, Green tea ( <i>Camellia sinensis</i> , leaf), Rose hips ( <i>Rosa canina</i> , fruit).		
<b>Total Fat</b>	1 g	2%	<b>PROPRIETARY FRUIT POWDER BLEND:</b>	1,300 mg	†
Saturated Fat	0 g		Strawberry ( <i>Fragaria chiloensis</i> , berry), Apple pectin ( <i>Malus pumila</i> , fruit), Banana ( <i>Musa spp.</i> , fruit), Pineapple ( <i>Ananas comosus</i> , fruit), Papaya ( <i>Carica papaya</i> , fruit).		
Trans Fat	0 g		<b>PROPRIETARY PREBIOTIC AND PROBIOTIC BLEND:</b>	1,075 mg	†
<b>Cholesterol</b>	0 mg	0%	Yacon root ( <i>Smalanthus sonchifolius</i> ), Lactobacillus sporogenes (as <i>Bacillus coagulans</i> ) naturally micro-encapsulated.		
<b>Sodium</b>	70 mg	3%	<b>PHYTONUTRIENT / SUPER-GREENS BLEND:</b>	750 mg	†
<b>Total Carbohydrate</b>	20 g	7%	Spirulina ( <i>Arthrospira platensis</i> , <i>Arthrospira maxima</i> , whole), Chlorella ( <i>Chlorella sp.</i> , whole), Spinach ( <i>Spinacia oleracea</i> , leaf), Barley grass ( <i>Hordeum vulgare</i> ), Kamut grass ( <i>Triticum turanicum</i> ), Oat grass ( <i>Avena sativa</i> ), Wheat grass ( <i>Triticum aestivum</i> ).		
Dietary Fiber	4 g	16%	<b>MSM (Methylsulfonylmethane)</b>	250 mg	†
Sugars	10 g		<b>PROPRIETARY DIGESTIVE ENZYME BLEND:</b>	100 mg	†
<b>Protein</b>	15 g	30%	Protease, Amylase, Cellulase, Lipase, Papain, Lactase, Bromelain.		
<b>PROPRIETARY VEGAN PROTEIN BLEND:</b>	19 g	†			
Raw sprouted whole grain brown rice protein, Sacha inchi ( <i>Plukenetia volubilis</i> , seed).					
<b>PROPRIETARY SUPERFOOD / FIBER BLEND:</b>	8,350 mg	†			
Coconut flower nectar, Sprouted Chia ( <i>Salvia hispanica</i> , seed), Sprouted Flax ( <i>Linum usitatissimum</i> , seed), Pea fiber ( <i>Pisum spp.</i> , seed), Quinoa ( <i>Chenopodium quinoa</i> , seed), Amaranth ( <i>Amaranthus hypochondriacus</i> , seed).					
<b>PROPRIETARY ADAPTOGEN HERB BLEND:</b>	1,675 mg	†			
Maca root ( <i>Lepidium meyenii</i> ), Astragalus root ( <i>Astragalus membranaceus</i> ), Ashwagandha root ( <i>Withania somnifera</i> ), Maitake mushroom ( <i>Grifola frondosa</i> ), Cordyceps ( <i>Cordyceps sinensis</i> , fungi), Reishi mushroom ( <i>Ganoderma lucidum</i> ), Holy basil ( <i>Ocimum sanctum</i> , leaf), Schisandra ( <i>Schisandra spp.</i> , fruit), Ginkgo ( <i>Ginkgo biloba</i> , leaf).					

**OTHER INGREDIENTS:** Tapioca, Natural flavors (strawberry, banana, pineapple), Konjac gum, Beet juice powder, Citric acid, Natural sweetener (proprietary blend of erythritol, oligosaccharides and natural flavors), Cinnamon powder, Himalayan salt, Stevia, and Luo han guo fruit.

**ALLERGY INFORMATION:** This product is manufactured in a plant that also processes soy, egg, fish, crustacean shellfish, tree nuts, and wheat (gluten) ingredients.

**STORAGE:** Store in a cool, dry place. To ensure freshness, consume within 4 to 5 weeks of opening.

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

### Amino Acid Profile\*\*\*

Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving	Amino Acid	Amount Per Serving
Alanine	850 mg	Glycine	699 mg	Methionine†	398 mg
Arginine	1,261 mg	Histidine‡	364 mg	Phenylalanine‡	871 mg
Aspartic Acid	1,398 mg	Isoleucine‡	658 mg	Proline	734 mg
Cystine	287 mg	Leucine‡	1,322 mg	Serine	791 mg
Glutamic Acid	2,874 mg	Lysine‡	406 mg	Threonine‡	565 mg

\*\*\*Typical amount in bio-fermented raw sprouted whole-grain brown rice protein found in Shakeology.  
†Essential Amino Acids.  
‡Non-Essential Amino Acids.

\*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.

Rice\*Pro is a registered trademark of Primera Foods Corporation.

© 2012 Beachbody, LLC. All rights reserved. Exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody Ultimate, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. To reorder, contact your Coach, log in at [TeamBeachbody.com](http://TeamBeachbody.com), or call 1 (800) 427-3809.

SUPKG0007 / SUSH31108 Rev. 12/15/11

For more information, visit [Shakeology.com](http://Shakeology.com)