

WHAT'S IN SHAKEOLOGY® AND HOW IT WORKS.

Shakeology is more than just another protein shake. With 50+ ingredients, it provides your “missing link” to healthy nutrition with a dose of superfoods not often found in a normal diet. Drink Shakeology daily to experience the best results!

What's in Shakeology		How it works
Ingredient Group**	Includes	What it does in your body
Premium Protein and Amino Acids	Whey, Pea, Chia, Quinoa, Flax, Sacha Inchi, Rice, and Oat Protein (Vegan Shakeology available without Whey)	Protein can help build and repair muscles and amino acids help promote muscle protein synthesis <i>[Sacha Inchi]</i>
Antioxidants and Super-Fruits	Cacao, Camu-Camu, Acerola Cherry, Bilberry, Lycium Berry (Goji Berry), Green Tea, Pomegranate, Rose Hips, Vitamins A, C, and E	These exotic superfoods and vitamins provide antioxidants that help fight free radical damage and help support a healthy immune system
Phytonutrients and Super-Greens	Moringa, Matcha, Chlorella, Spinach, Kale	Phytonutrients help support health and vitality
Adaptogenic Herbs and Botanicals	Ashwagandha, Astragalus, Cordyceps, Maca, Maitake, Reishi, Schisandra, Chaga	Adaptogens are powerful herbs and botanicals that have been traditionally used and revered in many cultures
Probiotics, Prebiotics, Fibre, and Digestive Enzymes	Yacon Root, Chicory Root, <i>Bacillus Coagulans</i> , Amylase, Cellulase, Lactase, Glucoamylase, Alpha-Galactosidase, Invertase	These important ingredients provide soluble and insoluble fibre and other compounds that can easily be lacking in the average diet
Vitamins and Minerals	Calcium, Vitamin A, Vitamin C, Folate, Vitamin K, Vitamin B12, Vitamin E, Vitamin D, Magnesium, Selenium	Shakeology delivers vitamins and minerals that help support many key body functions

**Ingredients vary per flavour. See [Shakeology.com](https://www.shakeology.com) for more information.