






WHAT'S IN SHAKEOLOGY and HOW IT WORKS

NUTRIENT GROUP	INGREDIENTS	BENEFITS*
<p>Proteins and Amino Acids</p>	<p>Whey protein, brown rice protein, pea protein, sacha inchi, quinoa, chia, flax, amaranth</p> 	<ul style="list-style-type: none"> • Help build and repair muscles • Reduce hunger and food cravings • Help keep blood sugar steady • Promote healthy skin, hair, and nails • Support brain function to help promote alert thinking and well-being • Support your immune system to help you stay healthy and strong
<p>Vitamins and Minerals</p>	<p>Vitamins Vitamins A, C, D, E, and K, vitamins B1, 2, 3, 6, and 12, biotin, pantothenic acid, folic acid</p> <p>Minerals Calcium, chromium, copper, iodine, iron, magnesium, manganese, molybdenum, phosphorous, zinc</p>	<ul style="list-style-type: none"> • There are 13 vitamins that are considered essential for proper body function. Shakeology has all of them. • There are a total of 23 vitamins and minerals in Shakeology. • These vitamins and minerals are important micronutrients your body needs to carry out every chemical process needed for life. • Help your cells make energy • Build and repair muscles and strengthen bones • Support energy production
<p>Antioxidants</p>	<p>Açai berries, acerola cherry, bilberry, blueberries, camu-camu, goji berries, pomegranate, rose hips, luo han guo, grape seed, green tea</p>	<ul style="list-style-type: none"> • Protect the body from free radicals • Prevent cellular damage • Promote cardiovascular health 
<p>Phytonutrients</p>	<p>Moringa, chlorella, spirulina, spinach, barley grass, kamut grass, oat grass, wheatgrass</p>	<ul style="list-style-type: none"> • Support strong immune function • Promote healthy aging • Help detoxify the body • Promote an ideal alkaline state 
<p>Adaptogen Herbs</p>	<p>Astragalus, ashwagandha, cordyceps, ginkgo leaf, tulsi (holy basil leaf), maca root, maitake mushroom, reishi mushroom, schisandra</p>	<ul style="list-style-type: none"> • Help promote strong immune system function • Help the body cope with environmental stress • Naturally help increase energy • Help promote ideal cognitive function • Promote calmness 
<p>Prebiotics</p>	<p>Yacon root</p> 	<ul style="list-style-type: none"> • Probiotics need special nutrients—prebiotics—to grow and thrive • Yacon root has the highest concentration of prebiotics of any plant in the world • Helps strengthen the immune system
<p>Probiotics</p>	<p>Bacillus coagulans (Lactobacillus sporogenes)</p>	<ul style="list-style-type: none"> • These are the good, healthy bacteria that live in your intestines • Promote healthy digestion and normal colon function
<p>Digestive Enzymes</p>	<p>Amylase, bromelain, cellulase, lactase, lipase, papain, protease</p>	<ul style="list-style-type: none"> • Help you break down food so you can assimilate nutrients better