



NUTRITION INFORMATION

Smoothies

Calorie (kcal) Calories from Fat (g) Total Fat (g) Saturated Fat (g) Cholesterol (mg) Sodium (mg) Total Carbohydrates (g) Dietary Fiber (g) Sugars (g) Protein (g) Vitamin A (% DV) Vitamin C (%DV) Calcium (% DV) Iron (% DV)

SPECIALTY SMOOTHIES

Energizer	120	8	1	0	0	28	37	1	29	1	4%	50%	4%	3%
Immune Booster	175	5	1	0	3	13	51	5	39	3	200%	955%	18%	2%
Light Delight	130	0	0	0	5	10	39	2	32	3	18%	23%	5%	0%

BERRY SMOOTHIES

Strawberry Patch	170	0	0	0	0	5	50	3	43	1	0%	5%	0%	0%
Blueberry Blast	140	8	1	0	5	43	40	3	31	4	8%	8%	13%	2%
Very Berry	140	5	1	0	5	38	39	2	34	4	5%	8%	10%	1%

TROPICAL SMOOTHIES

Tropical Squeeze	165	0	0	0	0	8	49	2	43	1	10%	30%	1%	1%
Pina Colada	230	30	4	3	3	18	57	3	48	2	0%	30%	2%	0%
The Mango Smoothie	140	8	1	1	3	13	39	2	30	2	75%	50%	2%	0%

CLASSIC SMOOTHIES

Factory Original	145	3	0	0	3	10	43	3	37	2	10%	25%	3%	0%
The Banana Smoothie	135	8	1	0	0	18	41	3	28	3	3%	15%	5%	2%
Classic Shake - Chocolate	295	105	12	7	43	75	53	2	41	6	8%	8%	20%	8%
Classic Shake - Vanilla	295	105	12	8	43	75	53	2	41	6	8%	8%	20%	1%

PROTEIN SMOOTHIES

After-Workout	170	10	1	1	20	28	42	2	34	8	20%	23%	8%	1%
Peanut Butter Powerhouse	240	40	5	0	10	320	45	1	23	10	1%	8%	10%	5%
Meal Replacement	130	35	4	1	50	175	12	4	3	20	20%	18%	35%	20%

GREEN SMOOTHIES

Strawberry Apple Kale	95	3	0	0	0	13	31	2	27	2	30%	30%	3%	1%
Ginger Berry Greens	95	3	1	0	0	33	31	4	25	2	50%	45%	4%	4%
Citrus Greens	65	3	0	0	0	28	24	2	21	1	45%	60%	4%	4%

Note: Nutrition Fact information above does not include a selection of sweetener (Turbinado, Stevia, or Agave)

% Daily Values (%DV) based on 2,000 calories, 65g fat, 20g saturated fat, 300mg cholesterol, 2,400mg sodium, 300g carbohydrates, 25g fiber, 50g protein, 5,000IU vitamin A, 60mg vitamin C, 1,000mg calcium, 18mg iron.

Daily Values may differ depending on your caloric needs.



Juices

	Calorie (kcal)	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (%DV)	Calcium (% DV)	Iron (% DV)
100% JUICE														
Carrot	141	5	1	0	0	102	33	3	14	3	1355%	51%	9%	9%
Pineapple	170	0	0	0	0	6	40	4	32	2	2%	90%	6%	8%
Orange	168	7	1	0	0	3	39	1	31	3	15%	311%	5%	5%
Watermelon	107	5	1	0	0	3	27	2	22	2	41%	48%	3%	5%
Apple	176	0	0	0	0	11	33	3	41	0	72%	69%	0%	8%
FRUIT BLENDS														
Mighty Mango	222	6	0	0	0	7	51	3	47	2	51%	243%	3%	6%
Super Citrus C	153	7	1	0	0	5	37	2	27	2	80%	366%	6%	5%
Mojito Melon	125	5	1	0	0	5	32	2	23	2	48%	93%	6%	8%
FRUIT & VEGGI BLENDS														
Mega Vitality	189	5	1	0	0	37	39	4	33	2	384%	99%	3%	8%
The Big 3	163	5	1	0	0	30	36	2	29	2	365%	186%	5%	6%
Q Cucumber Cooler	185	5	1	0	0	13	42	6	30	4	2%	99%	3%	8%
ROOT BLENDS														
Sweet Beet	150	3	0	0	0	38	30	4	28	2	375%	62%	3%	6%
Ginger Breeze	172	4	0	0	0	58	36	3	27	2	714%	62%	5%	9%
Tumeric Sunrise	211	19	2	0	0	46	46	5	25	4	518%	219%	9%	84%
DAILY GREENS														
Green Detox	159	0	0	0	0	54	33	3	31	2	53%	77%	331%	9%
Amazing Kale	180	5	1	0	0	62	35	5	32	4	71%	95%	2%	8%
Skin Zen	181	5	1	0	0	53	38	6	34	3	33%	93%	5%	8%

% Daily Values (%DV) based on 2,000 calories, 65g fat, 20g saturated fat, 300mg cholesterol, 2,400mg sodium, 300g carbohydrates, 25g fiber, 50g protein, 5,000IU vitamin A, 60mg vitamin C, 1,000mg calcium, 18mg iron. Daily Values may differ depending on your caloric needs.



Yogurt

Calorie (kcal) Calories from Fat (g) Total Fat (g) Saturated Fat (g) Cholesterol (mg) Sodium (mg) Total Carbohydrates (g) Dietary Fiber (g) Sugars (g) Protein (g) Vitamin A (% DV) Vitamin C (%DV) Calcium (% DV) Iron (% DV)

Based on 29g (1 fl oz) serving

Belgium Chocolate Yogilato	41	7	1	0	1	35	7	0	6	1	1%	0%	0%	2%
Black Cherry	41	1	0	0	1	42	9	0	5	1	2%	0%	5%	0%
Blueberry	41	1	0	0	1	22	9	0	7	1	2%	0%	5%	0%
Bubblegum	46	12	2	1	1	40	7	0	5	1	0%	0%	2%	0%
Chocolate	36	7	0	0	1	50	7	0	5	2	0%	0%	2%	0%
Chocolate Cake	36	7	0	0	1	50	7	0	5	1	0%	0%	2%	0%
Chocolate Hazelnut	36	2	0	0	1	50	7	0	5	2	0%	0%	2%	0%
Coconut	36	1	0	0	1	37	8	0	5	2	2%	0%	5%	0%
Cotton Candy	46	7	1	1	1	35	7	0	6	1	0%	0%	0%	0%
Cookies & Cream	36	7	0	0	1	50	7	0	5	2	0%	0%	2%	0%
Green Tea	41	1	0	0	1	22	9	0	6	1	2%	0%	5%	0%
Honeydew Melon	36	1	0	0	1	42	8	0	6	2	2%	0%	5%	0%
Horchata Yogilato	62	17	2	1	9	65	7	0	6	4	3%	1%	11%	0%
Lemon Velvet Yogilato	46	11	1	1	1	42	8	0	5	1	2%	0%	3%	0%
Mango	36	1	0	0	1	22	9	0	7	1	2%	0%	5%	0%
New York Cheesecake	46	12	1	1	6	50	7	0	5	1	0%	0%	2%	0%
Orange Creamsicle	36	2	0	0	1	45	8	0	6	1	0%	0%	2%	0%
Original	36	1	0	0	1	22	9	0	7	2	2%	0%	5%	0%
Peanut Butter	41	7	1	0	1	60	7	0	5	1	0%	0%	2%	0%
Pineapple	36	1	0	0	1	22	9	0	7	1	2%	0%	3%	0%
Pistachio	36	2	0	0	1	35	8	0	6	1	0%	0%	2%	0%
Pistachio Yogilato	46	12	2	1	1	40	7	0	5	1	0%	0%	0%	0%
Pomegranate	41	1	0	0	1	12	9	0	7	1	2%	0%	3%	0%
Raspberry	41	1	0	0	1	22	9	0	7	1	2%	0%	5%	0%
Red Velvet Cupcake	36	2	0	0	1	40	7	0	4	1	0%	0%	0%	0%
Salted Caramel	41	2	0	0	1	65	8	0	5	1	0%	0%	2%	0%
Strawberry & Cream	36	2	0	0	1	30	7	0	6	1	0%	0%	2%	0%
Strawberry	36	1	0	0	1	22	9	0	7	1	2%	0%	5%	0%
Taro	41	7	0	0	1	35	8	0	5	1	0%	0%	0%	0%
Vanilla	41	7	0	0	1	45	7	0	5	2	0%	0%	2%	0%
Watermelon	36	1	0	0	1	22	9	0	6	1	2%	0%	5%	0%
White Chocolate	46	7	1	1	1	45	7	0	5	1	0%	0%	0%	0%