

BLENDEZ SPECIALTY SMOOTHIES

REFRESHERS

Nutrition Facts	Caribbean Surf	Berry Blendz	Peachy	Hang Ten	Tropical Paradise
Serving Size	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion
Servings Per Container					
Amount Per Serving					
Calories	261.5	140.5	234.2	242.2	264.3
Calories from Fat	0	0	0	0	0
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g	0% 0g	0% 0g	0% 0g	0% 0g
Saturated Fat	0g	0% 0g	0% 0g	0% 0g	0% 0g
Trans Fat	0g	0g	0g	0g	0g
Cholesterol	0mg	0% 2.5mg	1% 0mg	0% 0mg	0% 0mg
Sodium	22mg	1% 21.2mg	1% 16.1mg	1% 30.1mg	1% 10.1mg
Total Carbohydrate	65.8g	22% 31.6g	11% 57.4g	19% 61g	20% 66.3g
Dietary Fiber	2.8g	11% 1.9g	7% 2g	8% 2g	8% 3g
Sugars	55.8g	24.2g	53.4g	54.6g	58.9g
Protein	1.2g	5.8g	1.6g	0.8g	0.9g
	Vitamin A	1% Vitamin A	1% Vitamin A	0% Vitamin A	0% Vitamin A
	Vitamin C	8% Vitamin C	8% Vitamin C	0% Vitamin C	0% Vitamin C
	Calcium	0% Calcium	5% Calcium	0% Calcium	0% Calcium
	Iron	1% Iron	1% Iron	0% Iron	0% Iron

KEEP IT LIGHT

Nutrition Facts	Lean Strawberry	Lean Peach	Chocolate Trim	Don't Tango With My Mango
Serving Size	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion
Servings Per Container				
Amount Per Serving				
Calories	424	422.1	288.4	189.1
Calories from Fat	27.4	27.4	36.6	0
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g	0% 0g	0% 3.7g	6% 0g
Saturated Fat	2.7g	14% 2.7g	14% 2.7g	0g
Trans Fat	0g	0g	0g	0g
Cholesterol	100.6mg	34% 100.6mg	34% 100.6mg	0mg
Sodium	103.2mg	4% 89.3mg	4% 210.3mg	9% 118.7mg
Total Carbohydrate	59.3g	20% 56.9g	19% 20.3g	7% 46.9g
Dietary Fiber	2.4g	10% 2g	8% 3.5g	14% 2.1g
Sugars	43.7g	43.7g	10.5g	41.2g
Protein	37g	38.2g	39.2g	1.7g
	Vitamin A	0% Vitamin A	0% Vitamin A	1% Vitamin A
	Vitamin C	54% Vitamin C	0% Vitamin C	8% Vitamin C
	Calcium	1% Calcium	0% Calcium	0% Calcium
	Iron	1% Iron	0% Iron	1% Iron

MEAL REPLACERS

Nutrition Facts	Aloha	Monkey Business	PB & J	Chocolate Pump Up	Berry Butter Blast
Serving Size	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion
Servings Per Container					
Amount Per Serving					
Calories	434.3	328.8	640.6	332.4	660.2
Calories from Fat	27.4	32.1	265.8	43.4	270.2
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g	0% 0g	30% 30.1g	46% 4.3g	7% 30.4g
Saturated Fat	2.7g	14% 3.2g	16% 6.2g	31% 3.3g	16% 6.2g
Trans Fat	0g	0g	0g	0g	0g
Cholesterol	100.6mg	34% 117.7mg	39% 0mg	0% 119.2mg	40% 0mg
Sodium	73.2mg	3% 85.6mg	4% 313.5mg	13% 249.3mg	10% 313.9mg
Total Carbohydrate	56.9g	19% 27.9g	9% 77.2g	26% 21.6g	7% 81.7g
Dietary Fiber	2g	8% 1.6g	6% 6.4g	25% 3.8g	15% 7.6g
Sugars	44.5g	11.2g	62.7g	11.2g	65.6g
Protein	37g	43.6g	16.8g	46.3g	16.9g
	Vitamin A	0% Vitamin A	1% Vitamin A	1% Vitamin A	1% Vitamin A
	Vitamin C	45% Vitamin C	8% Vitamin C	8% Vitamin C	8% Vitamin C
	Calcium	0% Calcium	0% Calcium	0% Calcium	0% Calcium
	Iron	1% Iron	1% Iron	1% Iron	1% Iron

FITNESS

Nutrition Facts	Berry Berry Fit	Strawberry Banana Whirl	Go Bananas	Wild Strawberry Peach
Serving Size	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion
Servings Per Container				
Amount Per Serving				
Calories	225.4	418.8	214.5	306.7
Calories from Fat	1.4	1.4	13.7	1.4
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0.2g	0% 0.2g	0% 0g	0% 0.2g
Saturated Fat	0g	0% 0g	0% 1.4g	7% 0g
Trans Fat	0g	0g	0g	0g
Cholesterol	0mg	0% 0mg	0% 52.8mg	18% 0mg
Sodium	141.8mg	6% 171.8mg	7% 57.8mg	2% 42.1mg
Total Carbohydrate	34.4g	11% 82.9g	28% 26g	9% 75g
Dietary Fiber	0.9g	4% 2.9g	12% 1.9g	7% 2.5g
Sugars	30.9g	71.5g	14.1g	67.4g
Protein	2.3g	2.7g	24.1g	2.7g
	Vitamin A	0% Vitamin A	1% Vitamin A	1% Vitamin A
	Vitamin C	4% Vitamin C	8% Vitamin C	8% Vitamin C
	Calcium	0% Calcium	0% Calcium	5% Calcium
	Iron	0% Iron	1% Iron	1% Iron

ADDITIONAL VARIETIES AND LTOs

Nutrition Facts	Mango Berry	Strawberry Banana Peanut Butter	Peanut Butter Banana	Acai Bowl	Almond Joy
Serving Size	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion
Servings Per Container					
Amount Per Serving					
Calories	243.7	231.6	660.5	184.3	382.1
Calories from Fat	4.4	1.4	302.4	14.5	109.4
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0.3g	0% 0.2g	0% 33.8g	52% 1.7g	3% 11.9g
Saturated Fat	0g	0% 0g	0% 8.9g	45% 0.3g	1% 9.5g
Trans Fat	0g	0g	0g	0g	0g
Cholesterol	0mg	0% 0mg	0% 100.6mg	34% 2.5mg	1% 50.3mg
Sodium	0.4mg	0% 151.8mg	6% 493.8mg	21% 93.5mg	4% 135.5mg
Total Carbohydrate	60.7g	20% 35g	12% 29.1g	10% 37.1g	12% 46.2g
Dietary Fiber	3.6g	14% 1.3g	5% 7g	28% 3.4g	14% 2.9g
Sugars	52.7g	30g	15.9g	17g	42.3g
Protein	1.6g	2.3g	55.2g	7.9g	19.2g
	Vitamin A	0% Vitamin A	0% Vitamin A	1% Vitamin A	0% Vitamin A
	Vitamin C	54% Vitamin C	4% Vitamin C	8% Vitamin C	31% Vitamin C
	Calcium	1% Calcium	0% Calcium	0% Calcium	6% Calcium
	Iron	2% Iron	0% Iron	1% Iron	1% Iron

Nutrition Facts	Blueberry Refresher	Going Green	Pumpkin Pie	Spring Refresher	The JJ
Serving Size	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion	1 EA/Portion
Servings Per Container					
Amount Per Serving					
Calories	92	206.7	165.3	285.1	509.5
Calories from Fat	8.9	0	18.4	0	265.8
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0.6g	1% 0g	0% 0.5g	1% 0g	0% 30.1g
Saturated Fat	0g	0% 0g	0% 1.4g	7% 0g	0% 6.2g
Trans Fat	0g	0g	0g	0g	0g
Cholesterol	0mg	0% 0mg	0% 50.3mg	17% 0mg	0% 2.5mg
Sodium	0.9mg	0% 19.4mg	1% 41.2mg	2% 34.6mg	1% 304.7mg
Total Carbohydrate	23.2g	8% 32.5g	11% 15.6g	5% 63g	21% 39.6g
Dietary Fiber	2.4g	10% 1.6g	6% 4.7g	19% 2.1g	9% 5.4g
Sugars	20g	44.4g	5.5g	65.6g	28.7g
Protein	0g	1.3g	20.1g	0.9g	21.8g
	Vitamin A	0% Vitamin A	0% Vitamin A	0% Vitamin A	12% Vitamin A
	Vitamin C	0% Vitamin C	0% Vitamin C	0% Vitamin C	32% Vitamin C
	Calcium	1% Calcium	0% Calcium	0% Calcium	0% Calcium
	Iron	1% Iron	0% Iron	0% Iron	1% Iron

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
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