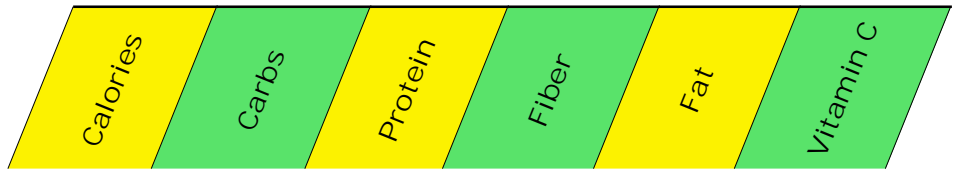




NUTRITIONAL INFORMATION*



Citrus	Calories	Carbs	Protein	Fiber	Fat	Vitamin C
Orange	214	53	0.2	0.8	0	286%
Grapefruit	168	38	2.3	0.2	0	156%
Lemon	180	48	1.0	0	0	30%
Lime	175	46	0	0	0	26%

Smoothies	Calories	Carbs	Protein	Fiber	Fat	Vitamin C
Strawberry Banana	237	32	0	3	0	103%
Blueberry Banana	257	43	0	5	0	15%
Orange Banana	246	39	0	3	0	301%
Tropical Fruit	252	39	0	0	0	109%
Pina Colada	192	18	2	3	0	64%
Strawberry	237	32	0	0	0	66%
Mango	244	40	0	0	0	165%

Exotic	Calories	Carbs	Protein	Fiber	Fat	Vitamin C
Cherry	210	47	0	0	0	0
Cranberry	79	19	1.4	0	0	70%
Raspberry	210	51	0	0	0	167%
Kiwi	210	49	0	0	0	88%
Strawberry	201	42	0	0	0	88%
Four-Berry	157	37	0	0	0	71%
Watermelon	133	30	0	0	0	76%
Peach/Straw	179	41	0.7	1.5	0	66%

Boosters	Calories	Carbs	Protein	Fiber	Fat	Vitamin C
Tropical Twist	241	39	1	0	0	102%
Mango Banana	227	40	0	3	0	165%
Strawberry Banana	221	32	0	3	0	103%
Mango Passion Berry	210	55	1	1	0	171%
Date & Banana	301	72	2.5	7.5	1	17%

Exotic	Calories	Carbs	Protein	Fiber	Fat	Vitamin C
Pineapple	233	44	0.5	1	0	183%
Fruit Punch	190	44	1	0	0	125%
Pina Colada	141	24	2.2	3.5	0.6	85%
Passion Fruit	240	56	2.6	1	0	121%
Pomegranate	280	60	0	0	0	80%
Mango	210	53	0	0	0	220%
Papaya	245	61	0.8	3	0	24%
Peach	235	58	1.4	3	0	44%
Coconut	81	11	3.4	5.2	1	20%
Blueberry	228	58	0	2	0	0%

Energy w/o Banana	Calories	Carbs	Protein	Fiber	Fat	Vitamin C
Banana Straw	217	38	1	0	0.6	79%
Blueberry	177	34	1	0	0.6	64%
Pineapple	156	23	1	0	0.6	68%
Orange	228	53	1	0	0.6	257%
Mango	225	53	1	0	0.6	198%

Supplements (25 g)	Calories	Carbs	Protein	Fiber	Fat	Vitamin C
Spirulina	98	0	14	0.4	0.9	0
Creatine	0	0	0	0	0	0
Ginseng	0	0	0	0	0	0
Vanilla Whey Protein	96	4.9	20	0	0	0
Glutamine	0	0	0	0	0	0
Soy Protein	96	1.6	23	1.6	1	0
Matcha Green Tea	100	23	1.7	0	0	0

*Based on 16 oz. typical serving

Figures are based on publically available sources and are approximations only. May be subject to change.