

# HAWAIIAN HARVEST

Pineapple, Coconut & Banana  
with 20g Vanilla Whey Protein

MAINTAINS  
BLOOD PRESSURE

PINEAPPLE

PROTEIN

COCONUT

BANANA

PROMOTES  
HEART HEALTH



# “HAWAIIAN HARVEST”

|        |  |
|--------|--|
| 6 OZ   | DR. SMOOTHIE PINEAPPLE BLEND<br>PURÉE/WATER MIX*   |
| 4      | FREEZE-DRIED BANANA PIECES<br>(OR 2" FRESH BANANA) |
| 2 TSPS | DRIED, SHREDDED COCONUT                            |
| 1 SCP  | VANILLA WHEY PROTEIN                               |
| 12 OZ  | ICE  |

| Nutrition Facts   |                               |
|---|-------------------------------|
| servings per container  |                               |
| Serving size  | 20 fl. oz. (591 ml)<br>(381g) |
| Amount per serving  |                               |
| Calories  | 330                           |
| % Daily Value*  |                               |
| Total Fat 4.5g  | 6%                            |
| Saturated Fat 3g  | 15%                           |
| Trans Fat 0g  |                               |
| Cholesterol 55mg  | 18%                           |
| Sodium 65mg   | 3%                            |
| Total Carbohydrate 49g  | 18%                           |
| Dietary Fiber 3g  | 11%                           |
| Total Sugars 35g  |                               |
| Includes 0g Added Sugars  | 0%                            |
| Protein 21g   |                               |
| Vitamin D 0mcg  | 0%                            |
| Calcium 183mg   | 15%                           |
| Iron 1mg  | 6%                            |
| Potassium 528mg   | 10%                           |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                               |

\*NUTRITION PANEL REFLECTS USE OF  
A 1:1 PUREE/WATER RATIO