

PERFECT PIÑA

Crushed Pineapple, Tropical Coconut, Strawberries, Flax Seed Oil & 'Get Regular' blended with 30g Vanilla Whey Protein



PINEAPPLE

STRAWBERRIES

FLAX SEED OIL

GET REGULAR

COCONUT

VANILLA
PROTEIN

GREAT SOURCE OF
FIBER

HEART
HEALTHY

“PERFECT PIÑA”

6 OZ	DR. SMOOTHIE PINEAPPLE PARADISE PURÉE/WATER MIX
1 TSP	FLAX SEED OIL
1 SCP	GET REGULAR/FIBER BLEND
1½ SCPS	VANILLA WHEY PROTEIN
12 OZ	ICE
3-4	STRAWBERRIES (PULSE IN THE END)
1 TSP	COCONUT FLAKES (PULSE IN THE END)

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 450		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 20mg		1%	
Total Carbohydrate 64g		21%	
Dietary Fiber 4g		16%	
Sugars 50g			
Protein 31g			
Vitamin A 2%		Vitamin C 100%	
Calcium 4%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			