

PURE & RAW

Your choice of Milk, Tree-Ripened Apples, Natural Almond Butter & Potassium-Rich Banana blended with 20g Vanilla Whey Protein

APPLES

ALMOND BUTTER

BANANA

PROTEIN

HELPS MAINTAIN
HEALTHY WEIGHT

GREAT SOURCE OF
PROTEIN



“PURE & RAW”

4 OZ	DR. SMOOTHIE APPLE PURÉE/WATER MIX
2 OZ	CHOICE OF MILK
4	FREEZE DRIED BANANA PIECES (OR 3" FRESH BANANA)
½ SCP	ALMOND BUTTER
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)

Servings Per Container

Amount Per Serving

Calories 390 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 52g **17%**

Dietary Fiber 4g **16%**

Sugars 40g

Protein 26g

Vitamin A 4% • Vitamin C 6%

Calcium 15% • Iron 6%

*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