

BLUEBERRY BLITZ

Juicy Blueberries blended with Potassium-Rich Banana for a Sweet & Simple Shake that will Delight your Taste-Buds!

HIGH IN
IRON

CRUSHED
BLUEBERRIES

BANANA

WHOLE
BLUEBERRIES

IMPROVES
MEMORY



“BLUEBERRY BLITZ”

8 OZ	DR. SMOOTHIE BLUEBERRY BANANA
	BLEND PURÉE/WATER MIX
4	FREEZE-DRIED BANANA PIECES
	(OR 3" FRESH BANANA)
16 OZ	ICE
1 SCP	BLUEBERRIES (PULSE IN THE END)

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 310		Calories from Fat 5	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 20mg		1%	
Total Carbohydrate 77g		26%	
Dietary Fiber 3g		12%	
Sugars 70g			
Protein 2g			
Vitamin A 2%		Vitamin C 25%	
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			