

CHOCOLATE HEART-BEET

Strawberries, Cacao, Beets & 20g Chocolate Whey Protein

HEART
HEALTHY

CACAO

STRAWBERRIES

BEETS

PROTEIN

EXCELLENT SOURCE OF
FIBER

SHAKE OF THE MONTH



“CHOCOLATE HEART-BEET”

6 OZ DR. SMOOTHIE STRAWBERRY
PUREE/ WATER MIX*
1 TSP DRIED BEETS
2 TBSPS GROUND CACAO POWDER
1 SCP CHOCOLATE WHEY PROTEIN
12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (392g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 85mg	4%
Total Carbohydrate 56g	20%
Dietary Fiber 8g	29%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 3mg	15%
Potassium 139mg	2%
<small>*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.</small>	

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