

FIREWORKS

Strawberries, Lemon, Blueberries & more Strawberries
with 20g Vanilla Whey Protein

PROMOTES
HEALTHY SKIN

LEMON

STRAWBERRIES

BLUEBERRIES

PROTEIN

GOOD SOURCE OF
CALCIUM

SHAKE OF THE MONTH



“FIREWORKS”

3 OZ	DR. SMOOTHIE STRAWBERRY PURÉE/WATER MIX*
3 OZ	DR. SMOOTHIE LEMONADE PURÉE/WATER MIX*
1 SCP	FREEZE-DRIED STRAWBERRIES
½ SCP	FREEZE-DRIED BLUEBERRIES
1 SCP	VANILLA WHEY PROTEIN
¼ TSP	LEMON EXTRACT
12 OZ	ICE

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(379g)

Amount per serving

Calories 310

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 65mg 3%

Total Carbohydrate 50g 18%

Dietary Fiber 2g 7%

Total Sugars 42g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 0mcg 0%

Calcium 186mg 15%

Iron 1mg 6%

Potassium 190mg 4%

*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 PURÉE/WATER RATIO