

# ISLAND IMPACT

Coconut Water, Pineapple, Mango & Coconut  
with 20g Vanilla Whey Protein



HELPS  
**DIGESTION**

COCONUT  
WATER

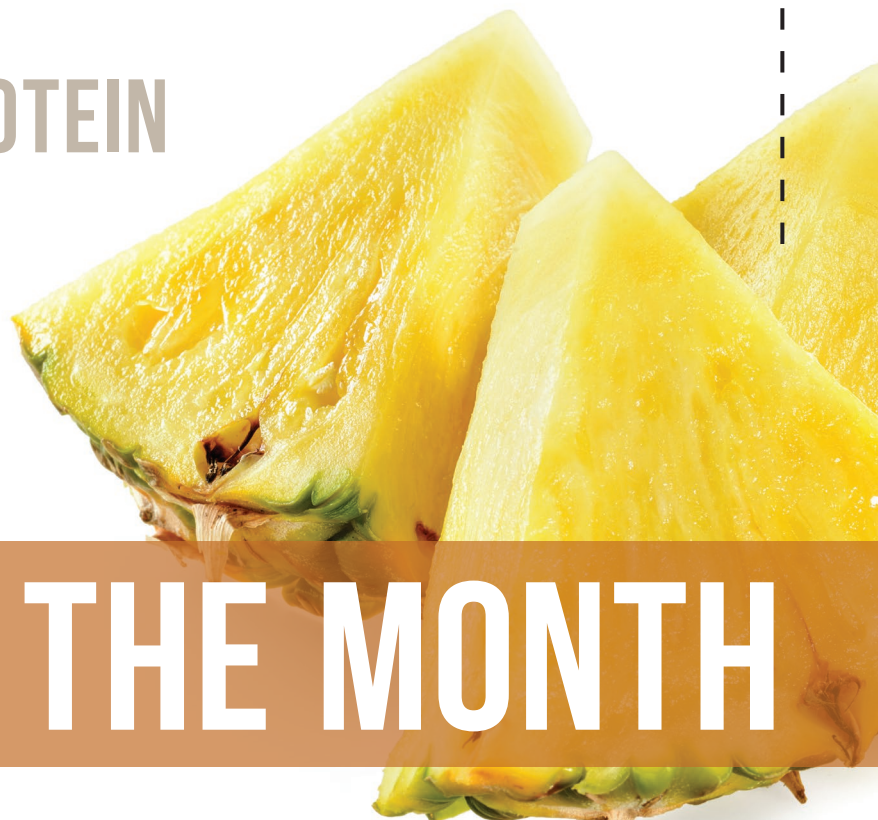
PINEAPPLE

MANGO

COCONUT

PROTEIN

LOW CALORIES,  
BIG TASTE



# SHAKE OF THE MONTH

# “ISLAND IMPACT”

6 OZ	COCONUT WATER
2 SCPS	FREEZE-DRIED PINEAPPLE
1 SCP	FREEZE-DRIED MANGO
1 TSP	DRIED, SHREDDED COCONUT
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

## Nutrition Facts

servings per container

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

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol** 55mg 18%

**Sodium** 70mg 3%

**Total Carbohydrate** 23g 8%

Dietary Fiber 1g 4%

Total Sugars 19g

Includes 0g Added Sugars 0%

**Protein** 21g

Vitamin D 0mcg 0%

Calcium 158mg 10%

Iron 2mg 10%

Potassium 374mg 8%

\*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.