

ORGANIC – SHAKE NUTRITION AT A GLANCE

20 oz.	Organic Berry, Berry Creamy	Organic Berry, Berry Good	Organic Chocolate Cool Mint
Calories	450	290	490
Fat	2g	2g	11g
Carbohydrates	84g	46g	70g
Protein	23g	20g	29g

20 oz.	Organic Commitments	Organic Cookies n' Cream	Organic Fall Harvest
Calories	290	390	310
Fat	3.5g	9g	4.5g
Carbohydrates	44g	49g	44g
Protein	22g	29g	24g

20 oz.	Organic Iced Mocha	Organic Kale-ebration	Organic Kale Me Now
Calories	510	300	290
Fat	3g	3.5g	3.5g
Carbohydrates	88g	46g	44g
Protein	33g	23g	22g

20 oz.	Organic Kale Me Sweetly	Organic Mango Crusher	Organic PB Cup Lite
Calories	520	280	390
Fat	5g	2g	4.5g
Carbohydrates	81g	45g	55g
Protein	37g	20g	33g

20 oz.	Organic Shades of Autumn	Organic Strawberry Fields
Calories	310	280
Fat	3.5g	2g
Carbohydrates	44g	45g
Protein	23g	20g

ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(414g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 150mg	7%
Total Carbohydrate 84g	31%
Dietary Fiber 2g	7%
Total Sugars 75g	
Includes 34g Added Sugars	68%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 264mg	20%
Iron 0mg	0%
Potassium 296mg	6%
*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.	

Organic Berry, Berry Creamy | **Former Shake of the Month**

6 oz	Dr. Smoothie Organic Raspberry Blend
	Purée/Water Mix
1 scp	Cafe Essentials Organic Vanilla Cream
1 scp	Organic Vanilla Whey Protein
12 oz	Ice

BERRY, BERRY CREAMY

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(369g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 60mg	3%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 161mg	10%
Iron 0mg	0%
Potassium 143mg	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.	

Organic Berry, Berry Good | 20oz.

6 oz	Dr. Smoothie Organic Raspberry Blend
	Purée/Water Mix
1 scp	Organic Vanilla Whey Protein
12 oz	Ice

Organic Berry, Berry Good | 12oz.

4 oz	Dr. Smoothie Organic Raspberry Blend
	Purée/Water Mix
½ scp	Organic Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(229g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 30mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 0mg	0%
Potassium 76mg	2%
*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.	

BERRY, BERRY GOOD

recipes & nutrition facts

ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

CHOCOLATE COOL MINT

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(434g)
Amount per serving	
Calories	490
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 330mg	14%
Total Carbohydrate 70g	25%
Dietary Fiber 4g	14%
Total Sugars 56g	
Includes 34g Added Sugars	68%
Protein 29g	
Vitamin D 2mcg	10%
Calcium 377mg	30%
Iron 2mg	10%
Potassium 415mg	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.	

Organic Chocolate Cool Mint | 20oz.

6 oz	Organic Nonfat Milk
2	Organic Sandwich Cookies
1 scp	Flavor Fusions - Organic Chocolate Truffle
1 scp	Organic Vanilla Whey Protein
¼ tsp	Organic Mint Extract
12 oz	Ice

Organic Chocolate Cool Mint | 12oz.

4 oz	Organic Nonfat Milk
1	Organic Sandwich Cookies
½ scp	Flavor Fusions - Organic Chocolate Truffle
½ scp	Organic Vanilla Whey Protein
¼ tsp	Organic Mint Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(260g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 17g Added Sugars	34%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 226mg	15%
Iron 1mg	6%
Potassium 255mg	6%
*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.	

ORGANIC COMMITMENTS

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(377g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 80mg	3%
Total Carbohydrate 44g	16%
Dietary Fiber 3g	11%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 221mg	15%
Iron 1mg	6%
Potassium 400mg	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.	

Organic Commitments | 20oz.

6 oz	Dr. Smoothie Organic Pineapple Purée/Water Mix
2 scps	Organic Freeze-Dried Kale
1 scp	Organic Vanilla Whey Protein
¼ tsp	Organic Lemon Extract
12 oz	Ice

Organic Commitments | 12oz.

4 oz	Dr. Smoothie Organic Pineapple Purée/Water Mix
1 scps	Organic Freeze-Dried Kale
½ scp	Organic Vanilla Whey Protein
¼ tsp	Organic Lemon Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(233g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 40mg	2%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 0mg	0%
Potassium 218mg	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.	

recipes & nutrition facts

ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(411g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 240mg	10%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 40g	
Includes 17g Added Sugars	34%
Protein 29g	
Vitamin D 2mcg	10%
Calcium 426mg	35%
Iron 1mg	6%
Potassium 481mg	10%
*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.	

Organic Cookies n' Cream | 20oz.

6 oz	Organic Nonfat Milk
½ scp	Cafe Essentials Organic Vanilla Cream
1 scp	Organic Vanilla Whey Protein
12 oz	Ice
2	Organic Sandwich Cookies (pulse in the end)

Organic Cookies n' Cream | 12oz.

4 oz	Organic Nonfat Milk
¼ scp	Cafe Essentials Organic Vanilla Cream
½ scp	Organic Vanilla Whey Protein
7 oz	Ice
1	Organic Sandwich Cookie (pulse in the end)

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(249g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 135mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 8g Added Sugars	16%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 251mg	20%
Iron 1mg	6%
Potassium 288mg	6%
*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.	

COOKIES N' CREAM

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(388g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 125mg	5%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 268mg	20%
Iron 1mg	6%
Potassium 885mg	20%
*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.	

Organic Fall Harvest | **Former Shake of the Month**

4 oz	Dr. Smoothie Organic Carrot Apple Purée/Water Mix
2 oz	Organic Nonfat Milk
½ scp	Dried Pumpkin
½ scp	Organic Dried Sweet Potato
1 scp	Organic Vanilla Whey Protein
¼ tsp	Organic Lemon Extract
12 oz	Ice

FALL HARVEST

recipes & nutrition facts

ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

ICED MOCHA

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(448g)
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 600mg	26%
Total Carbohydrate 88g	32%
Dietary Fiber 3g	11%
Total Sugars 73g	
Includes 64g Added Sugars	128%
Protein 30g	
Vitamin D 2mcg	10%
Calcium 388mg	30%
Iron 1mg	6%
Potassium 698mg	15%
*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.	

Organic Iced Mocha | *Former Shake of the Month*

6 oz	Organic Nonfat Milk
1 scp	Flavor Fusions - Organic Mocha Latte
1 scp	Organic Vanilla Whey Protein
12 oz	Ice

KALE-EBRATION

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(382g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 105mg	5%
Total Carbohydrate 46g	17%
Dietary Fiber 4g	14%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 243mg	20%
Iron 2mg	10%
Potassium 500mg	10%
*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.	

Organic Kale-ebration | *Former Shake of the Month*

6 oz	Dr. Smoothie Organic Pineapple
	Purée/Water Mix
2 scps	Organic Freeze-Dried Kale
1 scp	Organic Super Greens
1 scp	Organic Vanilla Whey Protein
¼ tsp	Organic Lemon Extract
12 oz	Ice

recipes & nutrition facts

ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(377g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 80mg	3%
Total Carbohydrate 44g	16%
Dietary Fiber 3g	11%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 221mg	15%
Iron 1mg	6%
Potassium 400mg	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.	

Organic Kale Me Now | 20oz.

6 oz	Dr. Smoothie Organic Pineapple Purée/Water Mix
2 scps	Organic Freeze-Dried Kale
1 scp	Organic Vanilla Whey Protein
¼ tsp	Organic Lemon Extract
12 oz	Ice

Organic Kale Me Now | 12oz.

4 oz	Dr. Smoothie Organic Pineapple Purée/Water Mix
1 scps	Organic Freeze-Dried Kale
½ scp	Organic Vanilla Whey Protein
¼ tsp	Organic Lemon Extract
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(233g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 40mg	2%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 0mg	0%
Potassium 218mg	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.	

KALE ME NOW

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(437g)
Amount per serving	
Calories	520
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 125mg	5%
Total Carbohydrate 81g	29%
Dietary Fiber 7g	25%
Total Sugars 37g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 317mg	25%
Iron 1mg	6%
Potassium 704mg	15%
*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.	

Organic Kale Me Sweetly | *Former Shake of the Month*

6 oz	Dr. Smoothie Organic Pineapple Purée/Water Mix
4	Freeze-Dried Banana Pieces (or 2" Fresh Banana)
2 scps	Organic Freeze-Dried Kale
1 scp	Organic Dried Sweet Potato
1 scp	Organic Rolled Oats
1½ scps	Organic Vanilla Whey Protein
¼ tsp	Organic Vanilla Extract (optional)*
12 oz	Ice

*Optional Items not used for Nutrition Facts panel.

KALE ME SWEETLY

ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever "Purée/Water Mix" is used, Unsweetened Vanilla Almond Milk whenever "Choice of Liquid" is used, and Simple Whey Protein whenever "Whey Protein" is used.

MANGO CRUSHER

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(369g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 45g	16%
Dietary Fiber 1g	4%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 161mg	10%
Iron 0mg	0%
Potassium 271mg	6%
*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.	

Organic Mango Crusher | 20oz.

6 oz	Dr. Smoothie Organic Mango Purée/Water Mix
1 scp	Organic Vanilla Whey Protein
12 oz	Ice

Organic Mango Crusher | 12oz.

4 oz	Dr. Smoothie Organic Mango Purée/Water Mix
½ scp	Organic Vanilla Whey Protein
7 oz	Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(229g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 35mg	2%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 0mg	0%
Potassium 161mg	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.	

PB CUP LITE

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(416g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 55g	20%
Dietary Fiber 4g	14%
Total Sugars 44g	
Includes 34g Added Sugars	68%
Protein 33g	
Vitamin D 2mcg	10%
Calcium 385mg	30%
Iron 1mg	6%
Potassium 553mg	10%
*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.	

Organic PB Cup Lite | *Former Shake of the Month*

6 oz	Organic Nonfat Milk
1 scp	PB Lite
1 scp	Flavor Fusions - Organic Chocolate Truffle
1 scp	Organic Vanilla Whey Protein
12 oz	Ice

recipes & nutrition facts

ORGANIC SHAKES

Add ingredients, add ice, push #4 on blender.

All recipes use 1:1 Fruit Purée/Water Ratio whenever “Purée/Water Mix” is used, Unsweetened Vanilla Almond Milk whenever “Choice of Liquid” is used, and Simple Whey Protein whenever “Whey Protein” is used.

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(385g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 135mg	6%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 251mg	20%
Iron 0mg	0%
Potassium 580mg	10%
*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.	

Organic Shades of Autumn | **Former Shake of the Month**

- 4 oz Dr. Smoothie Organic Carrot Apple Purée/Water Mix
- 2 oz Organic Nonfat Milk
- 1 scp Organic Dried Sweet Potato
- 1 scp Organic Vanilla Whey Protein
- ¼ tsp Organic Lemon Extract (optional) *
- 12 oz Ice

*Optional Items not used for Nutrition Facts panel.

SHADES OF AUTUMN

20 oz.	
Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(369g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 45g	16%
Dietary Fiber 2g	7%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 0mg	0%
Potassium 230mg	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.	

Organic Strawberry Fields | 20oz.

- 6 oz Dr. Smoothie Organic Strawberry Purée/Water Mix
- 1 scp Organic Vanilla Whey Protein
- 12 oz Ice

Organic Strawberry Fields | 12oz.

- 4 oz Dr. Smoothie Organic Strawberry Purée/Water Mix
- ½ scp Organic Vanilla Whey Protein
- 7 oz Ice

12 oz.	
Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(229g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 35mg	2%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 0mg	0%
Potassium 134mg	2%
*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.	

STRAWBERRY FIELDS