

CHOCOLATE HEART-BEET

Strawberries, Cacao, Beets & 20g Chocolate Whey Protein

HEART
HEALTHY

CACAO

STRAWBERRIES

BEETS

PROTEIN

GOOD SOURCE OF
FIBER

SHAKE OF THE MONTH



“CHOCOLATE HEART-BEET”

6 OZ DR. SMOOTHIE STRAWBERRY
PUREE/ WATER MIX*
1 TSP DRIED BEETS
1 TSP GROUND CACAO POWDER
1 SCP CHOCOLATE WHEY PROTEIN
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 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 85mg	4%
Total Carbohydrate 50g	18%
Dietary Fiber 4g	14%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 2mg	10%
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**