

# 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"

## 20oz. RECIPE

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.

## 12oz. RECIPE

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

### Nutrition Facts

servings per container  
Serving size 12 fl. oz. (354 ml)  
(236g)

Amount per serving  
**Calories 190**

% Daily Value\*

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 35mg 2%

Total Carbohydrate 34g 12%

Dietary Fiber 1g 4%

Total Sugars 28g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 99mg 8%

Iron 0mg 0%

Potassium 108mg 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.

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