

# ISLAND IMPACT

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



HELPS  
**DIGESTION**

COCONUT  
WATER

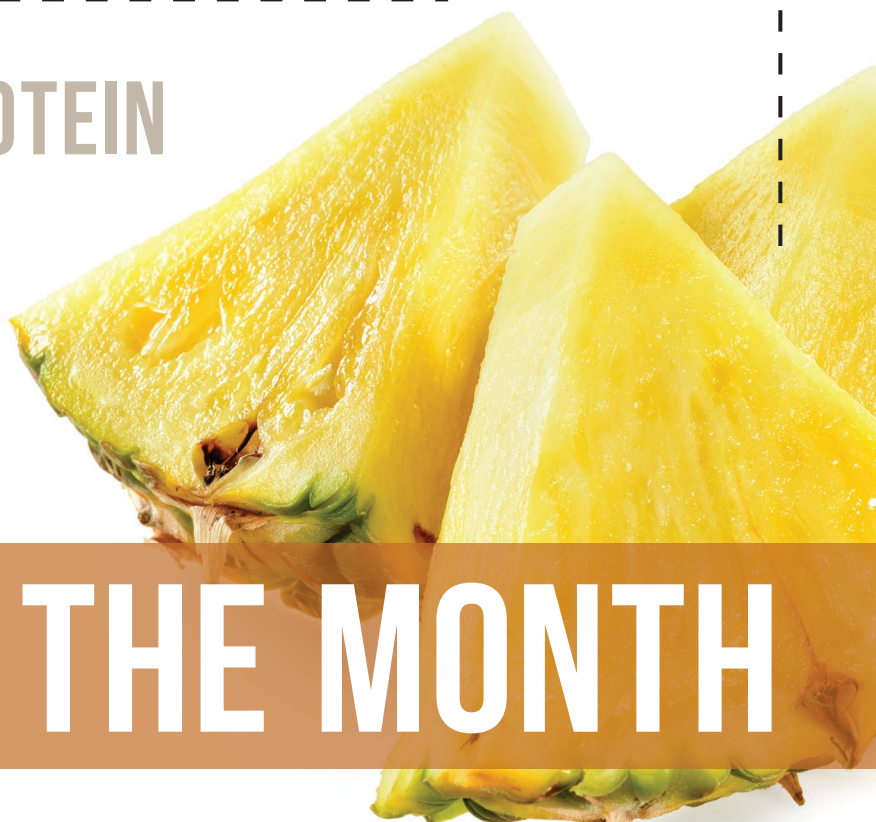
PINEAPPLE

MANGO

COCONUT

PROTEIN

LOW CALORIES,  
BIG TASTE



# SHAKE OF THE MONTH

# “ISLAND IMPACT”

## 20oz. RECIPE

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	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b> (379g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	4%
Total Sugars 19g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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.

## 12oz. RECIPE

4 OZ	COCONUT WATER
1 SCP	FREEZE-DRIED PINEAPPLE
½ SCP	FREEZE-DRIED MANGO
1 TSP	DRIED, SHREDDED COCONUT
1 SCP	VANILLA WHEY PROTEIN
7 OZ	ICE

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>12 fl. oz. (354 ml)</b> (247g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 151mg	10%
Iron 1mg	6%
Potassium 287mg	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.