

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"GREEN OASIS"



COCONUT WATER
SPINACH **YOGURT**
PINEAPPLE

COCONUT **BANANA**
VANILLA PROTEIN



GREAT FOR
DIGESTIVE HEALTH

RICH SOURCE OF
POTASSIUM

"GREEN OASIS"

6 OZ	COCONUT WATER
2 SCPS	FREEZE-DRIED PINEAPPLE
1 SCP	FREEZE-DRIED SPINACH
4	FREEZE-DRIED BANANA PIECES
1/2 SCP	POWDERED YOGURT
1 TSP	DRIED, SHREDDED COCONUT
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts

20 Fluid Ounces (591 ml) servings per container

Serving size (351g)

Amount per serving
Calories 300

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 190mg 8%

Total Carbohydrate 41g 15%

Dietary Fiber 3g 11%

Total Sugars 25g

Includes 0g Added Sugars 0%

Protein 28g

Vitamin D 0mcg 0%

Calcium 224mg 15%

Iron 1mg 6%

Potassium 888mg 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.