

# JuiceLand Nutrition Facts

## Juices (Made to Order)

### Ninja Bachelor Party

14oz	18oz	24oz
Calories: 148	Calories: 192	Calories: 255
Fat: 1g	Fat: 1g	Fat: 1g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 203mg	Sodium: 264mg	Sodium: 351mg
Carbs: 33g	Carbs: 43g	Carbs: 57g
Dietary Fiber: 2g	Dietary Fiber: 3g	Dietary Fiber: 4g
Total Sugars: 22g	Total Sugars: 28g	Total Sugars: 37g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Potassium: 635mg	Potassium: 825mg	Potassium: 1098mg
Calcium: 122mg	Calcium: 159mg	Calcium: 212mg
Iron: 2mg	Iron: 3mg	Iron: 3mg

### Pleasant Valley

14oz	18oz	24oz
Calories: 181	Calories: 233	Calories: 311
Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 2mg	Sodium: 3mg	Sodium: 4mg
Carbs: 42g	Carbs: 53g	Carbs: 71g
Dietary Fiber: 1g	Dietary Fiber: 1g	Dietary Fiber: 2g
Total Sugars: 35g	Total Sugars: 45g	Total Sugars: 60g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 3g
Potassium: 618mg	Potassium: 795mg	Potassium: 1060mg
Calcium: 29mg	Calcium: 37mg	Calcium: 49mg
Iron: 1mg	Iron: 1mg	Iron: 1mg

### Recovery Punch

14oz	18oz	24oz
Calories: 173	Calories: 225	Calories: 299
Fat: 1g	Fat: 1g	Fat: 2g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 35mg	Sodium: 45mg	Sodium: 59mg
Carbs: 42g	Carbs: 54g	Carbs: 72g
Dietary Fiber: 2g	Dietary Fiber: 2g	Dietary Fiber: 3g
Total Sugars: 35g	Total Sugars: 45g	Total Sugars: 60g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 1g	Protein: 2g
Potassium: 564mg	Potassium: 732mg	Potassium: 974mg
Calcium: 55mg	Calcium: 71mg	Calcium: 95mg
Iron: 2mg	Iron: 2mg	Iron: 3mg

### The Fountain

14oz	18oz	24oz
Calories: 111	Calories: 144	Calories: 191
Fat: 1g	Fat: 1g	Fat: 1g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 169mg	Sodium: 219mg	Sodium: 291mg
Carbs: 25g	Carbs: 33g	Carbs: 44g
Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 5g
Total Sugars: 9g	Total Sugars: 12g	Total Sugars: 15g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 6g
Potassium: 967mg	Potassium: 1256mg	Potassium: 1671mg
Calcium: 161mg	Calcium: 209mg	Calcium: 278mg
Iron: 2mg	Iron: 3mg	Iron: 4mg

### Tigerlilly

14oz	18oz	24oz
Calories: 99	Calories: 128	Calories: 171
Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 198mg	Sodium: 257mg	Sodium: 342mg
Carbs: 12g	Carbs: 16g	Carbs: 22g
Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 5g
Total Sugars: 5g	Total Sugars: 6g	Total Sugars: 8g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Potassium: 605mg	Potassium: 786mg	Potassium: 1045mg
Calcium: 43mg	Calcium: 56mg	Calcium: 75mg
Iron: 2mg	Iron: 2mg	Iron: 3mg

### Tree of Life

14oz	18oz	24oz
Calories: 129	Calories: 167	Calories: 222
Fat: 1g	Fat: 1g	Fat: 2g
Sat Fat: 0g	Sat Fat: 1g	Sat Fat: 1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 250mg	Sodium: 325mg	Sodium: 433mg
Carbs: 35g	Carbs: 46g	Carbs: 61g
Dietary Fiber: 5g	Dietary Fiber: 6g	Dietary Fiber: 7g
Total Sugars: 13g	Total Sugars: 17g	Total Sugars: 23g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 3g	Protein: 4g	Protein: 6g
Potassium: 1122mg	Potassium: 1457mg	Potassium: 1938mg
Calcium: 114mg	Calcium: 148mg	Calcium: 197mg
Iron: 2mg	Iron: 3mg	Iron: 4mg

### Watermelon

14oz	18oz	24oz
Calories: 132	Calories: 171	Calories: 227
Fat: 2g	Fat: 2g	Fat: 3g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 9mg	Sodium: 11mg	Sodium: 15mg
Carbs: 30g	Carbs: 38g	Carbs: 54g
Dietary Fiber: 2g	Dietary Fiber: 2g	Dietary Fiber: 3g
Total Sugars: 31g	Total Sugars: 41g	Total Sugars: 54g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 0g	Protein: 0g	Protein: 0g
Potassium: 478mg	Potassium: 621mg	Potassium: 826mg
Calcium: 45mg	Calcium: 59mg	Calcium: 78mg
Iron: 2mg	Iron: 2mg	Iron: 3mg

### Xtra Holla Pain Yo!

14oz	18oz	24oz
Calories: 176	Calories: 228	Calories: 303
Fat: 1g	Fat: 2g	Fat: 2g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 139mg	Sodium: 180mg	Sodium: 239mg
Carbs: 42g	Carbs: 54g	Carbs: 72g
Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 5g
Total Sugars: 24g	Total Sugars: 31g	Total Sugars: 41g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 7g
Potassium: 1067mg	Potassium: 1386mg	Potassium: 1844mg
Calcium: 101mg	Calcium: 131mg	Calcium: 175mg
Iron: 2mg	Iron: 3mg	Iron: 5mg

## Aguas Frescas

### Pineapple Blue Majik Ginger

14oz	18oz	24oz
Calories: 136	Calories: 171	Calories: 239
Fat: 0.3g	Fat: 0.4g	Fat: 0.6g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: .1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 6mg	Sodium: 7mg	Sodium: 10mg
Carbs: 33g	Carbs: 41g	Carbs: 58g
Dietary Fiber: 1g	Dietary Fiber: 1g	Dietary Fiber: 1g
Total Sugars: 25g	Total Sugars: 31g	Total Sugars: 44g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 1g	Protein: 2g
Calcium: 3%	Calcium: 4%	Calcium: 6%
Iron: 4%	Iron: 6%	Iron: 8%

### Pineapple Cherry Limeade

14oz	18oz	24oz
Calories: 157	Calories: 196	Calories: 273
Fat: 0.4g	Fat: 0.5g	Fat: 0.7g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 5mg	Sodium: 7mg	Sodium: 9mg
Carbs: 38g	Carbs: 48g	Carbs: 67g
Dietary Fiber: 1g	Dietary Fiber: 2g	Dietary Fiber: 2g
Total Sugars: 30g	Total Sugars: 37g	Total Sugars: 51g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 2g
Calcium: 4%	Calcium: 5%	Calcium: 7%
Iron: 5%	Iron: 6%	Iron: 9%

### Pineapple Spinach Mint

14oz	18oz	24oz
Calories: 139	Calories: 175	Calories: 244
Fat: 0.4g	Fat: 0.5g	Fat: 0.7g
Sat Fat: 0g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 20mg	Sodium: 26mg	Sodium: 38mg
Carbs: 33g	Carbs: 42g	Carbs: 59g
Dietary Fiber: 1g	Dietary Fiber: 2g	Dietary Fiber: 2g
Total Sugars: 25g	Total Sugars: 31g	Total Sugars: 44g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 2g	Protein: 3g
Calcium: 6%	Calcium: 8%	Calcium: 11%
Iron: 8%	Iron: 10%	Iron: 15%

## Juices (Retail)

Appelilly	Chocolate Hemp Milk	Fountain
<b>18oz</b> Calories: 189 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 138mg Carbs: 40g Dietary Fiber: 4g Total Sugars: 29g Added Sugars: 0g Protein: 2g Potassium: 704mg Calcium: 78mg Iron: 3mg	<b>18oz</b> Calories: 392 Fat: 15g Sat Fat: 0g Cholesterol: 0mg Sodium: 138mg Carbs: 53g Dietary Fiber: 8g Total Sugars: 36g Added Sugars: 0g Protein: 15g Potassium: 243mg Calcium: 40mg Iron: 4mg	<b>16oz</b> Calories: 130 Fat: 1.5g Sat Fat: 0g Cholesterol: 0mg Sodium: 230mg Carbs: 27g Dietary Fiber: 1g Total Sugars: 22g Added Sugars: 0g Protein: 2g Potassium: 1570mg Calcium: 161mg Iron: 1mg

Gingerade	Golden Glow	Golden Mylk
<b>18oz</b> Calories: 136 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 7mg Carbs: 35g Dietary Fiber: 5g Total Sugars: 26g Added Sugars: 0g Protein: 0g Potassium: 233mg Calcium: 31mg Iron: 1mg	<b>18oz</b> Calories: 271 Fat: 1g Sat Fat: 0g Cholesterol: 0mg Sodium: 20mg Carbs: 61g Dietary Fiber: 2g Total Sugars: 48g Added Sugars: 0g Protein: 5g Potassium: 1197mg Calcium: 89mg Iron: 2mg	<b>16oz</b> Calories: 300 Fat: 12g Sat Fat: 1.5g Cholesterol: 0mg Sodium: 10mg Carbs: 38g Dietary Fiber: 8g Total Sugars: 30g Added Sugars: 0g Protein: 9g Potassium: 771mg Calcium: 50mg Iron: 4mg

Green Cleanse	Junglelilly	Recovery Punch
<b>18oz</b> Calories: 132 Fat: 12.0g Sat Fat: 0g Cholesterol: 0mg Sodium: 132mg Carbs: 25.5g Dietary Fiber: 4.5g Total Sugars: 16g Added Sugars: 0g Protein: 1.5g Potassium: 509.5mg Calcium: 43.5mg Iron: 1.5mg	<b>18oz</b> Calories: 175 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 134mg Carbs: 36g Dietary Fiber: 2g Total Sugars: 24g Added Sugars: 0g Protein: 3g Potassium: 800mg Calcium: 144mg Iron: 2mg	<b>16oz</b> Calories: 170 Fat: 1g Sat Fat: 0g Cholesterol: 0mg Sodium: 90mg Carbs: 38g Dietary Fiber: 0g Total Sugars: 34g Added Sugars: 0g Protein: 2g Potassium: 709mg Calcium: 62mg Iron: 0mg

TigerLilly	Watermelon Lime
<b>16oz</b> Calories: 50 Fat: 1.5g Sat Fat: 0g Cholesterol: 0mg Sodium: 270mg Carbs: 8g Dietary Fiber: 1g Total Sugars: 6g Added Sugars: 0g Protein: 2g Potassium: 1088mg Calcium: 198mg Iron: 0mg	<b>16oz</b> Calories: 174 Fat: 12.1g Sat Fat: 0g Cholesterol: 0mg Sodium: 13mg Carbs: 44g Dietary Fiber: 2.7g Total Sugars: 33.9g Added Sugars: 0g Protein: .7g Potassium: 677mg Calcium: 47mg Iron: 2mg

## Smoothies

### Bam Bam

	14oz	18oz	24oz
Calories:	409	603	829
Fat:	12.4g	23.2g	33g
Sat Fat:	.6g	1g	1.3g
Cholesterol:	0mg	0mg	0mg
Sodium:	19mg	25mg	34mg
Carbs:	74g	96g	132g
Dietary Fiber:	7g	10g	14g
Total Sugars:	51g	66g	91g
Added Sugars:	0g	0g	0g
Protein:	7g	10g	14g
Calcium:	8%	12%	16%
Iron:	16%mg	22%	30%

### Berry Godmother

	14oz	18oz	24oz
Calories:	223	287	394
Fat:	0.9g	1.2g	1.6g
Sat Fat:	0g	0.1g	0.1g
Cholesterol:	0mg	0mg	0mg
Sodium:	22mg	29mg	39mg
Carbs:	54g	70g	96g
Dietary Fiber:	8g	10g	12g
Total Sugars:	35g	46g	63g
Added Sugars:	0g	0g	0g
Protein:	3g	3g	5g
Calcium:	7%	9%	12%
Iron:	13%	16%	22%

### Blue Mint Chip

	14oz	18oz	24oz
Calories:	458	598	804
Fat:	17.4	23.1	31.1
Sat Fat:	4.4	5.8g	7.8g
Cholesterol:	0mg	0mg	0mg
Sodium:	119mg	159mg	211mg
Carbs:	59g	76g	101g
Dietary Fiber:	10g	13g	17g
Total Sugars:	39g	51g	69g
Added Sugars:	0g	0g	0g
Protein:	13g	17g	23g
Calcium:	5%	7%	9%
Iron:	23%	30%	41%

### Clementine

	Kids 9oz	14oz	18oz	24oz
Calories:	126	196	251	349
Fat:	0.4g	.7g	.8g	1.2g
Sat Fat:	0	.1g	.1g	0.1g
Cholesterol:	0mg	0mg	0mg	0mg
Sodium:	1mg	2mg	3mg	4mg
Carbs:	31g	48g	62g	86g
Dietary Fiber:	2g	4g	5g	7g
Total Sugars:	26g	41g	52g	72g
Added Sugars:	0g	0g	0g	0g
Protein:	1g	2g	3g	4g
Calcium:	3%	4%	6%	8%
Iron:	3%	5%	6%	9%

### Home Run

	Kids - 9oz	14oz	18oz	24oz
Calories:	151	234	301	416
Fat:	0.5g	0.8g	1g	1.3g
Sat Fat:	0.1	0g	0g	0g
Cholesterol:	0mg	0mg	0mg	0mg
Sodium:	8mg	12mg	15mg	21mg
Carbs:	38g	59g	76g	105g
Dietary Fiber:	3g	5g	7g	9g
Total Sugars:	25g	39g	50g	70g
Added Sugars:	0g	0g	0g	0g
Protein:	1g	2g	2g	3g
Calcium:	2%	4%	5%	7%
Iron:	5%	7%	9%	13%

### Honey Beary

	Kids - 9oz	14oz	18oz	24oz
Calories:	262	363	524	743
Fat:	8.2g	10.8g	16.5g	24.0g
Sat Fat:	1.2g	1.4g	2.3g	3.4g
Cholesterol:	0mg	0mg	0mg	0mg
Sodium:	56mg	87mg	113mg	163mg
Carbs:	48g	68g	96g	134g
Dietary Fiber:	5g	8g	11g	15g
Total Sugars:	32g	44g	65g	91g
Added Sugars:	0g	0g	0g	0g
Protein:	5g	6g	9g	13g
Calcium:	5%	6%	7%	11%
Iron:	5%	7%	10%	14%

### I Dream Of Greenie

	14oz	18oz	24oz
Calories:	210	265	381
Fat:	11.9g	7.2g	11.9g
Sat Fat:	0.8g	1g	1.6g
Cholesterol:	0mg	0mg	0mg
Sodium:	29mg	42mg	61mg
Carbs:	39g	51g	69g
Dietary Fiber:	6g	8g	12g
Total Sugars:	24g	30g	41g
Added Sugars:	0g	0g	0g
Protein:	5g	7g	10g
Calcium:	4%	6%	8%

### Julio Verde

	14oz	18oz	24oz
Calories:	422	535	783
Fat:	18.4g	23.3g	37.2g
Sat Fat:	1.1g	1g	1.7g
Cholesterol:	0mg	0mg	0mg
Sodium:	58mg	75mg	109mg
Carbs:	64g	82g	112g
Dietary Fiber:	8g	10g	13g
Total Sugars:	42g	54g	74g
Added Sugars:	0g	0g	0g
Protein:	5g	6g	9g
Calcium:	7%	9%	13%

Iron: 10%

Iron: 14%

Iron: 20%

Iron: 10%

Iron: 12%

Iron: 18%

### Kaleibrator

14oz	18oz	24oz
Calories: 468	Calories: 678	Calories: 944
Fat: 21.5g	Fat: 33.8g	Fat: 47.9g
Sat Fat: 1.4g	Sat Fat: 1.9g	Sat Fat: 2.5g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 37mg	Sodium: 49mg	Sodium: 69mg
Carbs: 70g	Carbs: 96g	Carbs: 132g
Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 17g
Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 63g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 8g	Protein: 11g	Protein: 15g
Calcium: 6%	Calcium: 8%	Calcium: 12%
Iron: 12%	Iron: 17%	Iron: 23%

### Moontower

14oz	18oz	24oz
Calories: 362	Calories: 471	Calories: 642
Fat: 7.7g	Fat: 10g	Fat: 14.2g
Sat Fat: 0.7g	Sat Fat: 0.9g	Sat Fat: 1.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 89mg	Sodium: 114mg	Sodium: 164mg
Carbs: 69g	Carbs: 90g	Carbs: 122g
Dietary Fiber: 10g	Dietary Fiber: 13g	Dietary Fiber: 18g
Total Sugars: 39g	Total Sugars: 52g	Total Sugars: 70g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 11g	Protein: 14g	Protein: 19g
Calcium: 8%	Calcium: 10%	Calcium: 14%
Iron: 18%	Iron: 23%	Iron: 31%

### Morning Sunshine

14oz	18oz	24oz
Calories: 303	Calories: 391	Calories: 563
Fat: 0.7g	Fat: 0.9g	Fat: 1.3g
Sat Fat: 0.2g	Sat Fat: 0.2g	Sat Fat: 0.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 19mg	Sodium: 25mg	Sodium: 34mg
Carbs: 75g	Carbs: 97g	Carbs: 132g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 11g
Total Sugars: 53g	Total Sugars: 68g	Total Sugars: 94g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 7g
Calcium: 6%	Calcium: 7%	Calcium: 10%
Iron: 12%	Iron: 16%	Iron: 21%

### Originator

14oz	18oz	24oz
Calories: 369	Calories: 374	Calories: 700
Fat: 5.1g	Fat: 8.9g	Fat: 13.5g
Sat Fat: 1g	Sat Fat: 1.8g	Sat Fat: 2.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 29mg	Sodium: 28mg	Sodium: 53mg
Carbs: 78g	Carbs: 69g	Carbs: 139g
Dietary Fiber: 8g	Dietary Fiber: 9g	Dietary Fiber: 13g
Total Sugars: 52g	Total Sugars: 39g	Total Sugars: 92g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 9g	Protein: 13g	Protein: 18g
Calcium: 5%	Calcium: 5%	Calcium: 10%
Iron: 15%	Iron: 18%	Iron: 27%

### Paradise Found

14oz	18oz	24oz
Calories: 287	Calories: 370	Calories: 512
Fat: 0.7g	Fat: 0.9g	Fat: 1.2g
Sat Fat: 0.1g	Sat Fat: 0.2g	Sat Fat: 0.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 6mg	Sodium: 8mg	Sodium: 12mg
Carbs: 73g	Carbs: 94g	Carbs: 130g
Dietary Fiber: 6g	Dietary Fiber: 7g	Dietary Fiber: 10g
Total Sugars: 51g	Total Sugars: 65g	Total Sugars: 90g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 5%	Calcium: 7%	Calcium: 10%
Iron: 7%	Iron: 9%	Iron: 13%

### Peachy Green

Kids - 9oz	14oz	18oz	24oz
Calories: 111	Calories: 173	Calories: 222	Calories: 311
Fat: 0.5g	Fat: 0.8g	Fat: 1g	Fat: 1.4g
Sat Fat: 0.1	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.2g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 11mg	Sodium: 17mg	Sodium: 22mg	Sodium: 33mg
Carbs: 27g	Carbs: 42g	Carbs: 54g	Carbs: 76g
Dietary Fiber: 2g	Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 6g
Total Sugars: 23g	Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 3%	Calcium: 4%	Calcium: 6%	Calcium: 8%
Iron: 4%	Iron: 6%	Iron: 7%	Iron: 10%

### Percolator

14oz	18oz	24oz
Calories: 283	Calories: 365	Calories: 496
Fat: 5g	Fat: 6.5g	Fat: 9.2g
Sat Fat: 0.5g	Sat Fat: 0.7g	Sat Fat: 1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 54mg	Sodium: 69mg	Sodium: 99mg
Carbs: 60g	Carbs: 77g	Carbs: 104g
Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 16g
Total Sugars: 32g	Total Sugars: 41g	Total Sugars: 55g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 7g	Protein: 10g
Calcium: 5%	Calcium: 7%	Calcium: 9%

### Raspberry Hooray

Kids - 9oz	14oz	18oz	24oz
Calories: 194	Calories: 301	Calories: 389	Calories: 537
Fat: 0.7g	Fat: 1.1g	Fat: 1.4g	Fat: 1.9g
Sat Fat: 0.1g	Sat Fat: 0.2g	Sat Fat: 0.3g	Sat Fat: 0.4g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 4mg	Sodium: 7mg	Sodium: 8mg	Sodium: 12mg
Carbs: 48g	Carbs: 75g	Carbs: 97g	Carbs: 134g
Dietary Fiber: 5g	Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 13g
Total Sugars: 30g	Total Sugars: 46g	Total Sugars: 60g	Total Sugars: 83g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g	Protein: 6g
Calcium: 3%	Calcium: 5%	Calcium: 6%	Calcium: 8%

Iron: 9%	Iron: 12%	Iron: 16%
----------	-----------	-----------

Iron: 5%	Iron: 8%	Iron: 10%	Iron: 14%
----------	----------	-----------	-----------

### Rehydrator

14oz	18oz	24oz
Calories: 239	Calories: 351	Calories: 497
Fat: 7g	Fat: 13.5g	Fat: 20.1g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 56mg	Sodium: 82mg	Sodium: 108mg
Carbs: 47	Carbs: 60g	Carbs: 83g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 11g
Total Sugars: 36g	Total Sugars: 47g	Total Sugars: 65g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 3g	Protein: 4g	Protein: 5g
Calcium: 4%	Calcium: 6%	Calcium: 8%
Iron: 5%	Iron: 7%	Iron: 9%

### Soul Boulder

14oz	18oz	24oz
Calories: 434	Calories: 634	Calories: 879
Fat: 17.5g	Fat: 27.4g	Fat: 39.1g
Sat Fat: 0.9g	Sat Fat: 1.2g	Sat Fat: 1.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 48mg	Sodium: 84mg	Sodium: 120mg
Carbs: 63g	Carbs: 89g	Carbs: 121g
Dietary Fiber: 11g	Dietary Fiber: 14g	Dietary Fiber: 19g
Total Sugars: 35g	Total Sugars: 52g	Total Sugars: 71g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 12g	Protein: 16g	Protein: 21g
Calcium: 10%	Calcium: 15%	Calcium: 21%
Iron: 19%	Iron: 25%	Iron: 33%

### Strawberry Mylkshake

14oz	18oz	24oz
Calories: 200	Calories: 258	Calories: 351
Fat: 6.3g	Fat: 8.3g	Fat: 11.4g
Sat Fat: 0.7g	Sat Fat: 0.9g	Sat Fat: 1.2g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 4mg	Sodium: 6mg	Sodium: 7mg
Carbs: 34g	Carbs: 43g	Carbs: 59g
Dietary Fiber: 5g	Dietary Fiber: 7g	Dietary Fiber: 10g
Total Sugars: 19g	Total Sugars: 24g	Total Sugars: 32g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 7g	Protein: 9g
Calcium: 4%	Calcium: 5%	Calcium: 6%
Iron: 12%	Iron: 16%	Iron: 21%

### Vegetable Collective

14oz	18oz	24oz
Calories: 314	Calories: 462	Calories: 659
Fat: 7.9g	Fat: 14.9g	Fat: 22.1g
Sat Fat: 0.2g	Sat Fat: 0.3g	Sat Fat: 0.5g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 79mg	Sodium: 127mg	Sodium: 185mg
Carbs: 60g	Carbs: 80g	Carbs: 113g
Dietary Fiber: 7g	Dietary Fiber: 10g	Dietary Fiber: 14g
Total Sugars: 47g	Total Sugars: 62g	Total Sugars: 87g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 6g	Protein: 8g	Protein: 11g
Calcium: 9%	Calcium: 12%	Calcium: 18%
Iron: 16%	Iron: 22%	Iron: 30%

### Wild Child

14oz	18oz	24oz
Calories: 323	Calories: 419	Calories: 558
Fat: 5g	Fat: 7g	Fat: 9g
Sat Fat: 4g	Sat Fat: 5g	Sat Fat: 7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 93mg	Sodium: 120mg	Sodium: 160mg
Carbs: 66g	Carbs: 86g	Carbs: 114g
Dietary Fiber: 5g	Dietary Fiber: 5g	Dietary Fiber: 6g
Total Sugars: 25g	Total Sugars: 33g	Total Sugars: 44g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 9g	Protein: 11g	Protein: 15g
Calcium: 62mg	Calcium: 81mg	Calcium: 108mg
Iron: 3mg	Iron: 4mg	Iron: 6mg

### Wundershowzen

kids - 9oz	14oz	18oz	24oz
Calories: 252	Calories: 368	Calories: 505	Calories: 702
Fat: 8.7g	Fat: 11.5g	Fat: 17.4g	Fat: 25.3g
Sat Fat: 1.3g	Sat Fat: 1.6g	Sat Fat: 2.5g	Sat Fat: 3.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 65mg	Sodium: 100mg	Sodium: 130mg	Sodium: 188mg
Carbs: 42g	Carbs: 64g	Carbs: 84g	Carbs: 114g
Dietary Fiber: 6g	Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 17g
Total Sugars: 23g	Total Sugars: 36g	Total Sugars: 47g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 7g	Protein: 9g	Protein: 13g	Protein: 19g
Calcium: 5%	Calcium: 8%	Calcium: 10%	Calcium: 15%
Iron: 10%	Iron: 15%	Iron: 20%	Iron: 28%

## Smoothie Bowls

### Açaí Bowl

<b>1 Bowl</b>
Calories: 564
Fat: 13g
Sat Fat: 4g
Cholesterol: 0mg
Sodium: 73mg
Carbs: 109g
Dietary Fiber: 10g

### Smoothie Bowl

<b>1 Small Smoothie +</b>
Calories: +518

Total Sugars: 72g  
Added Sugars: 18g  
Protein: 6g  
Potassium: 1062mg  
Calcium: 104mg  
Iron: 2mg

## Shots

<b>B-12 Shot</b>	<b>Blue Dream</b>	<b>Dr. Doctor</b>	<b>Guayusa/Yerba Mate</b>	<b>Hot Shot</b>	<b>Liquid Gold</b>
Calories: 36 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 6mg Carbs: 5g Dietary Fiber: 0g Total Sugars: 2g Added Sugars: 0g Protein: 0g Potassium: 0mg Calcium: 0mg Iron: 0mg	Calories: 48 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 10mg Carbs: 13g Dietary Fiber: 0g Total Sugars: 3g Added Sugars: 0g Protein: 2g Potassium: 238mg Calcium: 13mg Iron: 0mg	Calories: 24 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 4mg Carbs: 6g Dietary Fiber: 1g Total Sugars: 2g Added Sugars: 0g Protein: 1g Potassium: 131mg Calcium: 11mg Iron: 0mg	Calories: 36 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 6mg Carbs: 5g Dietary Fiber: 0g Total Sugars: 2g Added Sugars: 0g Protein: 0g Potassium: 0mg Calcium: 0mg Iron: 0mg	Calories: 15 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 9mg Carbs: 4g Dietary Fiber: 0g Total Sugars: 1g Added Sugars: 0g Protein: 1g Potassium: 80mg Calcium: 7mg Iron: 0mg	Calories: 43 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 12mg Carbs: 12g Dietary Fiber: 0g Total Sugars: 1g Added Sugars: 0g Protein: 2g Potassium: 263mg Calcium: 2mg Iron: 0mg
<b>Noni 2 Fear</b>	<b>Wheatgrass</b>				
Calories: 6 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 14mg Carbs: 1g Dietary Fiber: 0g Total Sugars: 0g Added Sugars: 0g Protein: 0g Potassium: 28mg Calcium: 2mg Iron: 0mg	Calories: 15 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 0mg Carbs: 2g Dietary Fiber: 1g Total Sugars: 0g Added Sugars: 0g Protein: 0g Potassium: 103mg Calcium: 14mg Iron: 8mg				

## Lattes + Tonics

<b>Fixer Elixir</b>	<b>Golden Mylk Coffee Latte</b>	<b>Iced Coffee + Almond Milk</b>	<b>Liquid Gold Drop</b>	<b>Matcha Latte</b>	<b>Mocha Latte</b>
Calories: 90 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 7mg Carbs: 22g Dietary Fiber: 0g Total Sugars: 13g Added Sugars: 11g Protein: 0g Potassium: 11mg Calcium: 0mg Iron: 0mg	Calories: 329 Fat: 20g Sat Fat: 8g Cholesterol: 0mg Sodium: 16mg Carbs: 39g Dietary Fiber: 4g Total Sugars: 32g Added Sugars: 0g Protein: 8g Potassium: 391mg Calcium: 44mg Iron: 0mg	Calories: 47 Fat: 1g Sat Fat: 0g Cholesterol: 0mg Sodium: 79mg Carbs: 8g Dietary Fiber: 0g Total Sugars: 7g Added Sugars: 0g Protein: 1g Potassium: 177mg Calcium: 104mg Iron: 0mg	Calories: 93 Fat: 0g Sat Fat: 0g Cholesterol: 0mg Sodium: 26mg Carbs: 26g Dietary Fiber: 0g Total Sugars: 13g Added Sugars: 11g Protein: 2g Potassium: 302mg Calcium: 14mg Iron: 0mg	Calories: 340 Fat: 20g Sat Fat: 8g Cholesterol: 0mg Sodium: 15mg Carbs: 38g Dietary Fiber: 4g Total Sugars: 31g Added Sugars: 1g Protein: 12g Potassium: 433mg Calcium: 37mg Iron: 1mg	Calories: 299 Fat: 15g Sat Fat: 8g Cholesterol: 0mg Sodium: 16mg Carbs: 41g Dietary Fiber: 5g Total Sugars: 32g Added Sugars: 1g Protein: 6g Potassium: 474mg Calcium: 37mg Iron: 1mg
<b>Majik Drop</b>					
Calories: 139 Fat: 0g Sat Fat: 0g Cholesterol: 0mg					



Sodium: 24mg  
Carbs: 38g  
Dietary Fiber: 0g  
Total Sugars: 27g  
Added Sugars: 23g  
Protein: 2g  
Potassium: 284mg  
Calcium: 26mg  
Iron: 0mg

## Food

### Beyond Burrito

Calories: 460  
Fat: 26g  
Sat Fat: 3g  
Cholesterol: 0mg  
Sodium: 1840mg  
Carbs: 33g  
Dietary Fiber: 5g  
Total Sugars: 5g  
Added Sugars: 0g  
Protein: 19g  
Potassium: 590mg  
Calcium: 130mg  
Iron: 3mg

### Dragon Fruit Overnight Oats

Calories: 420  
Fat: 26g  
Sat Fat: 2.5g  
Cholesterol: 0mg  
Sodium: 120mg  
Carbs: 43g  
Dietary Fiber: 9g  
Total Sugars: 15g  
Added Sugars: 9g  
Protein: 16g  
Potassium: 273mg  
Calcium: 83mg  
Iron: 2mg

### Frijole Roller

Calories: 659  
Fat: 29g  
Sat Fat: 4g  
Cholesterol: 0mg  
Sodium: 819mg  
Carbs: 85g  
Dietary Fiber: 10g  
Total Sugars: 6g  
Added Sugars: 0g  
Protein: 18g  
Potassium: 1213mg  
Calcium: 137mg  
Iron: 4mg

### Jackfruit Carniatas

Calories: 280  
Fat: 19g  
Sat Fat: 2.5g  
Cholesterol: 0mg  
Sodium: 480mg  
Carbs: 22g  
Dietary Fiber: 3g  
Total Sugars: 6g  
Added Sugars: 0g  
Protein: 6g  
Potassium: 455mg  
Calcium: 58mg  
Iron: 2mg

### Jerk Sweet Potato Grain Bowl

Calories: 830  
Fat: 47g  
Sat Fat: 10g  
Cholesterol: 0mg  
Sodium: 1520mg  
Carbs: 79g  
Dietary Fiber: 29g  
Total Sugars: 11g  
Added Sugars: 5g  
Protein: 24g  
Potassium: 1420mg  
Calcium: 200mg  
Iron: 5mg

### Mannawich

Calories: 390  
Fat: 38g  
Sat Fat: 13g  
Cholesterol: 0mg  
Sodium: 233mg  
Carbs: 37g  
Dietary Fiber: 10g  
Total Sugars: 8g  
Added Sugars: 0g  
Protein: 12g  
Potassium: 175mg  
Calcium: 83mg  
Iron: 4mg

### Mid East Feast

Calories: 408  
Fat: 29g  
Sat Fat: 4g  
Cholesterol: 0mg  
Sodium: 642mg  
Carbs: 33g  
Dietary Fiber: 8g  
Total Sugars: 5g  
Added Sugars: 0g  
Protein: 2g  
Potassium: 460mg  
Calcium: 69mg  
Iron: 4mg

### Rainbow Quinoa

Calories: 257  
Fat: 17g  
Sat Fat: 2g  
Cholesterol: 0mg  
Sodium: 436mg  
Carbs: 23g  
Dietary Fiber: 4g  
Total Sugars: 6g  
Added Sugars: 0g  
Protein: 6g  
Potassium: 435mg  
Calcium: 47mg  
Iron: 2mg

### Spring Roll Bowl

Calories: 440  
Fat: 17g  
Sat Fat: 2.5g  
Cholesterol: 0mg  
Sodium: 1440mg  
Carbs: 59g  
Dietary Fiber: 4g  
Total Sugars: 9g  
Added Sugars: 1g  
Protein: 18g  
Potassium: 453mg  
Calcium: 471mg  
Iron: 4mg

### Queso Roller

Calories: 400  
Fat: 15g  
Sat Fat: 2g  
Cholesterol: 0mg  
Sodium: 580mg  
Carbs: 51g  
Dietary Fiber: 3g  
Total Sugars: 4g  
Added Sugars: 0g  
Protein: 15g  
Potassium: 719mg  
Calcium: 78mg  
Iron: 5mg