

# JUICELAND NUTRITION FACTS 2023

## SMOOTHIES

SMOOTHIES											
Bam Bam				Berry Godmother				Cosmic Charlie			
14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz
Calories: 402	Calories: 594	Calories: 827	Calories: 1116	Calories: 221	Calories: 284	Calories: 390	Calories: 516	Calories: 430	Calories: 594	Calories: 812	Calories: 1116
Fat: 15.1g	Fat: 27g	Fat: 38.6g	Fat: 51.5g	Fat: 0.0g	Fat: 1.3g	Fat: 1.6g	Fat: 2.1g	Fat: 12.5g	Fat: 18.9g	Fat: 26.7g	Fat: 35.6g
Sat Fat: 0.8g	Sat Fat: 1.3g	Sat Fat: 1.7g	Sat Fat: 2.2g	Sat Fat: 0g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 58mg	Sodium: 79mg	Sodium: 107mg	Sodium: 143mg	Sodium: 22mg	Sodium: 29mg	Sodium: 39mg	Sodium: 51mg	Sodium: 153mg	Sodium: 220mg	Sodium: 306mg	Sodium: 408mg
Carbs: 65g	Carbs: 85g	Carbs: 116g	Carbs: 155g	Carbs: 54g	Carbs: 69g	Carbs: 95g	Carbs: 126g	Carbs: 53g	Carbs: 69g	Carbs: 95g	Carbs: 126g
Dietary Fiber: 5g	Dietary Fiber: 11g	Dietary Fiber: 15g	Dietary Fiber: 20g	Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 16g	Dietary Fiber: 19g	Dietary Fiber: 23g	Dietary Fiber: 31g	Dietary Fiber: 41g
Total Sugars: 44g	Total Sugars: 66g	Total Sugars: 78g	Total Sugars: 104g	Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 62g	Total Sugars: 81g	Total Sugars: 40g	Total Sugars: 53g	Total Sugars: 72g	Total Sugars: 96g
Added Sugars: 0g	Added Sugars: 57g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 8g	Protein: 13g	Protein: 15g	Protein: 20g	Protein: 5g	Protein: 5g	Protein: 5g	Protein: 5g	Protein: 24g	Protein: 35g	Protein: 48g	Protein: 64g
Calcium: 6%	Calcium: 13%	Calcium: 17%	Calcium: 23%	Calcium: 7%	Calcium: 9%	Calcium: 12%	Calcium: 16%	Calcium: 9%	Calcium: 12%	Calcium: 16%	Calcium: 21%
Iron: 0.1%	Iron: 0.2%	Iron: 0.2%	Iron: 0.3%	Iron: 0%	Iron: 0%	Iron: 0%	Iron: 0%	Iron: 0%	Iron: 0%	Iron: 0%	Iron: 0%

Chocolate Whey				Clementine			
Kids - 8oz	14oz	18oz	24oz	Kids - 8oz	14oz	18oz	24oz
Calories: 287	Calories: 408	Calories: 503	Calories: 708	Calories: 239	Calories: 255	Calories: 265	Calories: 268
Fat: 5.1g	Fat: 7.3g	Fat: 9.4g	Fat: 14.3g	Fat: 0.4g	Fat: .4g	Fat: 0.7g	Fat: 1.0g
Sat Fat: 0.1g	Sat Fat: 0.7g	Sat Fat: 0.9g	Sat Fat: 1.3g	Sat Fat: 0	Sat Fat: 0.0g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 158mg	Sodium: 188mg	Sodium: 213mg	Sodium: 330mg	Sodium: 2mg	Sodium: 3mg	Sodium: 4mg	Sodium: 6mg
Carbs: 42g	Carbs: 65g	Carbs: 83g	Carbs: 112g	Carbs: 24g	Carbs: 33g	Carbs: 45g	Carbs: 75g
Dietary Fiber: 6g	Dietary Fiber: 10g	Dietary Fiber: 15g	Dietary Fiber: 17g	Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 7g
Total Sugars: 25g	Total Sugars: 35g	Total Sugars: 45g	Total Sugars: 63g	Total Sugars: 29g	Total Sugars: 40g	Total Sugars: 54g	Total Sugars: 75g
Added Sugars: 0g	Added Sugars: 29g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 24g	Protein: 28g	Protein: 28g	Protein: 44g	Protein: 3g	Protein: 3g	Protein: 3g	Protein: 4g
Calcium: 6%	Calcium: 8%	Calcium: 10%	Calcium: 13%	Calcium: 3%	Calcium: 5%	Calcium: 6%	Calcium: 7%
Iron: 7%	Iron: 11%	Iron: 14%	Iron: 19%	Iron: 3%	Iron: 6%	Iron: 7%	Iron: 10%

Honey Beary				Home Run			
Kids - 8oz	14oz	18oz	24oz	Kids - 8oz	14oz	18oz	24oz
Calories: 262	Calories: 363	Calories: 534	Calories: 743	Calories: 151	Calories: 234	Calories: 301	Calories: 416
Fat: 8.2g	Fat: 10.5g	Fat: 14.0g	Fat: 24.0g	Fat: 0.5g	Fat: 0.8g	Fat: 1.1g	Fat: 1.5g
Sat Fat: 0.3g	Sat Fat: 1.4g	Sat Fat: 2.5g	Sat Fat: 4.6g	Sat Fat: 0.1	Sat Fat: 0.2	Sat Fat: 0.3	Sat Fat: 0.4
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 36mg	Sodium: 47mg	Sodium: 123mg	Sodium: 168mg	Sodium: 8mg	Sodium: 12mg	Sodium: 16mg	Sodium: 22mg
Carbs: 46g	Carbs: 67g	Carbs: 86g	Carbs: 134g	Carbs: 36g	Carbs: 52g	Carbs: 70g	Carbs: 105g
Dietary Fiber: 5g	Dietary Fiber: 9g	Dietary Fiber: 11g	Dietary Fiber: 15g	Dietary Fiber: 5g	Dietary Fiber: 5g	Dietary Fiber: 7g	Dietary Fiber: 7g
Total Sugars: 32g	Total Sugars: 44g	Total Sugars: 65g	Total Sugars: 91g	Total Sugars: 25g	Total Sugars: 39g	Total Sugars: 50g	Total Sugars: 70g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 6g	Protein: 9g	Protein: 13g	Protein: 3g	Protein: 3g	Protein: 3g	Protein: 3g
Calcium: 5%	Calcium: 6%	Calcium: 7%	Calcium: 11%	Calcium: 2%	Calcium: 4%	Calcium: 5%	Calcium: 7%
Iron: 5%	Iron: 7%	Iron: 10%	Iron: 14%	Iron: 5%	Iron: 7%	Iron: 9%	Iron: 13%

I Dream Of Greenie				Julio Verde				Moonflower			
14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz
Calories: 220	Calories: 265	Calories: 381	Calories: 513	Calories: 422	Calories: 535	Calories: 783	Calories: 1044	Calories: 562	Calories: 471	Calories: 642	Calories: 858
Fat: 11.8g	Fat: 7.3g	Fat: 11.9g	Fat: 18.1g	Fat: 18.4g	Fat: 23.5g	Fat: 37.2g	Fat: 50.8g	Fat: 7g	Fat: 10g	Fat: 14g	Fat: 20g
Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 29mg	Sodium: 43mg	Sodium: 43mg	Sodium: 43mg	Sodium: 58mg	Sodium: 75mg	Sodium: 109mg	Sodium: 144mg	Sodium: 89mg	Sodium: 114mg	Sodium: 144mg	Sodium: 189mg
Carbs: 37g	Carbs: 51g	Carbs: 69g	Carbs: 99g	Carbs: 44g	Carbs: 63g	Carbs: 113g	Carbs: 153g	Carbs: 49g	Carbs: 76g	Carbs: 103g	Carbs: 139g
Dietary Fiber: 6g	Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 13g	Dietary Fiber: 6g	Dietary Fiber: 8g	Dietary Fiber: 11g	Dietary Fiber: 15g	Dietary Fiber: 10g	Dietary Fiber: 13g	Dietary Fiber: 16g	Dietary Fiber: 21g
Total Sugars: 24g	Total Sugars: 30g	Total Sugars: 42g	Total Sugars: 61g	Total Sugars: 42g	Total Sugars: 54g	Total Sugars: 74g	Total Sugars: 101g	Total Sugars: 39g	Total Sugars: 53g	Total Sugars: 70g	Total Sugars: 96g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 7g	Protein: 10g	Protein: 15g	Protein: 5g	Protein: 6g	Protein: 9g	Protein: 14g	Protein: 11g	Protein: 14g	Protein: 19g	Protein: 26g
Calcium: 4%	Calcium: 6%	Calcium: 8%	Calcium: 11%	Calcium: 7%	Calcium: 9%	Calcium: 13%	Calcium: 18%	Calcium: 6%	Calcium: 10%	Calcium: 14%	Calcium: 21%
Iron: 10%	Iron: 14%	Iron: 20%	Iron: 28%	Iron: 10%	Iron: 12%	Iron: 18%	Iron: 25%	Iron: 18%	Iron: 23%	Iron: 31%	Iron: 43%

Morning Sunshine				Originator				Peachy Green			
14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz	Kids - 8oz	14oz	18oz	24oz
Calories: 305	Calories: 391	Calories: 565	Calories: 753	Calories: 371	Calories: 505	Calories: 704	Calories: 932	Calories: 111	Calories: 173	Calories: 222	Calories: 311
Fat: 0.2g	Fat: 0.4g	Fat: 1.1g	Fat: 1.6g	Fat: 8.1g	Fat: 11.1g	Fat: 19.1g	Fat: 25.1g	Fat: 0.8g	Fat: 1.1g	Fat: 1.4g	Fat: 1.9g
Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 19mg	Sodium: 29mg	Sodium: 44mg	Sodium: 60mg	Sodium: 46mg	Sodium: 62mg	Sodium: 122mg	Sodium: 162mg	Sodium: 13mg	Sodium: 17mg	Sodium: 23mg	Sodium: 31mg
Carbs: 75g	Carbs: 97g	Carbs: 132g	Carbs: 177g	Carbs: 71g	Carbs: 93g	Carbs: 136g	Carbs: 181g	Carbs: 27g	Carbs: 42g	Carbs: 54g	Carbs: 76g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 11g	Dietary Fiber: 15g	Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 15g	Dietary Fiber: 20g	Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 6g	Dietary Fiber: 8g
Total Sugars: 53g	Total Sugars: 68g	Total Sugars: 94g	Total Sugars: 126g	Total Sugars: 45g	Total Sugars: 58g	Total Sugars: 80g	Total Sugars: 106g	Total Sugars: 25g	Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 7g	Protein: 10g	Protein: 10g	Protein: 13g	Protein: 20g	Protein: 26g	Protein: 3g	Protein: 4g	Protein: 5g	Protein: 7g
Calcium: 6%	Calcium: 7%	Calcium: 10%	Calcium: 13%	Calcium: 6%	Calcium: 8%	Calcium: 12%	Calcium: 16%	Calcium: 3%	Calcium: 4%	Calcium: 6%	Calcium: 8%
Iron: 12%	Iron: 16%	Iron: 22%	Iron: 30%	Iron: 16%	Iron: 22%	Iron: 28%	Iron: 37%	Iron: 4%	Iron: 6%	Iron: 7%	Iron: 10%

Paradise Found				Percolator				Rehydrator			
14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz
Calories: 287	Calories: 370	Calories: 512	Calories: 688	Calories: 283	Calories: 365	Calories: 496	Calories: 662	Calories: 239	Calories: 331	Calories: 497	Calories: 662
Fat: 0.7g	Fat: 0.9g	Fat: 1.3g	Fat: 1.9g	Fat: 7.1g	Fat: 8.5g	Fat: 12.2g	Fat: 16.3g	Fat: 7g	Fat: 11.5g	Fat: 16.1g	Fat: 21.4g
Sat Fat: 0.1g	Sat Fat: 0.2g	Sat Fat: 0.2g	Sat Fat: 0.2g	Sat Fat: 0.5g	Sat Fat: 0.7g	Sat Fat: 1.1g	Sat Fat: 1.5g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 8mg	Sodium: 12mg	Sodium: 18mg	Sodium: 25mg	Sodium: 54mg	Sodium: 69mg	Sodium: 99mg	Sodium: 134mg	Sodium: 56mg	Sodium: 82mg	Sodium: 108mg	Sodium: 143mg
Carbs: 75g	Carbs: 94g	Carbs: 130g	Carbs: 175g	Carbs: 40g	Carbs: 72g	Carbs: 104g	Carbs: 140g	Carbs: 47	Carbs: 60g	Carbs: 83g	Carbs: 111g
Dietary Fiber: 6g	Dietary Fiber: 7g	Dietary Fiber: 10g	Dietary Fiber: 14g	Dietary Fiber: 9g	Dietary Fiber: 13g	Dietary Fiber: 18g	Dietary Fiber: 24g	Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 51g	Total Sugars: 65g	Total Sugars: 90g	Total Sugars: 121g	Total Sugars: 20g	Total Sugars: 41g	Total Sugars: 59g	Total Sugars: 80g	Total Sugars: 36g	Total Sugars: 47g	Total Sugars: 65g	Total Sugars: 88g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g	Protein: 6g	Protein: 5g	Protein: 7g	Protein: 10g	Protein: 13g	Protein: 3g	Protein: 4g	Protein: 5g	Protein: 7g
Calcium: 5%	Calcium: 7%	Calcium: 10%	Calcium: 13%	Calcium: 5%	Calcium: 7%	Calcium: 9%	Calcium: 12%	Calcium: 4%	Calcium: 6%	Calcium: 8%	Calcium: 11%
Iron: 7%	Iron: 9%	Iron: 13%	Iron: 18%	Iron: 9%	Iron: 12%	Iron: 16%	Iron: 21%	Iron: 5%	Iron: 7%	Iron: 9%	Iron: 12%

Vegetable Collective				Wild Child				Wunderhosen			
14oz	18oz	24oz	36oz	14oz	18oz	24oz	36oz	Kids - 8oz	14oz	18oz	24oz
Calories: 282	Calories: 420	Calories: 599	Calories: 804	Calories: 323	Calories: 419	Calories: 558	Calories: 744	Calories: 232	Calories: 368	Calories: 505	Calories: 702
Fat: 7.3g	Fat: 10.4g	Fat: 14.5g	Fat: 19.6g	Fat: 7.7g	Fat: 10.1g	Fat: 13.7g	Fat: 18.3g	Fat: 8.7g	Fat: 11.5g	Fat: 15.4g	Fat: 20.5g
Sat Fat: 0.3g	Sat Fat: 0.5g	Sat Fat: 0.7g	Sat Fat: 0.9g	Sat Fat: 0.3g	Sat Fat: 0.4g	Sat Fat: 0.6g	Sat Fat: 0.8				