

# JUICELAND NUTRITION FACTS 2023

## SMOOTHIES

Bam Bam		
14oz	18oz	24oz
Calories: 402	Calories: 594	Calories: 827
Fat: 15.1 g	Fat: 27g	Fat: 38.6g
Sat Fat: 0.8g	Sat Fat: 1.3 g	Sat Fat: 1.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 58mg	Sodium: 75mg	Sodium: 107mg
Carbs: 65g	Carbs: 85g	Carbs: 116g
Dietary Fiber: 8g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 44g	Total Sugars: 66g	Total Sugars: 78g
Added Sugars: 0g	Added Sugars: 57g	Added Sugars: 0g
Protein: 8g	Protein:11g	Protein:15g
Calcium: 8%	Calcium: 13%	Calcium: 17%
Iron: 15% mg	Iron: 21%	Iron: 29%

Berry Godmother		
14oz	18oz	24oz
Calories: 221	Calories: 284	Calories: 390
Fat: 1.0g	Fat: 1.2g	Fat: 1.6g
Sat Fat: 0g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 22mg	Sodium: 29mg	Sodium: 39mg
Carbs: 54g	Carbs: 69g	Carbs: 95g
Dietary Fiber: 7g	Dietary Fiber: 19g	Dietary Fiber: 12g
Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 3g	Protein: 3g	Protein: 5g
Calcium: 7%	Calcium: 9%	Calcium: 12%
Iron: 13%	Iron: 17%	Iron: 22%

Cosmic Charlie		
14oz	18oz	24oz
Calories: 430	Calories: 594	Calories: 812
Fat: 12.5g	Fat: 18.8g	Fat: 26.7g
Sat Fat: 4.1g	Sat Fat: 5.9g	Sat Fat: 8.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 153mg	Sodium: 202mg	Sodium: 265mg
Carbs: 52g	Carbs: 69g	Carbs: 95g
Dietary Fiber: 19g	Dietary Fiber: 12g	Dietary Fiber: 16g
Total Sugars: 40g	Total Sugars: 53g	Total Sugars: 73g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 24g	Protein: 33g	Protein: 43g
Calcium: 9%	Calcium: 12%	Calcium: 16%
Iron: 9%	Iron: 13%	Iron: 17%

Chocolate Whey			
Kids - 9oz	14oz	18oz	24oz
Calories: 287	Calories: 406	Calories: 501	Calories: 708
Fat: 5.1g	Fat: 7.7g	Fat: 9.8g	Fat: 14.2g
Sat Fat: 0.1g	Sat Fat: 0.7g	Sat Fat: 0.9g	Sat Fat: 1.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 158mg	Sodium: 188mg	Sodium: 213mg	Sodium: 330mg
Carbs: 42g	Carbs: 65g	Carbs: 83g	Carbs: 112g
Dietary Fiber: 6g	Dietary Fiber: 10g	Dietary Fiber: 13g	Dietary Fiber: 17g
Total Sugars: 23g	Total Sugars: 35g	Total Sugars: 45g	Total Sugars: 62g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 24g	Protein: 26g	Protein: 28g	Protein: 44g
Calcium: 6%	Calcium: 8%	Calcium: 10%	Calcium: 15%
Iron: 7%	Iron: 11%	Iron: 14%	Iron: 19%

Clementine			
Kids 9oz	14oz	18oz	24oz
Calories: 139	Calories: 205	Calories: 263	Calories: 366
Fat: 0.4g	Fat: .6g	Fat: 0.7g	Fat: 1.0g
Sat Fat: 0	Sat Fat: .01g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 2mg	Sodium: 3mg	Sodium: 4mg	Sodium: 6mg
Carbs: 34g	Carbs: 51g	Carbs: 65g	Carbs: 91g
Dietary Fiber: 3g	Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 7g
Total Sugars: 29g	Total Sugars: 42g	Total Sugars: 54g	Total Sugars: 75g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 3%	Calcium: 5%	Calcium: 6%	Calcium: 8%
Iron: 3%	Iron: 6%	Iron: 7%	Iron: 10%

Honey Berry			
Kids - 9oz	14oz	18oz	24oz
Calories: 262	Calories: 363	Calories: 524	Calories: 743
Fat: 8.2g	Fat: 10.8g	Fat: 16.5g	Fat: 24.0g
Sat Fat: 1.2g	Sat Fat: 1.4g	Sat Fat: 2.3g	Sat Fat: 3.4g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 56mg	Sodium: 87mg	Sodium: 113mg	Sodium: 165mg
Carbs: 48g	Carbs: 68g	Carbs: 96g	Carbs: 134g
Dietary Fiber: 5g	Dietary Fiber: 8g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 32g	Total Sugars: 44g	Total Sugars: 65g	Total Sugars: 91g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 6g	Protein: 9g	Protein: 13g
Calcium: 5%	Calcium: 6%	Calcium: 7%	Calcium: 11%
Iron: 5%	Iron: 7%	Iron: 10%	Iron: 14%

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

I Dream Of Greenie		
14oz	18oz	24oz
Calories: 210	Calories: 265	Calories: 381
Fat: 11.9g	Fat: 7.2g	Fat: 11.9g
Sat Fat: 0.8g	Sat Fat: 1g	Sat Fat: 1.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 29mg	Sodium: 42mg	Sodium: 61mg
Carbs: 39g	Carbs: 51g	Carbs: 69g
Dietary Fiber: 6g	Dietary Fiber: 8g	Dietary Fiber: 12g
Total Sugars: 24g	Total Sugars: 30g	Total Sugars: 41g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 7g	Protein: 10g
Calcium: 4%	Calcium: 6%	Calcium: 8%
Iron: 10%	Iron: 14%	Iron: 20%

Julio Verde		
14oz	18oz	24oz
Calories: 422	Calories: 535	Calories: 783
Fat: 18.4g	Fat: 23.3g	Fat: 37.2g
Sat Fat: 1.1g	Sat Fat: 1g	Sat Fat: 1.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 58mg	Sodium: 75mg	Sodium: 109mg
Carbs: 64g	Carbs: 82g	Carbs: 112g
Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 15g
Total Sugars: 42g	Total Sugars: 54g	Total Sugars: 74g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 6g	Protein: 9g
Calcium: 7%	Calcium: 9%	Calcium: 13%
Iron: 10%	Iron: 12%	Iron: 18%

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: 152g
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%

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: 75g	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%

Vegetable Collective		
14oz	18oz	24oz
Calories: 282	Calories: 420	Calories: 599
Fat: 9.1g	Fat: 16.4g	Fat: 24.5g
Sat Fat: 0.5g	Sat Fat: 0.5g	Sat Fat: 0.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 60mg	Sodium: 103mg	Sodium: 152mg
Carbs: 49g	Carbs: 66g	Carbs: 93g
Dietary Fiber: 6g	Dietary Fiber: 9g	Dietary Fiber: 13g
Total Sugars: 39g	Total Sugars: 50g	Total Sugars: 70g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 6g	Protein: 8g	Protein: 11g
Calcium: 7%	Calcium: 10%	Calcium: 14%
Iron: 15%	Iron: 20%	Iron: 28%

Soul Boulder		
14oz	18oz	24oz
Calories: 454	Calories: 654	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%

Originator		
14oz	18oz	24oz
Calories: 371	Calories: 505	Calories: 704
Fat: 8.1g	Fat: 13.1g	Fat: 19.1g
Sat Fat: 1.3g	Sat Fat: 2.1g	Sat Fat: 3.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 66mg	Sodium: 86mg	Sodium: 122mg
Carbs: 71g	Carbs: 92g	Carbs: 126g
Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 15g
Total Sugars: 45g	Total Sugars: 58g	Total Sugars: 80g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 10g	Protein: 15g	Protein: 20g
Calcium: 6%	Calcium: 8%	Calcium: 12%
Iron: 16%	Iron: 21%	Iron: 28%

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

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: 35g	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

Macabrainia		
14oz	18oz	24oz
Calories: 196	Calories: 293	Calories: 419
Fat: 6.9g	Fat: 13.5g	Fat: 20.1g
Sat Fat: 0.0g	Sat Fat: 0.0g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 5mg	Sodium: 7mg	Sodium: 9mg
Carbs: 34g	Carbs: 44g	Carbs: 61g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 7g
Total Sugars: 24g	Total Sugars: 30g	Total Sugars: 42g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 2g	Protein: 3g
Calcium: 4%	Calcium: 5%	Calcium: 7%
Iron: 9%	Iron: 11%	Iron: 15%

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%

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: 5g	Protein: 4g	Protein: 5g
Calcium: 4%	Calcium: 6%	Calcium: 8%
Iron: 5%	Iron: 7%	Iron: 9%

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**

Protein Sundae Bowl	Dragon Fruit Bowl	Honey Beary Bowl	Bam Bam Bowl	Acaci Bowl	Bowl Upgrade
Calories: 891	Calories: 697	Calories: 776	Calories: 952	Calories: 781	Small Smoothie + 518 Calories
Fat: 25.7g	Fat: 27.2g	Fat: 28.4g	Fat: 40.8g	Fat: 35.1g	
Sat Fat: 4.8g	Sat Fat: 0.9g	Sat Fat: 5.5g	Sat Fat: 1.6g	Sat Fat: .9g	
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	
Sodium: 281mg	Sodium: 105mg	Sodium: 179mg	Sodium: 111mg	Sodium: 119mg	
Carbs: 131g	Carbs: 109g	Carbs: 116g	Carbs: 139g	Carbs: 110g	
Dietary Fiber: 18g	Dietary Fiber: 12g	Dietary Fiber: 13g	Dietary Fiber: 14g	Dietary Fiber: 17g	
Total Sugars: 75g	Total Sugars: 58g	Total Sugars: 71g	Total Sugars: 79g	Total Sugars: 58g	
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	
Protein: 34g	Protein: 11g	Protein: 14g	Protein: 18g	Protein: 13g	
Calcium: 20%	Calcium: 16%	Calcium: 16%	Calcium: 20%	Calcium: 21%	
Iron: 27%	Iron: 29%	Iron: 21%	Iron: 36%	Iron: 35%	

**JUICE | 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: 655mg	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

Tigerlily		
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

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: 5g	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

Beets Mode		
14oz	18oz	24oz
Calories: 236	Calories: 299	Calories: 397
Fat: 1.5g	Fat: 1.6g	Fat: 2.1g
Sat Fat: 0.2g	Sat Fat: 0.3g	Sat Fat: 0.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 393mg	Sodium: 498mg	Sodium: 660mg
Carbs: 55g	Carbs: 69g	Carbs: 92g
Dietary Fiber: 15g	Dietary Fiber: 20g	Dietary Fiber: 26g
Total Sugars: 30g	Total Sugars: 38g	Total Sugars: 51g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 6g	Protein: 8g	Protein: 11g
Calcium: 16% DV	Calcium: 19% DV	Calcium: 25% DV
Iron: 14% DV	Iron: 18% DV	Iron: 24% DV

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: 435mg
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

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

Watermelon		
14oz	18oz	24oz
Calories: 132	Calories: 171	Calories: 227
Fat: 2g	Fat: 3g	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: 4g	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

**JUICE | BOTTLED**

Applelilly	Chocolate Hemp Milk	Beet Street	Gingerade	Golden Glow	Golden Mylk	Green Cleanse	Junglelilly	Recovery Punch	TigerLilly	Watermelon Lime
18oz	18oz	16oz	18oz	18oz	16oz	18oz	18oz	16oz	16oz	16oz
Calories: 189	Calories: 392	Calories: 90	Calories: 136	Calories: 271	Calories: 300	Calories: 132	Calories: 175	Calories: 170	Calories: 50	Calories: 174
Fat: 0g	Fat: 15g	Fat: 2g	Fat: 0g	Fat: 1g	Fat: 12g	Fat: 12.0g	Fat: 0g	Fat: 1g	Fat: 1.5g	Fat: 12.1g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0.5g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 1.5g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 138mg	Sodium: 138mg	Sodium: 200mg	Sodium: 7mg	Sodium: 20mg	Sodium: 10mg	Sodium: 132mg	Sodium: 134mg	Sodium: 90mg	Sodium: 270mg	Sodium: 13mg
Carbs: 40g	Carbs: 55g	Carbs: 14g	Carbs: 35g	Carbs: 61g	Carbs: 36g	Carbs: 25.5g	Carbs: 36g	Carbs: 38g	Carbs: 8g	Carbs: 44g
Dietary Fiber: 4g	Dietary Fiber: 8g	Dietary Fiber: 1g	Dietary Fiber: 5g	Dietary Fiber: 2g	Dietary Fiber: 8g	Dietary Fiber: 4.5g	Dietary Fiber: 2g	Dietary Fiber: 0g	Dietary Fiber: 1g	Dietary Fiber: 2.7g
Total Sugars: 29g	Total Sugars: 36g	Total Sugars: 13g	Total Sugars: 26g	Total Sugars: 48g	Total Sugars: 30g	Total Sugars: 16g	Total Sugars: 24g	Total Sugars: 34g	Total Sugars: 6g	Total Sugars: 33.9g
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: 15g	Protein: 2g	Protein: 0g	Protein: 5g	Protein: 9g	Protein: 1.5g	Protein: 3g	Protein: 2g	Protein: 2g	Protein: 7g
Potassium: 704mg	Potassium: 243mg	Potassium: 1099mg	Potassium: 235mg	Potassium: 1197mg	Potassium: 771mg	Potassium: 509.5mg	Potassium: 800mg	Potassium: 709mg	Potassium: 1088mg	Potassium: 677mg
Calcium: 78mg	Calcium: 40mg	Calcium: 128mg	Calcium: 31mg	Calcium: 89mg	Calcium: 50mg	Calcium: 43.5mg	Calcium: 144mg	Calcium: 62mg	Calcium: 198mg	Calcium: 47mg
Iron: 3mg	Iron: 4mg	Iron: 1mg	Iron: 1mg	Iron: 2mg	Iron: 4mg	Iron: 1.5mg	Iron: 2mg	Iron: 0mg	Iron: 0mg	Iron: 2mg

**AGUAS FRESCAS**

Pineapple Cherry Limeade		
14oz	18oz	24oz
Calories: 1157	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: 9m
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: 0.4	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: 42g	Carbs: 42g	Carbs: 59g
Dietary Fiber: 2g	Dietary Fiber: 2g	Dietary Fiber: 2g
Total Sugars: 31g	Total Sugars: 31g	Total Sugars: 44g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 2g	Protein: 3g
Calcium: 8%	Calcium: 8%	Calcium: 11%
Iron: 10%	Iron: 10%	Iron: 15%

**PLANT-BASED MEALS**

Beyond Burrito	Mannawich	Dragon Fruit Overnight Oats	Mid East Feast	Frijole Roller	Rainbow Quinoa Salad	Spring Roll Bowl	Jerk Sweet Potato Grain Bowl	Queso Roller
Calories: 460	Calories: 390	Calories: 420	Calories: 408	Calories: 659	Calories: 257	Calories: 440	Calories: 830	Calories: 400
Fat: 26g	Fat: 38g	Fat: 26g	Fat: 29g	Fat: 29g	Fat: 17g	Fat: 17g	Fat: 47g	Fat: 15g
Sat Fat: 3g	Sat Fat: 13g	Sat Fat: 2.5g	Sat Fat: 4g	Sat Fat: 4g	Sat Fat: 2g	Sat Fat: 2.5g	Sat Fat: 10g	Sat Fat: 2g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 1840mg	Sodium: 233mg	Sodium: 120mg	Sodium: 642mg	Sodium: 819mg	Sodium: 436mg	Sodium: 1440mg	Sodium: 1520mg	Sodium: 580mg
Carbs: 35g	Carbs: 37g	Carbs: 43g	Carbs: 33g	Carbs: 85g	Carbs: 23g	Carbs: 59g	Carbs: 79g	Carbs: 51g
Dietary Fiber: 5g	Dietary Fiber: 10g	Dietary Fiber: 9g	Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 4g	Dietary Fiber: 4g	Dietary Fiber: 29g	Dietary Fiber: 3g
Total Sugars: 5g	Total Sugars: 8g	Total Sugars: 15g	Total Sugars: 5g	Total Sugars: 6g	Total Sugars: 6g	Total Sugars: 9g	Total Sugars: 11g	Total Sugars: 4g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 9g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 1g	Added Sugars: 5g	Added Sugars: 0g
Protein: 19g	Protein: 12g	Protein: 16g	Protein: 2g	Protein: 18g	Protein: 6g	Protein: 18g	Protein: 24g	Protein: 15g
Potassium: 590mg	Potassium: 175mg	Potassium: 273mg	Potassium: 460mg	Potassium: 1213mg	Potassium: 435mg	Potassium: 453mg	Potassium: 1420mg	Potassium: 719mg
Calcium: 130mg	Calcium: 83mg	Calcium: 83mg	Calcium: 69mg	Calcium: 137mg	Calcium: 47mg	Calcium: 471mg	Calcium: 200mg	Calcium: 78mg
Iron: 3mg	Iron: 4mg	Iron: 2mg	Iron: 4mg	Iron: 4mg	Iron: 2mg	Iron: 4mg	Iron: 5mg	Iron: 5mg

**WELLNESS & ENERGY SHOTS**

Blue Dream	Noni 2 Fear	B-12	Guayusa/Herba Maté	Dr. Doctor	Hot Shot	Liquid Gold	Wheatgrass
Calories: 48	Calories: 16	Calories: 18	Calories: 18	Calories: 44	Calories: 30	Calories: 44	Calories: 16
Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 10mg	Sodium: 14mg	Sodium: 6mg	Sodium: 6mg	Sodium: 4mg	Sodium: 9mg	Sodium: 12mg	Sodium: 0mg
Carbs: 13g	Carbs: 1g	Carbs: 5g	Carbs: 5g	Carbs: 6g	Carbs: 4g	Carbs: 12g	Carbs: 2g
Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 1g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 1g
Total Sugars: 5g	Total Sugars: 0g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 1g	Total Sugars: 1g	Total 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: 0g	Protein: 0g	Protein: 0g	Protein: 1g	Protein: 1g	Protein: 2g	Protein: 0g
Potassium: 238mg	Potassium: 28mg	Potassium: 0mg	Potassium: 0mg	Potassium: 131mg	Potassium: 80mg	Potassium: 263mg	Potassium: 105mg
Calcium: 13mg	Calcium: 2mg	Calcium: 0mg	Calcium: 0mg	Calcium: 11mg	Calcium: 7mg	Calcium: 2mg	Calcium: 14mg

**LATTES & TONICS**

Matcha Latte	Mocha Latte	Golden Milk Coffee Latte	Iced Coffee w/ Oat Milk	Liquid Gold Drop	Hot Chocolate	Fixer Elixir
Calories: 296	Calories: 200	Calories: 175	Calories: 37	Calories: 95	Calories: 304	Calories: 90
Fat: 14.3g	Fat: 9.4g	Fat: 8.8g	Fat: 1.8g	Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0.7g	Sat Fat: 0.5g	Sat Fat: 0.5g	Sat Fat: 0.1g	Sat Fat: 0g	Sat Fat: 0.7g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 152mg	Sodium: 80mg	Sodium: 80mg	Sodium: 29mg	Sodium: 26mg	Sodium: 152mg	Sodium: 7mg
Carbs: 34g	Carbs: 23g	Carbs: 20g	Carbs: 4g	Carbs: 26g	Carbs: 35g	Carbs: 22g
Dietary Fiber: 5g	Dietary Fiber: 4g	Dietary Fiber: 3g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 6g	Dietary Fiber: 0g
Total Sugars: 18g	Total Sugars: 13g	Total Sugars: 13g	Total Sugars: 2g	Total Sugars: 13g	Total Sugars: 18g	Total Sugars: 13g
Protein: 6g	Protein: 4g	Protein: 2g	Protein: 1g	Added Sugars: 11g	Added Sugars: 18g	Added Sugars: 11g
Calcium: 50%	Calcium: 24%	Calcium: 26mg	Calcium: 9%	Protein: 2g	Protein: 6g	Protein: 0g
Iron: 8%	Iron: 7%	Iron: 0mg	Iron: 0%	Potassium: 302mg	Iron: 8%	Potassium: 11mg
				Calcium: 14mg	Calcium: 50%	Calcium: 0mg

