

JUICELAND NUTRITION FACTS 2024

SMOOTHIES

Bam Bam		
14oz	18oz	24oz
Calories: 460	Calories: 709	Calories: 999
Fat: 21.5g	Fat: 39.8g	Fat: 57.8g
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: 57g	Total Sugars: 78g
Added Sugars: 0g	Added Sugars: 0g	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: 475	Calories: 594	Calories: 812
Fat: 16.1g	Fat: 18.8g	Fat: 26.7g
Sat Fat: 4.8g	Sat Fat: 5.9g	Sat Fat: 8.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 154mg	Sodium: 202mg	Sodium: 265mg
Carbs: 54g	Carbs: 69g	Carbs: 95g
Dietary Fiber: 10g	Dietary Fiber: 12g	Dietary Fiber: 16g
Total Sugars: 41g	Total Sugars: 53g	Total Sugars: 73g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 26g	Protein: 33g	Protein: 43g
Calcium: 9%	Calcium: 12%	Calcium: 16%
Iron: 10%	Iron: 13%	Iron: 17%

Chocolate Whey		
14oz	18oz	24oz
Calories: 406	Calories: 501	Calories: 708
Fat: 7.7g	Fat: 9.9g	Fat: 14.2g
Sat Fat: 0.7g	Sat Fat: 0.9g	Sat Fat: 1.3g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 188mg	Sodium: 213mg	Sodium: 330mg
Carbs: 65g	Carbs: 83g	Carbs: 112g
Dietary Fiber: 10g	Dietary Fiber: 13g	Dietary Fiber: 17g
Total Sugars: 35g	Total Sugars: 45g	Total Sugars: 62g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 26g	Protein: 28g	Protein: 44g
Calcium: 8%	Calcium: 10%	Calcium: 15%
Iron: 11%	Iron: 14%	Iron: 19%

Clementine		
14oz	18oz	24oz
Calories: 205	Calories: 263	Calories: 366
Fat: 0.6g	Fat: 0.7g	Fat: 1.0g
Sat Fat: .01g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 3mg	Sodium: 4mg	Sodium: 6mg
Carbs: 51g	Carbs: 65g	Carbs: 91g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 7g
Total Sugars: 42g	Total Sugars: 54g	Total Sugars: 75g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 3g	Protein: 4g
Calcium: 5%	Calcium: 6%	Calcium: 8%
Iron: 6%	Iron: 7%	Iron: 10%

Honey Berry			
Kids - 9oz	14oz	18oz	24oz
Calories: 262	Calories: 446	Calories: 525	Calories: 744
Fat: 8.2g	Fat: 14.4g	Fat: 16.5g	Fat: 24.1g
Sat Fat: 1.2g	Sat Fat: 2.1g	Sat Fat: 2.5g	Sat Fat: 3.4g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 56mg	Sodium: 88mg	Sodium: 113mg	Sodium: 165mg
Carbs: 48g	Carbs: 80g	Carbs: 96g	Carbs: 134g
Dietary Fiber: 5g	Dietary Fiber: 9g	Dietary Fiber: 11g	Dietary Fiber: 15g
Total Sugars: 32g	Total Sugars: 56g	Total Sugars: 65g	Total Sugars: 92g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 5g	Protein: 8g	Protein: 9g	Protein: 13g
Calcium: 5%	Calcium: 6%	Calcium: 7%	Calcium: 11%
Iron: 5%	Iron: 8%	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: 1.5g
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: 6.0g	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: 408	Calories: 517	Calories: 758
Fat: 18.3g	Fat: 23.1g	Fat: 37g
Sat Fat: 1.1g	Sat Fat: 1g	Sat Fat: 1.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 50mg	Sodium: 64mg	Sodium: 93mg
Carbs: 61g	Carbs: 77g	Carbs: 106g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 15g
Total Sugars: 42g	Total Sugars: 54g	Total Sugars: 74g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Calcium: 7%	Calcium: 8%	Calcium: 12%
Iron: 9%	Iron: 10%	Iron: 15%

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: 413	Calories: 505	Calories: 704
Fat: 11.8g	Fat: 13.1g	Fat: 19.1g
Sat Fat: 2.0g	Sat Fat: 2.1g	Sat Fat: 3.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 67mg	Sodium: 86mg	Sodium: 122mg
Carbs: 75g	Carbs: 92g	Carbs: 126g
Dietary Fiber: 9g	Dietary Fiber: 10g	Dietary Fiber: 15g
Total Sugars: 46g	Total Sugars: 58g	Total Sugars: 80g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 12g	Protein: 15g	Protein: 20g
Calcium: 7%	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

Tropical Coconut Yogurt		
14oz	18oz	24oz
Calories: 363	Calories: 461	Calories: 762
Fat: 1.6g	Fat: 2.4g	Fat: 2.6g
Sat Fat: 1.0g	Sat Fat: 1.6g	Sat Fat: 1.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 15mg	Sodium: 20mg	Sodium: 28mg
Carbs: 90g	Carbs: 113g	Carbs: 156g
Dietary Fiber: 6g	Dietary Fiber: 8g	Dietary Fiber: 11g
Total Sugars: 75g	Total Sugars: 92g	Total Sugars: 129g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 2g	Protein: 3g
Calcium: 7%	Calcium: 10%	Calcium: 13%
Iron: 7%	Iron: 10%	Iron: 14%

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

Wundershowzen			
Kids - 9oz	14oz	18oz	24oz
Calories: 251	Calories: 408	Calories: 502	Calories: 698
Fat: 8.7g	Fat: 15.1g	Fat: 17.5g	Fat: 25.2g
Sat Fat: 1.3g	Sat Fat: 2.3g	Sat Fat: 2.5g	Sat Fat: 3.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 60mg	Sodium: 93mg	Sodium: 120mg	Sodium: 173mg
Carbs: 42g	Carbs: 66g	Carbs: 85g	Carbs: 113g
Dietary Fiber: 6g	Dietary Fiber: 9g	Dietary Fiber: 12g	Dietary Fiber: 16g
Total Sugars: 23g	Total Sugars: 37g	Total Sugars: 47g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 6g	Protein: 11g	Protein: 13g	Protein: 18g
Calcium: 5%	Calcium: 7%	Calcium: 9%	Calcium: 13%
Iron: 9%	Iron: 14%	Iron: 18%	Iron: 25%

Orange Moon		
14oz	18oz	24oz
Calories: 362	Calories: 503	Calories: 716
Fat: 8.1g	Fat: 14.7g	Fat: 22g
Sat Fat: 1.0g	Sat Fat: 1.0g	Sat Fat: 1.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 24mg	Sodium: 30mg	Sodium: 41mg
Carbs: 72g	Carbs: 92g	Carbs: 129g
Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 14g
Total Sugars: 55g	Total Sugars: 70g	Total Sugars: 98g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 7g
Calcium: 7%	Calcium: 8%	Calcium: 12%
Iron: 13%	Iron: 17%	Iron: 23%

SMOOTHIE BOWLS

Protein Sundae Bowl	Dragon Fruit Bowl	Honey Beary Bowl	Bam Bam Bowl	Acai Bowl	Originator Bowl	Cosmic Charlie Bowl	Wundershowzen Bowl	Julio Verde Bowl	Tropical Coconut Yogurt	Bowl Upgrade
Calories: 891	Calories: 697	Calories: 882	Calories: 1,002	Calories: 781	Calories: 931	Calories: 991	Calories: 927	Calories: 926	Calories: 780	Small Smoothie + 518 Calories
Fat: 25.7g	Fat: 27.2g	Fat: 32.5g	Fat: 50.2g	Fat: 35.1g	Fat: 38.4g	Fat: 42.7g	Fat: 41.7g	Fat: 44.9g	Fat: 12g	
Sat Fat: 4.8g	Sat Fat: 0.9g	Sat Fat: 6.2g	Sat Fat: 1.8g	Sat Fat: .9g	Sat Fat: 2.8g	Sat Fat: 5.6g	Sat Fat: 3.1g	Sat Fat: 1.9g	Sat Fat: 2.1g	
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	
Sodium: 281mg	Sodium: 105mg	Sodium: 181mg	Sodium: 150mg	Sodium: 119mg	Sodium: 199mg	Sodium: 246mg	Sodium: 186mg	Sodium: 142mg	Sodium: 110mg	
Carbs: 131g	Carbs: 109g	Carbs: 134g	Carbs: 130g	Carbs: 110g	Carbs: 137g	Carbs: 118g	Carbs: 130g	Carbs: 125g	Carbs: 167g	
Dietary Fiber: 18g	Dietary Fiber: 12g	Dietary Fiber: 15g	Dietary Fiber: 15g	Dietary Fiber: 17g	Dietary Fiber: 15g	Dietary Fiber: 16g	Dietary Fiber: 16g	Dietary Fiber: 14g	Dietary Fiber: 14g	
Total Sugars: 75g	Total Sugars: 58g	Total Sugars: 86g	Total Sugars: 72g	Total Sugars: 58g	Total Sugars: 74g	Total Sugars: 68g	Total Sugars: 64g	Total Sugars: 70g	Total Sugars: 110g	
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: 34g	Protein: 11g	Protein: 16g	Protein: 19g	Protein: 13g	Protein: 22g	Protein: 36g	Protein: 21g	Protein: 14g	Protein: 9g	
Calcium: 20%	Calcium: 16%	Calcium: 18%	Calcium: 20%	Calcium: 21%	Calcium: 17%	Calcium: 20%	Calcium: 18%	Calcium: 17%	Calcium: 17%	
Iron: 27%	Iron: 29%	Iron: 24%	Iron: 35%	Iron: 35%	Iron: 35%	Iron: 29%	Iron: 33%	Iron: 28%	Iron: 23%	

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: 35g	Carbs: 45g	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: 55g	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

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

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

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

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: 12mg	Sodium: 15mg
Carbs: 30g	Carbs: 38g	Carbs: 54g
Dietary Fiber: 2g	Dietary Fiber: 4g	Dietary Fiber: 5g
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

Golden Glow	Golden Mylk	Green Cleanse	Junglelily	Recovery Punch	TigerLily	Watermelon Lime	Blue Magic Lemonade	Cucumber Mint Limeade	Strawberry Dragonfruit Lemonade	Strawberry Milk
12oz	12oz	12oz	12oz	12oz	12oz	12oz	16oz	16oz	16oz	12oz
Calories: 203	Calories: 225	Calories: 99	Calories: 131	Calories: 128	Calories: 37.5	Calories: 130.5	Calories: 211	Calories: 224	Calories: 214	Calories: 285
Fat: .75g	Fat: 9g	Fat: 9g	Fat: 0g	Fat: .75g	Fat: 1g	Fat: 9g	Fat: 0.1g	Fat: 0.1g	Fat: 0.1g	Fat: 12.6g
Sat Fat: 0g	Sat Fat: 1.1g	Sat 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: 2.5g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 15mg	Sodium: 7.5mg	Sodium: 99mg	Sodium: 101mg	Sodium: 68mg	Sodium: 203mg	Sodium: 9.75mg	Sodium: 7mg	Sodium: 9mg	Sodium: 7mg	Sodium: 9mg
Carbs: 46g	Carbs: 28.5g	Carbs: 19g	Carbs: 27g	Carbs: 28.5g	Carbs: 6g	Carbs: 35g	Carbs: 35g	Carbs: 56g	Carbs: 55g	Carbs: 41g
Dietary Fiber: 1.5g	Dietary Fiber: 6g	Dietary Fiber: 3.4g	Dietary Fiber: 1.5g	Dietary Fiber: 0g	Dietary Fiber: 1g	Dietary Fiber: 2g	Dietary Fiber: 1g	Dietary Fiber: 1g	Dietary Fiber: 1g	Dietary Fiber: 5g
Total Sugars: 36g	Total Sugars: 22.5g	Total Sugars: 12g	Total Sugars: 18g	Total Sugars: 25.5g	Total Sugars: 4.5g	Total Sugars: 25g	Total Sugars: 50g	Total Sugars: 51g	Total Sugars: 51g	Total Sugars: 30g
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: 3.75g	Protein: 6.75g	Protein: 1.1g	Protein: 2.25g	Protein: 1.5g	Protein: 1.5g	Protein: .5g	Protein: 0g	Protein: 1g	Protein: 0g	Protein: 5g
Potassium: 898mg	Potassium: 578mg	Potassium: 382.12g	Potassium: 600mg	Potassium: 532mg	Potassium: 816mg	Potassium: 508mg	Potassium: 0mg	Potassium: 0mg	Potassium: 0mg	Potassium: 0mg
Calcium: 67mg	Calcium: 38mg	Calcium: 33mg	Calcium: 108mg	Calcium: 46.5mg	Calcium: 148.5mg	Calcium: 35mg	Calcium: 0mg	Calcium: 2% DV	Calcium: 2% DV	Calcium: 2% DV
Iron: 1.5mg	Iron: 3mg	Iron: 11.1g	Iron: 1.5 mg	Iron: 0mg	Iron: 0mg	Iron: 1.5mg	Iron: 0mg	Iron: 2% DV	Iron: 12% DV	Iron: 12% DV

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: 67g	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%

Levigator		
14oz	18oz	24oz
Calories: 171	Calories: 216	Calories: 276
Fat: 0.4	Fat: 0.7g	Fat: 0.6g
Sat Fat: 0.1g	Sat Fat: 0.1g	Sat Fat: 0.1g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 6mg	Sodium: 7mg	Sodium: 9mg
Carbs: 42g	Carbs: 52g	Carbs: 65g
Dietary Fiber: 2g	Dietary Fiber: 5g	Dietary Fiber: 2g
Total Sugars: 32g	Total Sugars: 40g	Total Sugars: 50g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 1g	Protein: 2g	Protein: 2g
Calcium: 4%	Calcium: 5%	Calcium: 6%
Iron: 5%	Iron: 7%	Iron: 9%

PLANT-BASED MEALS

Mannawich	Dragon Fruit Overnight Oats	Mid East Feast	Frijole Roller	Rainbow Quinoa Salad	Spring Roll Bowl	Queso Roller	Protein Oats	Banh Mi Wrap
Calories: 390	Calories: 420	Calories: 408	Calories: 659	Calories: 257	Calories: 440	Calories: 800	Calories: 570	Calories: 310
Fat: 38g	Fat: 26g	Fat: 29g	Fat: 29g	Fat: 17g	Fat: 17g	Fat: 30g	Fat: 18g	Fat: 17g
Sat Fat: 15g	Sat Fat: 2.5g	Sat Fat: 4g	Sat Fat: 4g	Sat Fat: 2g	Sat Fat: 2.5g	Sat Fat: 4g	Sat Fat: 7g	Sat Fat: 5g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 10mg
Sodium: 233mg	Sodium: 120mg	Sodium: 642mg	Sodium: 819mg	Sodium: 436mg	Sodium: 1440mg	Sodium: 1160mg	Sodium: 560mg	Sodium: 1100mg
Carbs: 37g	Carbs: 43g	Carbs: 33g	Carbs: 85g	Carbs: 25g	Carbs: 59g	Carbs: 102g	Carbs: 70g	Carbs: 30g
Dietary Fiber: 10g	Dietary Fiber: 9g	Dietary Fiber: 8g	Dietary Fiber: 10g	Dietary Fiber: 4g	Dietary Fiber: 4g	Dietary Fiber: 6g	Dietary Fiber: 17g	Dietary Fiber: 11g
Total Sugars: 8g	Total Sugars: 15g	Total Sugars: 5g	Total Sugars: 6g	Total Sugars: 6g	Total Sugars: 9g	Total Sugars: 8g	Total Sugars: 23g	Total Sugars: 1g
Added Sugars: 0g	Added Sugars: 9g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 1g	Added Sugars: 0g	Added Sugars: 23g	Added Sugars: 0g
Protein: 12g	Protein: 16g	Protein: 2g	Protein: 18g	Protein: 6g	Protein: 18g	Protein: 30g	Protein: 31g	Protein: 8g
Potassium: 175mg	Potassium: 273mg	Potassium: 460mg	Potassium: 1213mg	Potassium: 435mg	Potassium: 453mg	Potassium: 1438mg	Potassium: 570mg	Potassium: 330mg
Calcium: 83mg	Calcium: 83mg	Calcium: 69mg	Calcium: 137mg	Calcium: 47mg	Calcium: 471mg	Calcium: 156mg	Calcium: 90mg	Calcium: 100mg
Iron: 4mg	Iron: 2mg	Iron: 4mg	Iron: 4mg	Iron: 2mg	Iron: 4mg	Iron: 10mg	Iron: 6.6mg	Iron: 2.2mg

WELLNESS & ENERGY SHOTS

Blue Dream	B-12	Guayusa/Yerba Maté	Dr. Doctor	Liquid Gold
Calories: 48	Calories: 18	Calories: 18	Calories: 44	Calories: 44
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
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 10mg	Sodium: 6mg	Sodium: 6mg	Sodium: 4mg	Sodium: 12mg
Carbs: 13g	Carbs: 5g	Carbs: 5g	Carbs: 6g	Carbs: 12g
Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 1g	Dietary Fiber: 0g
Total Sugars: 5g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 1g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 2g	Protein: 0g	Protein: 0g	Protein: 1g	Protein: 2g
Potassium: 238mg	Potassium: 0mg	Potassium: 0mg	Potassium: 131mg	Potassium: 265mg
Calcium: 13mg	Calcium: 0mg	Calcium: 0mg	Calcium: 11mg	Calcium: 2mg

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

Strawberry Matcha Latte		
14oz	18oz	24oz
Calories: 239	Calories: 316	Calories: 418
Fat: 6.5g	Fat: 8.3g	Fat: 10.4g
Sat Fat: 0.4g	Sat Fat: 0.5g	Sat Fat: 0.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 91mg	Sodium: 117mg	Sodium: 144mg
Carbs: 40g	Carbs: 55g	Carbs: 73g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 8g
Total Sugars: 28g	Total Sugars: 40g	Total Sugars: 52g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Potassium: 0mg	Potassium: 0mg	Potassium: 0mg
Calcium: 33%	Calcium: 42%	Calcium: 53%
Iron: 7%	Iron: 8%	Iron: 13%

Fruit Swirl Matcha Latte		
14oz	18oz	24oz
Calories: 239	Calories: 322	Calories: 426
Fat: 6.5g	Fat: 8.3g	Fat: 10.4g
Sat Fat: 0.4g	Sat Fat: 0.5g	Sat Fat: 0.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 91mg	Sodium: 117mg	Sodium: 144mg
Carbs: 41g	Carbs: 57g	Carbs: 75g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 8g
Total Sugars: 29g	Total Sugars: 42g	Total Sugars: 55g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Potassium: 0mg	Potassium: 0mg	Potassium: 826mg
Calcium: 33%	Calcium: 42%	Calcium: 54%
Iron: 7%	Iron: 7%	Iron: 13%

Mango Passionfruit Matcha Latte		
14oz	18oz	24oz
Calories: 243	Calories: 328	Calories: 433
Fat: 6.5g	Fat: 8.3g	Fat: 10.4g
Sat Fat: 0.4g	Sat Fat: 0.6g	Sat Fat: 0.7g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 90mg	Sodium: 117 mg	Sodium: 145mg
Carbs: 42g	Carbs: 58g	Carbs: 77g
Dietary Fiber: 4g	Dietary Fiber: 5g	Dietary Fiber: 8g
Total Sugars: 30g	Total Sugars: 44g	Total Sugars: 58g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 4g	Protein: 5g	Protein: 8g
Potassium: 0g	Potassium: 0mg	Potassium: 0mg
Calcium: 33%	Calcium: 42%	Calcium: 53%
Iron: 6%	Iron: 7%	Iron: 12%