

# 'LITE' SMOOTHIE NUTRITIONAL INFORMATION



Based on a 21.6oz serving.  
'Lite' Smoothies are made with sucralose instead of turbinado.

|  | Calories (kcal) | Calories from Fat (g) | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|--|-----------------|-----------------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|
|--|-----------------|-----------------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|

## SPECIALTY SMOOTHIES

|                       |      |     |    |    |     |     |     |   |     |    |      |      |     |     |
|-----------------------|------|-----|----|----|-----|-----|-----|---|-----|----|------|------|-----|-----|
| <b>Energizer</b>      | 270  | 45  | 5  | 0  | 0   | 85  | 56  | 3 | 39  | 3  | 60%  | 90%  | 8%  | 6%  |
| <b>Immune Booster</b> | 280  | 40  | 5  | 0  | 20  | 50  | 65  | 4 | 52  | 6  | 200% | 930% | 20% | 6%  |
| <b>Bulk Upper</b>     | 1250 | 460 | 51 | 31 | 205 | 510 | 166 | 6 | 131 | 33 | 50%  | 25%  | 80% | 10% |
| <b>Light Delight</b>  | 320  | 15  | 2  | 0  | 0   | 180 | 70  | 5 | 55  | 8  | 20%  | 90%  | 25% | 20% |

## BERRY SMOOTHIES

|                         |     |    |     |   |    |     |    |    |    |    |      |      |     |     |
|-------------------------|-----|----|-----|---|----|-----|----|----|----|----|------|------|-----|-----|
| <b>Strawberry Patch</b> | 340 | 5  | 0.5 | 0 | 0  | 25  | 85 | 5  | 74 | 3  | 20%  | 210% | 6%  | 8%  |
| <b>Raspberry Dream</b>  | 370 | 15 | 2   | 0 | 5  | 125 | 84 | 9  | 63 | 8  | 45%  | 190% | 25% | 10% |
| <b>Blueberry Blast</b>  | 290 | 25 | 3   | 0 | 0  | 120 | 66 | 11 | 43 | 9  | 25%  | 150% | 35% | 10% |
| <b>Cranberry Crush</b>  | 380 | 25 | 3.5 | 0 | 15 | 110 | 87 | 4  | 59 | 2  | 150% | 620% | 10% | 0%  |
| <b>Very Berry</b>       | 300 | 10 | 1.5 | 0 | 0  | 135 | 64 | 5  | 49 | 11 | 25%  | 120% | 20% | 6%  |

## TROPICAL SMOOTHIES

|                           |     |    |     |   |   |     |    |   |    |    |      |      |    |    |
|---------------------------|-----|----|-----|---|---|-----|----|---|----|----|------|------|----|----|
| <b>Tropical Squeeze</b>   | 290 | 5  | 0.5 | 0 | 0 | 25  | 73 | 5 | 61 | 2  | 25%  | 170% | 4% | 6% |
| <b>Piña Colada</b>        | 480 | 90 | 10  | 8 | 0 | 95  | 98 | 5 | 85 | 7  | 0%   | 50%  | 2% | 6% |
| <b>Island Delight</b>     | 310 | 5  | 0.5 | 0 | 0 | 110 | 78 | 4 | 54 | 4  | 110% | 200% | 4% | 4% |
| <b>The Mango Smoothie</b> | 330 | 50 | 5   | 4 | 0 | 120 | 60 | 3 | 42 | 13 | 20%  | 30%  | 4% | 6% |
| <b>Key Lime Splash</b>    | 280 | 5  | 0   | 0 | 0 | 85  | 70 | 1 | 59 | 3  | 80%  | 170% | 4% | 4% |
| <b>Pineapple Passion</b>  | 200 | 0  | 0   | 0 | 0 | 40  | 52 | 3 | 45 | 1  | 8%   | 60%  | 2% | 6% |

## CLASSIC SMOOTHIES

|                                  |     |     |    |     |    |     |    |   |    |    |     |      |     |    |
|----------------------------------|-----|-----|----|-----|----|-----|----|---|----|----|-----|------|-----|----|
| <b>The Banana Smoothie</b>       | 310 | 5   | 0  | 0   | 0  | 100 | 60 | 6 | 42 | 13 | 2%  | 25%  | 6%  | 4% |
| <b>Factory Original</b>          | 230 | 0   | 0  | 0   | 0  | 45  | 54 | 4 | 44 | 5  | 6%  | 60%  | 2%  | 4% |
| <b>Yogurt Yahoo</b>              | 320 | 60  | 6  | 0   | 5  | 150 | 48 | 6 | 31 | 14 | 8%  | 30%  | 20% | 8% |
| <b>Original Factory Original</b> | 260 | 5   | 0  | 0   | 0  | 45  | 62 | 4 | 50 | 5  | 4%  | 100% | 6%  | 6% |
| <b>Mocha Latte</b>               | 270 | 60  | 7  | 4.5 | 5  | 180 | 41 | 1 | 39 | 5  | 8%  | 2%   | 20% | 6% |
| <b>Classic Shake</b>             | 430 | 140 | 15 | 9   | 60 | 125 | 74 | 4 | 59 | 6  | 15% | 15%  | 20% | 2% |

## PROTEIN SMOOTHIES

|                                 |     |    |     |     |    |     |    |   |    |    |     |     |     |     |
|---------------------------------|-----|----|-----|-----|----|-----|----|---|----|----|-----|-----|-----|-----|
| <b>After-Workout Formula</b>    | 350 | 10 | 1   | 0.5 | 20 | 40  | 73 | 4 | 51 | 14 | 8%  | 80% | 8%  | 6%  |
| <b>Peanut Butter Powerhouse</b> | 400 | 60 | 6   | 0   | 0  | 620 | 61 | 2 | 29 | 22 | 2%  | 30% | 15% | 6%  |
| <b>Hercules</b>                 | 420 | 60 | 7   | 0   | 5  | 50  | 86 | 5 | 62 | 8  | 10% | 90% | 10% | 15% |
| <b>Just Peachy</b>              | 200 | 5  | 0.5 | 0   | 10 | 30  | 44 | 2 | 32 | 7  | 8%  | 15% | 2%  | 2%  |

% Daily Values (%DV) based on 2000 calories, 65g fat, 20g saturated fat, 300mg cholesterol, 2400mg sodium, 300g carbohydrates, 25g fiber, 50g protein, 5000IU vitamin A, 60mg vitamin C, 1000mg calcium, 18mg iron. Daily Values may differ depending on your caloric needs.