

## JUICELAND NUTRITION FACTS 2025

### 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: 1.3g	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: 13g
Total Sugars: 36g	Total Sugars: 46g	Total Sugars: 64g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 3g	Protein: 5g	Protein: 5g
Calcium: 7%	Calcium: 9%	Calcium: 12%
Iron: 13%	Iron: 17%	Iron: 22%

Cosmic Charlie		
14oz	18oz	24oz
Calories: 473	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: 35g	Protein: 45g
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: 9.8g	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: 0.1g	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%

Double Choco Coco Nuts		
14oz	18oz	24oz
Calories: 387	Calories: 559	Calories: 747
Fat: 18g	Fat: 25.9g	Fat: 34.2g
Sat Fat: 10.3g	Sat Fat: 15.7g	Sat Fat: 21.2g
Cholesterol: 36mg	Cholesterol: 48mg	Cholesterol: 64mg
Sodium: 117mg	Sodium: 146mg	Sodium: 179mg
Carbs: 35g	Carbs: 51g	Carbs: 70g
Dietary Fiber: 7g	Dietary Fiber: 10g	Dietary Fiber: 14g
Total Sugars: 18g	Total Sugars: 28g	Total Sugars: 38g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 25g	Protein: 34g	Protein: 45g
Calcium: 16%	Calcium: 22%	Calcium: 28%
Iron: 15%	Iron: 20%	Iron: 27%

Honey Beary			
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: 163mg
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: 1.3g
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: 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: 18.5g	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: 63g	Carbs: 77g	Carbs: 106g
Dietary Fiber: 7g	Dietary Fiber: 9g	Dietary Fiber: 13g
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: 1.5g
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%

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%

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

Strawberry Cloud		
14oz	18oz	24oz
Calories: 439	Calories: 655	Calories: 889
Fat: 22.1g	Fat: 34.4g	Fat: 46.9g
Sat Fat: 13.3g	Sat Fat: 18.3g	Sat Fat: 23.4g
Cholesterol: 36mg	Cholesterol: 48mg	Cholesterol: 64mg
Sodium: 47mg	Sodium: 63mg	Sodium: 84mg
Carbs: 59g	Carbs: 59g	Carbs: 79g
Dietary Fiber: 3g	Dietary Fiber: 5g	Dietary Fiber: 6g
Total Sugars: 29g	Total Sugars: 45g	Total Sugars: 61g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 20g	Protein: 26g	Protein: 35g
Calcium: 113%	Calcium: 18%	Calcium: 23%
Iron: 9%	Iron: 12%	Iron: 16%

Originator		
14oz	18oz	24oz
Calories: 413	Calories: 505	Calories: 704
Fat: 11.8g	Fat: 11.1g	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: 12%	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%

Soul Boulder		
14oz	18oz	24oz
Calories: 502	Calories: 687	Calories: 954
Fat: 21.3g	Fat: 32.3g	Fat: 46.1g
Sat Fat: 4.4g	Sat Fat: 5.7g	Sat Fat: 8.2g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 59mg	Sodium: 76mg	Sodium: 109mg
Carbs: 72g	Carbs: 91g	Carbs: 124g
Dietary Fiber: 11g	Dietary Fiber: 15g	Dietary Fiber: 20g
Total Sugars: 43g	Total Sugars: 54g	Total Sugars: 74g
Added Sugars: 0g	Added Sugars: 0g	Added Sugars: 0g
Protein: 12g	Protein: 15g	Protein: 21g
Calcium: 10%	Calcium: 13%	Calcium: 60%
Iron: 18%	Iron: 23%	Iron: 31%

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: 26mg
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: 3g	Protein: 4g	Protein: 5g
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: 1.5g	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: 83g	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: 15g	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
Calories: 864	Calories: 697	Calories: 734	Calories: 1,002	Calories: 822	Calories: 931	Calories: 991	Calories: 927	Calories: 926	Calories: 780
Fat: 29.4g	Fat: 23.2g	Fat: 30.5g	Fat: 50.2g	Fat: 29.5g	Fat: 38.4g	Fat: 42.7g	Fat: 41.7g	Fat: 44.9g	Fat: 12g
Sat Fat: 6.6g	Sat Fat: 0.9g	Sat Fat: 6.2g	Sat Fat: 1.8g	Sat Fat: .9g	Sat Fat: 2.8g	Sat Fat: 5.4g	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: 293mg	Sodium: 105mg	Sodium: 201mg	Sodium: 150mg	Sodium: 160mg	Sodium: 159mg	Sodium: 246mg	Sodium: 186mg	Sodium: 142mg	Sodium: 110mg
Carbs: 114g	Carbs: 109g	Carbs: 100.3g	Carbs: 130g	Carbs: 135g	Carbs: 137g	Carbs: 118g	Carbs: 130g	Carbs: 125g	Carbs: 167g
Dietary Fiber: 18g	Dietary Fiber: 12g	Dietary Fiber: 14g	Dietary Fiber: 15g	Dietary Fiber: 11g	Dietary Fiber: 15g	Dietary Fiber: 16g	Dietary Fiber: 16g	Dietary Fiber: 14g	Dietary Fiber: 14g
Total Sugars: 68g	Total Sugars: 58g	Total Sugars: 61g	Total Sugars: 72g	Total Sugars: 72g	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: 32g	Protein: 11g	Protein: 14g	Protein: 19g	Protein: 10g	Protein: 22g	Protein: 36g	Protein: 21g	Protein: 14g	Protein: 9g
Calcium: 19%	Calcium: 16%	Calcium: 18%	Calcium: 20%	Calcium: 12%	Calcium: 37%	Calcium: 20%	Calcium: 18%	Calcium: 17%	Calcium: 17%
Iron: 25%	Iron: 29%	Iron: 20%	Iron: 35%	Iron: 18%	Iron: 35%	Iron: 29%	Iron: 33%	Iron: 28%	Iron: 23%

CacaoNut Bowl	Mango Dragon Acai Bowl	Bowl Upgrade
Calories: 707	Calories: 825	Small Smoothie + 518 Calories
Fat: 16g	Fat: 25.5g	
Sat Fat: 3.2g	Sat Fat: 12.5g	
Cholesterol: 0mg	Cholesterol: 0mg	
Sodium: 160mg	Sodium: 160mg	
Carbs: 199g	Carbs: 144g	
Dietary Fiber: 12g	Dietary Fiber: 11g	
Total Sugars: 75g	Total Sugars: 82g	
Added Sugars: 0g	Added Sugars: 0g	
Protein: 7g	Protein: 8g	
Calcium: 12%	Calcium: 11%	
Iron: 14%	Iron: 13%	

**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: 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: 235	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: 181	Calories: 235	Calories: 314
Fat: 2g	Fat: 2.1g	Fat: 3.7g
Sat Fat: 0.7g	Sat Fat: 1g	Sat Fat: 1.5g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 31mg	Sodium: 40mg	Sodium: 52mg
Carbs: 42g	Carbs: 54g	Carbs: 72g
Dietary Fiber: 2g	Dietary Fiber: 2g	Dietary Fiber: 5g
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: 94mg
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

Beets Mode		
14oz	18oz	24oz
Calories: 236	Calories: 299	Calories: 397
Fat: 1.3g	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: 395mg	Sodium: 498mg	Sodium: 6603mg
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: 192	Calories: 248	Calories: 330
Fat: 1g	Fat: 1g	Fat: 2g
Sat Fat: 6.3g	Sat Fat: 9.1g	Sat Fat: 11.8g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 218mg	Sodium: 285mg	Sodium: 379mg
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
Vitamin C: 0	Vitamin C: 0	Vitamin C: 0
Calcium: 107mg	Calcium: 140mg	Calcium: 186mg
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: 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: 622mg	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	Blue Magic Lemonade	Strawberry Dragonfruit Lemonade	Strawberry Milk
12oz	12oz	12oz	12oz	12oz	12oz	16oz	16oz	12oz
Calories: 203	Calories: 225	Calories: 99	Calories: 131	Calories: 128	Calories: 37.5	Calories: 211	Calories: 214	Calories: 285
Fat: 7.5g	Fat: 9g	Fat: 9g	Fat: 0g	Fat: 7.5g	Fat: 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: 2.5g
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: 7mg	Sodium: 7mg	Sodium: 9mg
Carbs: 46g	Carbs: 28.5g	Carbs: 19g	Carbs: 27g	Carbs: 28.5g	Carbs: 6g	Carbs: 53g	Carbs: 53g	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: 1g	Dietary Fiber: 1g	Dietary Fiber: 3g
Total Sugars: 36g	Total Sugars: 22.5g	Total Sugars: 12g	Total Sugars: 18g	Total Sugars: 25.5g	Total Sugars: 4.5g	Total Sugars: 50g	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
Protein: 3.75g	Protein: 6.75g	Protein: 1.1g	Protein: 2.25g	Protein: 1.5g	Protein: 1.5g	Protein: 0g	Protein: 0g	Protein: 5g
Potassium: 898mg	Potassium: 578mg	Potassium: 382.12g	Potassium: 600mg	Potassium: 532mg	Potassium: 816mg	Potassium: 0mg	Potassium: 0mg	Potassium: 0mg
Calcium: 67mg	Calcium: 38mg	Calcium: 33mg	Calcium: 108mg	Calcium: 46.5mg	Calcium: 148.5mg	Calcium: 0mg	Calcium: 2% DV	Calcium: 2% DV
Iron: 1.5mg	Iron: 3mg	Iron: 11.1g	Iron: 1.5 mg	Iron: 0mg	Iron: 0mg	Iron: 0mg	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: 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: 8%	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: 3g	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	Chocolate Coconut Pudding	Vanilla Coconut Pudding
Calories: 390	Calories: 420	Calories: 408	Calories: 659	Calories: 257	Calories: 440	Calories: 800	Calories: 570	Calories: 310	Calories: 183	Calories: 174
Fat: 38g	Fat: 26g	Fat: 29g	Fat: 29g	Fat: 17g	Fat: 17g	Fat: 30g	Fat: 18g	Fat: 17g	Fat: 7.8g	Fat: 8.4g
Sat Fat: 13g	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	Sat Fat: 3.3g	Sat Fat: 3.6g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 10mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 233mg	Sodium: 120mg	Sodium: 642mg	Sodium: 819mg	Sodium: 436mg	Sodium: 1440mg	Sodium: 1140mg	Sodium: 560mg	Sodium: 1100mg	Sodium: 224mg	Sodium: 76mg
Carbs: 37g	Carbs: 43g	Carbs: 33g	Carbs: 85g	Carbs: 23g	Carbs: 59g	Carbs: 102g	Carbs: 70g	Carbs: 30g	Carbs: 26g	Carbs: 23g
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	Dietary Fiber: 6g	Dietary Fiber: 4g
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	Total Sugars: 15g	Total Sugars: 14g
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	Added Sugars: 0g	Added Sugars: 0g
Protein: 12g	Protein: 16g	Protein: 2g	Protein: 18g	Protein: 6g	Protein: 18g	Protein: 30g	Protein: 31g	Protein: 8g	Protein: 3g	Protein: 1g
Potassium: 175mg	Potassium: 275mg	Potassium: 460mg	Potassium: 1213mg	Potassium: 435mg	Potassium: 453mg	Potassium: 1438mg	Potassium: 570mg	Potassium: 330mg	Calcium: 3% DV	Calcium: 2% DV
Calcium: 83mg	Calcium: 83mg	Calcium: 69mg	Calcium: 137mg	Calcium: 47mg	Calcium: 471mg	Calcium: 156mg	Calcium: 90mg	Calcium: 100mg	Iron: 5% DV	Iron: 2% DV
Iron: 4mg	Iron: 2mg	Iron: 4mg	Iron: 4mg	Iron: 2mg	Iron: 4mg	Iron: 10mg	Iron: 6.4mg	Iron: 2.2mg		

Berry Peanut Butter Oatmeal	Matcha Strawberry Oatmeal	Apple Cinnamon Oatmeal
Calories: 415	Calories: 350	Calories: 362

Fat: 13.1g	Fat: 9.6g	Fat: 9.4g
Sat Fat: 0.7g	Sat Fat: 0g	Sat Fat: 0g
Cholesterol: 0mg	Cholesterol: 0mg	Cholesterol: 0mg
Sodium: 89mg	Sodium: 88mg	Sodium: 87mg
Carbs: 66g	Carbs: 57g	Carbs: 62g
Dietary Fiber: 9g	Dietary Fiber: 8g	Dietary Fiber: 7g
Total Sugars: 25g	Total Sugars: 20g	Total Sugars: 26g
Protein: 8g	Protein: 8g	Protein: 7g
Vitamin A: 1% DV	Vitamin A: 1% DV	Vitamin A: 1% DV
Calcium: 4% DV	Calcium: 3% DV	Calcium: 3% DV
Iron: 17% DV	Iron: 17% DV	Iron: 15% DV
Vitamin C: 91% DV	Vitamin C: 91% DV	Vitamin C: 1% DV

**WELLNESS & ENERGY SHOTS**

Blue Dream	B-12	Guayusa/Yerba Maté	Dr. Doctor	Liquid Gold	Vitamin Sea Moss	Live Wire
Calories: 48	Calories: 18	Calories: 18	Calories: 44	Calories: 44	Calories: 27	Calories: 53
Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0.1g
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
Sodium: 10mg	Sodium: 6mg	Sodium: 6mg	Sodium: 4mg	Sodium: 12mg	Sodium: 12mg	Sodium: 2mg
Carbs: 13g	Carbs: 5g	Carbs: 5g	Carbs: 6g	Carbs: 12g	Carbs: 6g	Carbs: 13g
Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 1g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 0g
Total Sugars: 3g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 2g	Total Sugars: 1g	Total Sugars: 6g	Total Sugars: 12g
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: 1g	Protein: 2g	Protein: 0g	Protein: 0g
Potassium: 238mg	Potassium: 0mg	Potassium: 0mg	Potassium: 131mg	Potassium: 263mg	Potassium: 0mg	Potassium: 0mg
Calcium: 13mg	Calcium: 0mg	Calcium: 0mg	Calcium: 11mg	Calcium: 2mg	Calcium: 1% DV	Calcium: 1% DV

**LATTES & TONICS**

Matcha Latte	Mocha Latte	Golden Milk Coffee Latte	Iced Coffee w/ Oat Milk	Liquid Gold Drop	Hot Chocolate	Fixer Elixir	Mango Buzz Slush
Calories: 296	Calories: 200	Calories: 175	Calories: 37	Calories: 93	Calories: 304	Calories: 90	Calories: 290
Fat: 14.3g	Fat: 9.4g	Fat: 8.8g	Fat: 1.8g	Fat: 0g	Fat: 0g	Fat: 0g	Fat: 0g
Sat Fat: 0.7g	Sat Fat: 0.3g	Sat Fat: 0.3g	Sat Fat: 0.1g	Sat Fat: 0g	Sat Fat: 0.7g	Sat Fat: 0g	Sat Fat: 0.1g
Cholesterol: 0mg	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	Sodium: 6mg
Carbs: 34g	Carbs: 23g	Carbs: 20g	Carbs: 4g	Carbs: 26g	Carbs: 35g	Carbs: 22g	Carbs: 74g
Dietary Fiber: 5g	Dietary Fiber: 4g	Dietary Fiber: 3g	Dietary Fiber: 0g	Dietary Fiber: 0g	Dietary Fiber: 6g	Dietary Fiber: 0g	Dietary Fiber: 5g
Total Sugars: 18g	Total Sugars: 13g	Total Sugars: 13g	Total Sugars: 2g	Total Sugars: 13g	Total Sugars: 18g	Total Sugars: 13g	Total Sugars: 69g
Protein: 6g	Protein: 4g	Protein: 2g	Protein: 1g	Added Sugars: 11g	Added Sugars: 18g	Added Sugars: 11g	Added Sugars: 0g
Calcium: 50%	Calcium: 24%	Calcium: 26mg	Calcium: 9%	Protein: 2g	Protein: 6g	Protein: 0g	Protein: 0g
Iron: 8%	Iron: 7%	Iron: 0mg	Iron: 0%	Potassium: 302mg	Iron: 8%	Potassium: 11mg	Iron: 3%
				Calcium: 14mg	Calcium: 50%	Calcium: 0mg	Calcium: 3%

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: 75g
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: 143mg
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%