

RASPBERRY

Q100

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	6%
Sugar 19g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 2%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are based on a 2,000 calorie diet.	

MANGO

Q120

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 27g	9%
Dietary Fiber 1g	2%
Sugar 22g	
Protein 0g	
Vitamin A 100%	Vitamin C 100%
Calcium 0%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are based on a 2,000 calorie diet.	

PASSION FRUIT

Q125

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 26g	9%
Dietary Fiber 0g	7%
Sugar 25g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 4%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are based on a 2,000 calorie diet.	

STRAWBERRY

Q200

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	7%
Sugar 21g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 2%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are based on a 2,000 calorie diet.	

PINA COLADA

Q300

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 5g	25%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrates 26g	9%
Dietary Fiber 2g	7%
Sugar 17g	
Protein 1g	
Vitamin A 2%	Vitamin C 100%
Calcium 2%	Iron 2%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are based on a 2,000 calorie diet.	

NONFAT YOGURT

Q330

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Sugar 10g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%
* Amount in Mix	
**Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

BANANA

Q400

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	10%
Sugar 9g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are based on a 2,000 calorie diet.	

GUAVA

Q440

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 24g	8%
Dietary Fiber 1g	5%
Sugar 22g	
Protein 0g	
Vitamin A 35%	Vitamin C 100%
Calcium 0%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are based on a 2,000 calorie diet.	

MARGARITA
Q500

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrates 26g	9%
Dietary Fiber 0g	0%
Sugar 21g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are bases on a 2,000 calorie diet.	

BAHAMA MAMA
Q550

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 29g	10%
Dietary Fiber 1g	5%
Sugar 20g	
Protein 1g	
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are bases on a 2,000 calorie diet.	

RUM RUNNER
Q600

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrates 27g	9%
Dietary Fiber 0g	0%
Sugar 7g	
Protein 0g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 4%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are bases on a 2,000 calorie diet.	

HURRICANE
Q660

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 27g	9%
Dietary Fiber 0g	0%
Sugar 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are bases on a 2,000 calorie diet.	

PEACH
Q700

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 29g	10%
Dietary Fiber 3g	12%
Sugar 20g	
Protein 0g	
Vitamin A 30%	Vitamin C 100%
Calcium 0%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are bases on a 2,000 calorie diet.	

PINK LEMONADE
Q750

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 27g	9%
Dietary Fiber 0g	0%
Sugar 16g	
Protein 0g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are bases on a 2,000 calorie diet.	

LYNCHBURG LEMONADE
Q775

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 27g	9%
Dietary Fiber 0g	0%
Sugar 16g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%
Not a significant source of saturated fat, cholesterol, calcium and Iron	
*Percent Daily Values are bases on a 2,000 calorie diet.	

CAPPUCCINO
Q900

Nutrition Facts	
Serving Size 2.667 fl oz Concentrate (227g) (Makes 8 fl oz as prepared) Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrates 21g	7%
Dietary Fiber 0g	0%
Sugar 9g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%
* Amount in Mix	
** Percent Daily Values are bases on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on	

SWEET & SOUR
Q950C

Nutrition Facts

Serving Size 2.667 fl oz Concentrate (227g)
(Makes 8 fl oz as prepared)
Servings Per Container 12

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 25g	8%
Dietary Fiber 0g	0%
Sugar 7g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%
<small>Not a significant source of saturated fat, cholesterol, calcium and Iron</small>	
<small>*Percent Daily Values are bases on a 2,000 calorie diet.</small>	

ICE CREAM BASE
O150

Nutrition Facts

Serving Size 2.667 fl oz Concentrate (227g)
(Makes 8 fl oz as prepared)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 8g	38%
Cholesterol 40mg	14%
Sodium 55mg	2%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	0%
Sugar 19g	
Protein 4g	
Vitamin A 25%	Vitamin C 0%
Calcium 10%	Iron 0%
<small>* Amount in Mix</small>	
<small>** Percent Daily Values are bases on a 2,000 calorie diet.</small>	
<small>Your daily values may be higher or lower depending on your calorie needs.</small>	