


Freshens Smoothie Drinks Nutritional Spreadsheet

	Fat (g)	Fat as % Total Calories	Cholesterol (mg)	Sugar (g)	Vitamin A (%DV)	Vitamin C (%DV)	Vitamin D (%DV)	Vitamin E (%DV)	Calcium (%DV)	Calories from Fat	Calories	Carbohydrates (g)	Protein (g)	Potassium (mg)	Sodium (mg)	Dietary Fiber (g)	Protein (%DV)	Iron (%DV)	Thiamin (%DV)	Riboflavin (%DV)	Niacin (%DV)
STRAWBERRY SPIRIT	0	0%	0	81	120%	190%	140%	110%	45%	3	415	92	13	948	200	3	24%	6%	11%	43%	1%
STRAWBERRY NIRVANA	0	1%	0	71	120%	210%	140%	110%	45%	4	357	79	13	738	198	1	26%	6%	12%	44%	2%
RASPBERRY REALITY	1	2%	0	84	120%	170%	140%	110%	45%	8	451	100	14	1000	199	5	28%	6%	12%	45%	5%
SINGING DA BLUES	1	1%	0	83	120%	180%	140%	110%	45%	5	446	98	14	753	208	6	28%	4%	13%	46%	4%
POWER UP PINEAPPLE	5	9%	0	97	120%	140%	140%	110%	45%	47	518	107	13	873	213	3	26%	2%	10%	41%	2%
PEACE O' PEACH	0	1%	0	77	120%	270%	140%	110%	45%	4	397	86	13	788	203	3	26%	2%	11%	43%	2%
STRAWBERRY MIRAGE	0	0%	0	78	120%	180%	140%	110%	30%	1	342	87	1	430	18	3	2%	10%	1%	2%	0%
STRAWBERRY KARMA	0	0%	0	67	120%	210%	140%	110%	30%	1	283	73	1	219	17	1	2%	10%	2%	3%	0%
MANGO SPIRT	0	0%	0	70	180%	190%	140%	110%	30%	3	350	89	1	369	24	3	2%	6%	0%	1%	0%
BLUEBERRY ESSENCE	0	1%	0	81	120%	170%	140%	110%	30%	4	352	89	1	186	25	3	2%	6%	1%	2%	0%
PINEAPPLE OASIS	5	11%	0	93	120%	130%	140%	110%	30%	47	444	101	1	355	32	3	2%	6%	0%	0%	0%
TICKLE ME PEACH	0	0%	0	71	120%	210%	140%	110%	30%	1	313	78	1	304	23	2	2%	8%	0%	1%	1%
ORANGE ORBIT	3	8%	8	69	120%	200%	140%	110%	40%	31	412	95	3	448	46	2	6%	6%	4%	8%	0%
CAYMAN SUNSET	3	7%	8	63	120%	240%	140%	110%	40%	30	383	88	3	386	47	1	6%	10%	5%	10%	1%
MYSTICAL MANGO	4	7%	8	61	180%	200%	140%	110%	40%	33	420	97	3	388	52	3	6%	4%	4%	7%	0%
OREO ELATION	24	25%	48	112	130%	130%	150%	110%	50%	211	833	140	19	752	605	2	38%	8%	12%	48%	2%
PEANUT BUTTER BLISS 05	29	34%	48	96	130%	130%	150%	130%	60%	265	788	112	24	872	430	3	48%	6%	13%	50%	23%
ZIA TRIM *	0	0%	0	71	120%	210%	140%	110%	30%	1	316	79	1	304	23	2	2%	8%	0%	1%	1%
JUICE THERAPY *	3	8%	8	69	120%	1030%	140%	410%	40%	31	415	96	3	448	46	2	6%	6%	4%	8%	100%
LOW CALORIE SMOOTHIES																					
MAJESTIC MANGO NSA	0	1%	0	7	150%	200%	140%	110%	30%	2	111	57	1	159	26	2	2%	6%	0%	1%	1%
ZENFUL PEACH NSA	1	4%	16	7	120%	190%	142%	110%	40%	7	177	39	12	665	187	2	24%	2%	7%	33%	2%
SOULFUL STRAWBERRY	0	1%	0	11	120%	210%	140%	110%	35%	1	108	59	1	215	20	1	2%	10%	2%	3%	0%
MAGICAL STRAWBERRY	0	3%	16	8	120%	210%	140%	110%	45%	6	176	41	12	729	183	1	24%	6%	8%	35%	1%
* Recipe includes a MET-Rx Booster. These products are not intended to diagnose, treat, cure or prevent any disease.													Nutritional based on a 21 oz. serving								