

MANGO CRUSHER

Tropical Mangoes, Strawberries, Crushed Pineapple & Banana blended with 20g Vanilla Whey Protein



MANGOES

STRAWBERRIES

BANANA

PINEAPPLE

PROTEIN

BOOST
ENERGY

POWERHOUSE OF
ANTIOXIDANTS



“MANGO CRUSHER”

- 6 OZ DR. SMOOTHIE MANGO TROPICS PUREE/WATER MIX
- 4 FREEZE DRIED BANANA PIECES
- 1/4 TSP LEMON EXTRACT OR FREEZE DRIED LEMON (OPTIONAL)
- 1 SCP VANILLA WHEY PROTEIN
- 12 OZ ICE
- 3-4 STRAWBERRIES (PULSE IN END)

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 350	Calories from Fat 15		
% Daily Value*			
Total Fat 2g			3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 15mg			1%
Total Carbohydrate 65g			22%
Dietary Fiber	3g		12%
Sugars	53g		
Protein 21g			
Vitamin A 15%		Vitamin C 80%	
Calcium 4%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4