

PINAPPLE EXPRESS

Crushed Pineapple, Fiber-Rich Coconut, Strawberries, Vanilla
'Get Regular', 'Get Cardio' & 20g Strawberry Whey Protein

PINEAPPLE

GOOD SOURCE OF
VITAMIN B

VANILLA

STRAWBERRIES

COCONUT

GET REGULAR

PROTEIN

GET CARDIO

HIGH IN
DIETARY FIBER



“PINEAPPLE EXPRESS”

- 6 OZ DR. SMOOTHIE PINEAPPLE PARADISE PUREE/WATER MIX
- 3-4 STRAWBERRIES
- 1 TSP VANILLA EXTRACT
- 1 SCP GET REGULAR
- 1 SCP GET CARDIO
- 1 SCP STRAWBERRY WHEY PROTEIN
- 12 OZ ICE

Nutrition Facts	
Serving Size 20 Fluid Ounces	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 67g	22%
Dietary Fiber 4g	16%
Sugars 50g	
Protein 21g	
Vitamin A 2%	• Vitamin C 100%
Calcium 4%	• Iron 4%
*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	