

APPLES & GREENS

Crisp Apples blended with Spinach, Kale & a Vibrant Burst of Lemon for a Satisfying Shake of Sweet Greens

APPLES
LEMON
SPINACH
KALE

HIGH IN
IRON

BOOSTS
IMMUNITY



“APPLES & GREEN”

8 OZ DR. SMOOTHIE APPLE PUREE/WATER MIX
1/2 SCP FREEZE DRIED SPINACH
1/2 SCP FREEZE DRIED KALE
1/4 TSP LEMON EXTRACT
1/4 TSP FREEZE DRIED LEMON
16 OZ ICE

Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 67g	22%
Dietary Fiber 2g	8%
Sugars 64g	
Protein 2g	
Vitamin A 40%	• Vitamin C 30%
Calcium 6%	• Iron 6%
*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	