

GREEN GIANT

This shake is Low-Glycemic and it tastes great!



PINEAPPLE

KALE

LEMON

RICH IN
ANTIOXIDANTS

SPINACH

COCONUT

BANANA

HIGH IN IRON



“GREEN GIANT”

8 OZ	DR. SMOOTHIE PINEAPPLE PUREE/WATER MIX
4	FREEZE DRIED BANANA PIECES
1 SCP	FREEZE DRIED KALE
1 SCP	FREEZE DRIED SPINACH
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 330	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 77g	26%
Dietary Fiber 4g	16%
Sugars 68g	
Protein 3g	
Vitamin A 80%	• Vitamin C 140%
Calcium 10%	• Iron 10%
*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	