

THE RESOLUTION

Crushed Pineapple, Potassium-Rich Banana, Spinach & Lemon Extract blended with 'Get Lean'

GREAT SOURCE OF
VITAMIN C

PINEAPPLE

SPINACH

LEMON

**GET
LEAN**

RICH IN
POTASSIUM



“THE RESOLUTION”

- 8 OZ DR. SMOOTHIE PINEAPPLE PARADISE
PURÉE/WATER MIX
- 4 FREEZE-DRIED BANANA PIECES
(OR 3" FRESH BANANA)
- 2 SCPS FREEZE-DRIED SPINACH
- 1 SCP GET LEAN
- 1/4 TSP LEMON EXTRACT
- 16 OZ ICE

Nutrition Facts			
Serving Size (314g)			
Servings Per Container 20 Fluid			
Ounces (591 ml)			
Amount Per Serving			
Calories 270		Calories from Fat 5	
<hr/>			
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 70mg			3%
Total Carbohydrate 65g			22%
Dietary Fiber 4g			16%
Sugars 53g			
Protein 3g			
<hr/>			
Vitamin A 90%		Vitamin C 90%	
Calcium 10%		Iron 15%	
*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			