

SOFT TROPICS

Your choice of Milk blended with Tantalizing Limes, Potassium-Rich Banana, Coconut, 5g Creatine, Honey & 20g Vanilla Whey Protein

PACKED WITH
VITAMIN C

MILK

LIMES

BANANAS

COCONUT

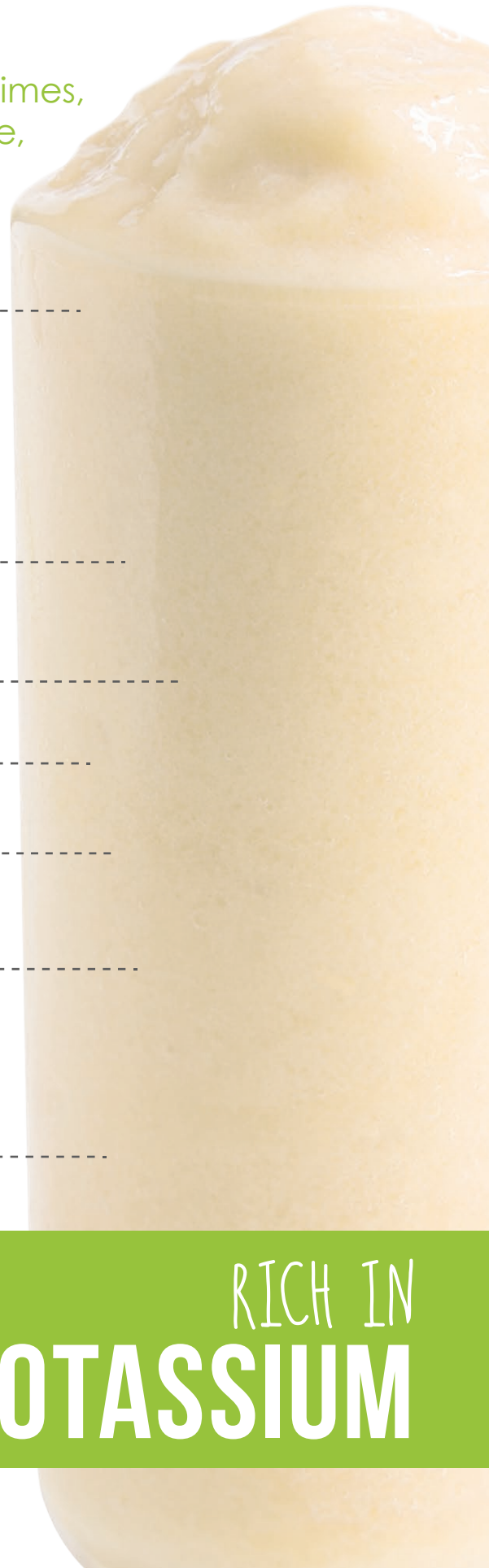
HONEY

CREATINE

PROTEIN



RICH IN
POTASSIUM



“SOFT TROPICS”

3 OZ	DR. SMOOTHIE SMOOTH LIME PURÉE/WATER MIX
3 OZ	UNSWEETENED VANILLA ALMOND MILK
1 SCP	FREEZE-DRIED BANANAS
½ SCP	DRIED COCONUT
1 SCP	CREATINE
1 TSP	HONEY
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 370 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 50g **17%**

Dietary Fiber 3g **12%**

Sugars 38g

Protein 22g

Vitamin A 15% • Vitamin C 10%

Calcium 8% • 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