

# PIÑA CREAM

Crushed Pineapple, Sweet Coconut & Potassium-Rich Banana blended with 'Get Lean' & 20g Vanilla Whey Protein

MAINTAINS  
BLOOD PRESSURE

PINEAPPLE

GET LEAN

COCONUT

PROTEIN

MAINTAINS  
HEART FUNCTION



# “PIÑA CREAM”

- 6 OZ DR. SMOOTHIE PINEAPPLE PARADISE PURÉE/WATER MIX
- 1 SCP GET LEAN
- 1 SCP VANILLA WHEY PROTEIN
- 12 OZ ICE
- 1 TSP DRIED COCONUT (PULSE IN THE END)

<b>Nutrition Facts</b>			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 340</b>		Calories from Fat 25	
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% Daily Value*			
<b>Total Fat</b> 2.5g			<b>4%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 20mg			<b>1%</b>
<b>Total Carbohydrate</b> 59g			<b>20%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 48g			
<b>Protein</b> 21g			
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Vitamin A 2%		• Vitamin C 60%	
Calcium 2%		• Iron 2%	
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*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
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Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			