

# ORGANIC COMMITMENTS

Organic Pineapple, Organic Kale, Organic Lemon Extract  
& 20g Organic Vanilla Protein.

PROMOTES  
HEALTHY SKIN

ORGANIC  
KALE

ORGANIC  
PINEAPPLE

ORGANIC  
PROTEIN



HELPS REDUCE  
INFLAMMATION



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6 oz            ORGANIC PINEAPPLE PUREE  
2 SCPS        ORGANIC FREEZE DRIED KALE  
1 SCP          ORGANIC VANILLA WHEY PROTEIN  
¼ TSP         ORGANIC LEMON EXTRACT (OPTIONAL)  
12 oz         ICE

ADD INGREDIENTS, ADD ICE, PUSH #4 ON BLENDER

<b>Nutrition Facts</b>			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 320</b>		<b>Calories from Fat 15</b>	
<b>% Daily Value*</b>			
<b>Total Fat</b> 1.5g			<b>2%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 50mg			<b>17%</b>
<b>Sodium</b> 75mg			<b>3%</b>
<b>Total Carbohydrate</b> 54g			<b>18%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 44g			
<b>Protein</b> 23g			
Vitamin A 70%	•	Vitamin C 230%	
Calcium 20%	•	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			