

# MANGO MADNESS

Marvelous Mangoes, Sweet Strawberries,  
Pure Pineapple & Beneficial Banana  
blended with 10g Vanilla Whey Protein

PROTECTS YOUR  
**SKIN**



MANGOES

PROTEIN

BANANA

WHOLE  
STRAWBERRIES

PINEAPPLE

PACKED WITH  
**POTASSIUM**



# “MANGO MADNESS”

- 4 OZ DR. SMOOTHIE MANGO TROPICS  
PURÉE/WATER MIX
- 3 FREEZE-DRIED BANANA PIECES  
(OR 2" FRESH BANANA)
- ¼ TSP LEMON EXTRACT OR FREEZE-DRIED LEMON  
(OPTIONAL)
- ½ SCP VANILLA WHEY PROTEIN
- 7 OZ ICE
- ¼ CUP STRAWBERRIES (PULSE IN THE END)

Nutrition Facts			
Serving Size 12 fl. oz. (354 ml)			
Servings Per Container			
Amount Per Serving			
<b>Calories 230</b>		Calories from Fat 10	
% Daily Value*			
<b>Total Fat</b> 1g			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 10mg			<b>0%</b>
<b>Total Carbohydrate</b> 45g			<b>15%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 36g			
<b>Protein</b> 11g			
Vitamin A 10%		Vitamin C 70%	
Calcium 2%		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			