

RISE & SHINE

Wake Up with your choice of Milk, Colombian Coffee & Banana blended with 'Get Regular' & 'Get Essentials'

POWERFUL
ANTIOXIDANTS

BANANA
GET REGULAR

GET ESSENTIALS

MILK
COFFEE

NATURALLY BOOSTS
ENERGY



“RISE & SHINE”

6 OZ CHOICE OF MILK
4 FREEZE DRIED BANANA PIECES
2 SCP TRULY LATTE
1 SCP GET REGULAR
1 SCP GET ESSENTIALS
16 OZ ICE

Nutrition Facts

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

Amount Per Serving

Calories 390 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 440mg **18%**

Total Carbohydrate 75g **25%**

Dietary Fiber 4g **16%**

Sugars 55g

Protein 8g

Vitamin A 8% • Vitamin C 4%

Calcium 25% • 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