

LEMON-AID

This mouth-watering shake will be sure to excite your palate & refresh your energy.

BOOST
ENERGY



LEMONS

BANANA

EXCELLENT SOURCE OF
VITAMIN C



“LEMON-AID”

8 OZ DR. SMOOTHIE LEMON-ADE
PURÉE/WATER MIX
4 FREEZE-DRIED BANANA PIECES
(OR 3" FRESH BANANA)
16 OZ ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 290	Calories from Fat 5		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 20mg			1%
Total Carbohydrate 71g			24%
Dietary Fiber	2g		8%
Sugars	66g		
Protein 1g			
Vitamin A 2%		• Vitamin C 25%	
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