

ORANGE TANGERINE

Opulent Oranges & Tangy Tangerines
blended with Juicy Strawberries
& Fiber-Rich Banana

PROMOTES HEART
HEALTH

ORANGES
TANGERINE
STRAWBERRIES

BANANA

HIGH IN
FIBER



“ORANGE TANGERINE”

8 OZ	DR. SMOOTHIE ORANGE TANGERINE PURÉE/WATER MIX
¼ TSP	LEMON EXTRACT OR FREEZE-DRIED LEMON (OPTIONAL)
4	FREEZE-DRIED BANANA PIECES (OR 3" FRESH BANANA)
16 OZ	ICE
3-4	STRAWBERRIES (PULSE IN THE END)

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)

Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 75g **25%**

Dietary Fiber 3g **12%**

Sugars 68g

Protein 2g

Vitamin A 4% • Vitamin C 140%

Calcium 4% • 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