

FIREWORKS

Strawberries, Lemon, Blueberries & more Strawberries
with 20g Vanilla Whey Protein

PROMOTES
HEALTHY SKIN

LEMON

STRAWBERRIES

BLUEBERRIES

PROTEIN

GOOD SOURCE OF
CALCIUM

SHAKE OF THE MONTH



“FIREWORKS”

20oz. RECIPE

- 3 OZ DR. SMOOTHIE STRAWBERRY
PURÉE/WATER MIX*
- 3 OZ DR. SMOOTHIE LEMONADE
PURÉE/WATER MIX*
- 1 SCP FREEZE-DRIED STRAWBERRIES
- ½ SCP FREEZE-DRIED BLUEBERRIES
- 1 SCP VANILLA WHEY PROTEIN
- ¼ TSP LEMON EXTRACT
- 12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (379g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 50g	18%
Dietary Fiber 2g	7%
Total Sugars 42g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 1mg	6%
Potassium 190mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

12oz. RECIPE

- 2 OZ DR. SMOOTHIE STRAWBERRY
PURÉE/WATER MIX*
- 2 OZ DR. SMOOTHIE LEMONADE
PURÉE/WATER MIX*
- ½ SCP FREEZE-DRIED STRAWBERRIES
- ½ SCP FREEZE-DRIED BLUEBERRIES
- ½ SCP VANILLA WHEY PROTEIN
- ¼ TSP LEMON EXTRACT
- 7 OZ ICE

Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml) (236g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 35mg	2%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 0mg	0%
Potassium 108mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*NUTRITION PANEL REFLECTS USE OF A 1:1 PURÉE/WATER RATIO