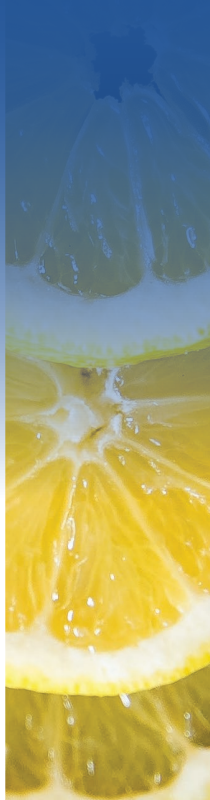
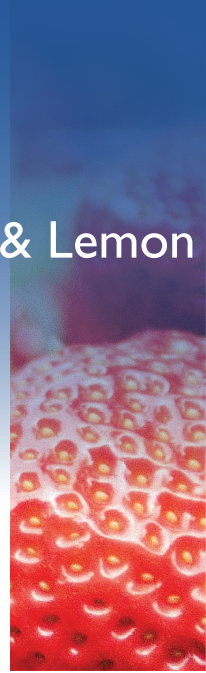
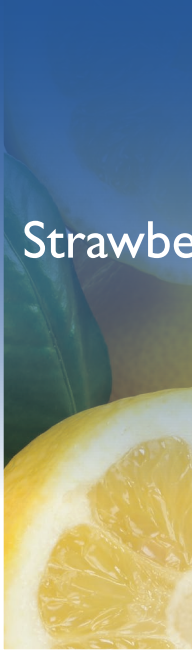


FIREWORKS

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



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