

GEM – Bottled Smoothie with Epic Protein Nutrition Facts

Berry Bright Smoothie

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	464
% Daily Value *	
Total Fat 21 g	27 %
Saturated Fat 2 g	10 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 11 g	
Cholesterol 0 mg	0 %
Sodium 68 mg	3 %
Total Carbohydrate 42 g	15 %
Dietary Fiber 13 g	46 %
Total Sugars 20 g	
Includes 0g Added Sugar	0 %
Protein 25 g	50 %
Vitamin D 0mcg	0 %
Calcium 169 mg	13 %
Iron 4.68 mg	26 %
Potassium 500 mg	11 %
* The %Daily Value (DV) 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. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

INGREDIENTS FILTERED WATER, BLUEBERRY, STRAWBERRY, BANANA, SPROUT LIVING EPIC ORGANIC PLANT PROTEIN® ORIGINAL, ALMOND BUTTER, DATE, LEMON, VANILLA BEAN

Tiger Eye Chocolate Smoothie

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	479
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 3 g	14 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 7 g	
Monounsaturated Fat 13 g	
Cholesterol 0 mg	0 %
Sodium 122 mg	5 %
Total Carbohydrate 46 g	17 %
Dietary Fiber 12 g	43 %
Total Sugars 19 g	
Includes 0g Added Sugar	0 %
Protein 25 g	50 %
Vitamin D 0mcg	0 %
Calcium 197 mg	15 %
Iron 3.42 mg	19 %
Potassium 791 mg	17 %
* The %Daily Value (DV) 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. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

INGREDIENTS BANANA, FILTERED WATER, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON), SPROUT LIVING EPIC PLANT PROTEIN® ORIGINAL, ALMOND BUTTER, DATE, CACAO, MACA, VANILLA BEAN, CINNAMON