

GEM – Cold Drinks Nutrition Facts

Iced Cold Brew (Regular)

Nutrition Facts	
1 serving per container Serving size 16 oz (480mL)	
Amount per serving	
Calories	26
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	0 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 19 mg	1 %
Total Carbohydrate 1 g	<1 %
Dietary Fiber 0 g	0 %
Total Sugars 0 g	
Includes 0 g Added Sugar	0 %
Protein 1 g	2 %
Vitamin D 0mcg	0 %
Calcium 2 mg	<1 %
Iron 0 mg	0 %
Potassium 31 mg	<1 %
<p><small>* 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.</small></p>	

INGREDIENTS FILTERED WATER, COFFEE, UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT)

Iced Cold Brew (Large)

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	52
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	5 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 38 mg	2 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Total Sugars 1 g	
Includes 0 g Added Sugar	0 %
Protein 2 g	4 %
Vitamin D 0mcg	0 %
Calcium 3 mg	<1 %
Iron 1 mg	6 %
Potassium 62 mg	1 %
<p><small>* 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.</small></p>	

INGREDIENTS FILTERED WATER, COFFEE, UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT)

Iced Elevated Coffee

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	199
% Daily Value *	
Total Fat 11 g	14 %
Saturated Fat 8 g	40 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 30 mg	1 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	9 %
Total Sugars 1 g	
Includes 0 g Added Sugar	0 %
Protein 20 g	40 %
Vitamin D 0mcg	0 %
Calcium 78 mg	6 %
Iron 0.72 mg	4 %
Potassium 176 mg	4 %
<p><small>* 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.</small></p>	

INGREDIENTS FILTERED WATER, COFFEE, UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), COLLAGEN, COCONUT BUTTER

Iced Matcha

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	107
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 2 g	10 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 5 g	
Cholesterol 0 mg	0 %
Sodium 83 mg	3 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	7 %
Total Sugars 1g	
Includes 0g Added Sugar	0 %
Protein 4 g	8 %
Vitamin D 0mcg	0 %
Calcium 13 mg	1 %
Iron 1.62 mg	9 %
Potassium 172 mg	4 %
<p><small>* 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.</small></p>	

INGREDIENTS UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), FILTERED WATER, MATCHA, CINNAMON

GEM – Cold Drinks Nutrition Facts

Iced Matcha Strawberry Latte

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	129
% Daily Value *	
Total Fat 9 g	0 %
Saturated Fat 2 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 2 g	
Cholesterol 0 mg	0 %
Sodium 95 mg	0 %
Total Carbohydrate 11 g	0 %
Dietary Fiber 1 g	0 %
Total Sugars 5 g	
Includes 3 g Added Sugar	6 %
Protein 4 g	0 %
Vitamin D 0mcg	0 %
Calcium 14 mg	0 %
Iron 1 mg	0 %
Potassium 185 mg	0 %
* 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.	

Iced Rosey-Beet Latte

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	283
% Daily Value *	
Total Fat 23 g	29 %
Saturated Fat 11 g	55 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 131 mg	6 %
Total Carbohydrate 16 g	6 %
Dietary Fiber 4 g	14 %
Total Sugars 5g	
Includes 0g Added Sugar	0 %
Protein 7 g	14 %
Vitamin D 0mcg	0 %
Calcium 14 mg	1 %
Iron 3 mg	16 %
Potassium 362 mg	8 %
* 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.	

Iced Strawberry Milk

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	150
% Daily Value *	
Total Fat 11 g	15 %
Saturated Fat 2 g	15 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 2 g	
Cholesterol 0 mg	0 %
Sodium 114 mg	5 %
Total Carbohydrate 12 g	8 %
Dietary Fiber 1 g	11 %
Total Sugars 5 g	
Includes 3g Added Sugar	6 %
Protein 4 g	14 %
Vitamin D 0mcg	0 %
Calcium 16 mg	2 %
Iron 2 mg	15 %
Potassium 216 mg	7 %
* 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.	

Iced Turmeric Latte

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	152
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 87 mg	4 %
Total Carbohydrate 13 g	5 %
Dietary Fiber 2 g	7 %
Total Sugars 2 g	
Includes 0 g Added Sugar	0 %
Protein 4 g	8 %
Vitamin D 0 mcg	0 %
Calcium 26 mg	2 %
Iron 1.44 mg	8 %
Potassium 242 mg	5 %
* 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 UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), FILTERED WATER, STRAWBERRY PUREE (STRAWBERRY, FILTERED WATER, MAPLE SYRUP, LEMON, ALMOND EXTRACT, SALT) MATCHA, VANILLA BEAN

INGREDIENTS UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), FILTERED WATER, COCONUT BUTTER, PERFORM SHOT (BEET, LEMON), GINGER, ROSE POWDER

INGREDIENTS UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), STRAWBERRY PUREE (STRAWBERRY, FILTERED WATER, MAPLE SYRUP, LEMON, ALMOND EXTRACT, SALT), VANILLA BEAN

INGREDIENTS UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), FILTERED WATER, TURMERIC, GINGER, GARAM MASALA

GEM – Cold Drinks Nutrition Facts

Strawberry Iced Green Tea

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	13
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	<1 %
Total Carbohydrate 4g	2 %
Dietary Fiber 0 g	0 %
Total Sugars 2 g	
Includes 1g Added Sugar	2 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 3 mg	<1 %
Iron 0 mg	0 %
Potassium 31 mg	1 %
* 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, GREEN TEA, STRAWBERRY PUREE (STRAWBERRY, FILTERED WATER, MAPLE SYRUP, LEMON, ALMOND EXTRACT, SALT), LEMON

Strawberry Kiss Cooler

Nutrition Facts	
1 serving per container Serving size 20 oz (600mL)	
Amount per serving	
Calories	93
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 83 mg	4 %
Total Carbohydrate 24 g	11 %
Dietary Fiber 0 g	0 %
Total Sugars 18 g	
Includes 3g Added Sugar	6 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 32 mg	3 %
Iron 0 mg	0 %
Potassium 279 mg	7 %
* 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 PERFORM DRINK (FILTERED WATER, PINEAPPLE, TART CHERRY JUICE, LEMON, COCONUT WATER, RAW HONEY, TRACE MINERALS, SALT), STRAWBERRY PUREE (STRAWBERRY, FILTERED WATER, MAPLE SYRUP, LEMON, ALMOND EXTRACT, SALT)

Watermelon Kiss Cooler

Nutrition Facts	
1 serving per container Serving size 8 oz (240mL)	
Amount per serving	
Calories	77
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	<1 %
Total Carbohydrate 21 g	8 %
Dietary Fiber 0 g	0 %
Total Sugars 17 g	
Includes 0g Added Sugar	0 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 13 mg	1 %
Iron 0 mg	0 %
Potassium 123 mg	3 %
* 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 WATERMELON, LIME, MINT