

# GEM – Smoothie Nutrition Facts

## Blue Diamond

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>410</b>
% Daily Value *	
<b>Total Fat</b> 18 g	23 %
Saturated Fat 9 g	45 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 6 g	
Monounsaturated Fat 1 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 10 mg	<1 %
<b>Total Carbohydrate</b> 59 g	21 %
Dietary Fiber 9 g	32 %
Total Sugars 35 g	
Includes 0 g Added Sugar	
<b>Protein</b> 9 g	18 %
Vitamin D 0mcg	0 %
Calcium 48 mg	4 %
Iron 3 mg	16 %
Potassium 1027 mg	22 %
* 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, HEMP MILK (FILTERED WATER, HEMP SEED), COCONUT BUTTER, DATE, BLUE MAJIK®, MACA, ALMOND EXTRACT

## Cameo

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>254</b>
% Daily Value *	
<b>Total Fat</b> 8 g	10 %
Saturated Fat 8 g	40 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 111 mg	5 %
<b>Total Carbohydrate</b> 38 g	14 %
Dietary Fiber 9 g	32 %
Total Sugars 22 g	
Includes 0g Added Sugar	
<b>Protein</b> 7g	14%
Vitamin D 0mcg	0 %
Calcium 325 mg	25 %
Iron 3.6 mg	20 %
Potassium 1013mg	24 %
* 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** STRAWBERRY, KALE, SPINACH, KALE, FILTERED WATER, ORANGE, COCONUT BUTTER, COCONUT WATER POWDER

## Chocolate Diamond

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>244</b>
% Daily Value *	
<b>Total Fat</b> 9 g	11 %
Saturated Fat 3 g	15 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 4 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 82 mg	3 %
<b>Total Carbohydrate</b> 39 g	14 %
Dietary Fiber 7 g	25 %
Total Sugars 17 g	
Includes 0 g Added Sugar	
<b>Protein</b> 6 g	12 %
Vitamin D 0mcg	0%
Calcium 52 mg	4 %
Iron 2.52 mg	14 %
Potassium 766 mg	18 %
* 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, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), DATE, CINNAMON, CACAO

## Citrine

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>235</b>
% Daily Value *	
<b>Total Fat</b> 0 g	0 %
Saturated Fat 0 g	0 %
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 2 mg	<1 %
<b>Total Carbohydrate</b> 56 g	20 %
Dietary Fiber 10 g	36 %
Total Sugars 47 g	
Includes 0 g Added Sugar	
<b>Protein</b> 3 g	6 %
Vitamin D 0 mcg	0 %
Calcium 78 mg	6 %
Iron 0.54 mg	3 %
Potassium 718 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** FILTERED WATER, MANGO, ORANGE, BANANA, APPLE

# GEM – Smoothie Nutrition Facts

## Crown Jewel

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>351</b>
% Daily Value *	
<b>Total Fat</b> 16 g	<b>21 %</b>
Saturated Fat 10 g	<b>50 %</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 4 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 100 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 42 g	<b>15 %</b>
Dietary Fiber 10 g	<b>36 %</b>
Total Sugars 19 g	
Includes 0g Added Sugar <b>0 %</b>	
<b>Protein</b> 5 g	<b>10 %</b>
Vitamin D 0 mcg	<b>0 %</b>
Calcium 78 mg	<b>6 %</b>
Iron 3.96 mg	<b>22 %</b>
Potassium 645 mg	<b>15 %</b>
* 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** BLUEBERRY, BANANA, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), SPINACH, COCONUT BUTTER, CACAO, DATE, MACA, CINNAMON

## Emerald City

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>92</b>
% Daily Value *	
<b>Total Fat</b> 1 g	<b>1 %</b>
Saturated Fat 0 g	<b>0 %</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 103 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 27 g	<b>10 %</b>
Dietary Fiber 6 g	<b>21 %</b>
Total Sugars 9 g	
Includes 0g Added Sugar <b>0 %</b>	
<b>Protein</b> 4 g	<b>8 %</b>
Vitamin D 0 mcg	<b>0 %</b>
Calcium 83 mg	<b>6 %</b>
Iron 1.62 mg	<b>9 %</b>
Potassium 1008 mg	<b>21 %</b>
* 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** CELERY, CUCUMBER, SPINACH, APPLE, FILTERED WATER, LEMON, GINGER, BASIL

## Faux Yo Parfait

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>621</b>
% Daily Value *	
<b>Total Fat</b> 22 g	<b>28 %</b>
Saturated Fat 3 g	<b>15 %</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 3 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 136 mg	<b>6 %</b>
<b>Total Carbohydrate</b> 95 g	<b>35 %</b>
Dietary Fiber 14 g	<b>50 %</b>
Total Sugars 42 g	
Includes 2 g Added Sugar <b>4 %</b>	
<b>Protein</b> 14 g	<b>28 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 92 mg	<b>7 %</b>
Iron 5 mg	<b>28 %</b>
Potassium 1019 mg	<b>22 %</b>
* 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** BLUEBERRY, STRAWBERRY, BANANA, HEMP SEED, TART CHERRY JUICE, MARGE'S GRANOLA® (\*GF ROLLED OATS, EXTRA-VIRGIN OLIVE OIL, \*MAPLE SYRUP, ALMONDS, \*PUMPKIN SEEDS, \*SESAME SEEDS, DRIED CRANBERRIES (SUNFLOWER OIL, SUGAR), \*COCONUT, PECANS, PURE VANILLA EXTRACT, KOSHER SALT, CINNAMON, CARDAMOM)  
\*ORGANIC ITEMS IN GRANOLA

## The Gold Standard

Nutrition Facts	
1 serving per container Serving size 20 oz.	
Amount per serving	
<b>Calories</b>	<b>654</b>
% Daily Value *	
<b>Total Fat</b> 19 g	<b>24 %</b>
Saturated Fat 2 g	<b>10 %</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 10 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 480 mg	<b>21 %</b>
<b>Total Carbohydrate</b> 91 g	<b>33 %</b>
Dietary Fiber 17 g	<b>61 %</b>
Total Sugars 50 g	
Includes 0g Added Sugar <b>0 %</b>	
<b>Protein</b> 45 g	<b>90 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 236 mg	<b>18 %</b>
Iron 11 mg	<b>61 %</b>
Potassium 2141 mg	<b>46 %</b>
* 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** STRAWBERRY, BLUEBERRY, BANANA, SPINACH, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), TART CHERRY JUICE, ORIGINAL EPIC PROTEIN®, COCONUT WATER, CREATINE, COLLAGEN, ALMOND BUTTER, DATE, MIRACLE MUSHROOM (REISHI, LION'S MANE, CHAGA, TURKEY TAIL), TRACE MINERALS, VANILLA BEAN

# GEM – Smoothie Nutrition Facts

## Jaded Ginger Snap

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>260</b>
% Daily Value *	
<b>Total Fat</b> 7 g	<b>9 %</b>
Saturated Fat 2 g	<b>10 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 3 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 112 mg	<b>5 %</b>
<b>Total Carbohydrate</b> 43 g	<b>15 %</b>
Dietary Fiber 5 g	<b>18 %</b>
Total Sugars 24 g	
Includes 8g Added Sugar	<b>12 %</b>
<b>Protein</b> 6 g	<b>12 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 116 mg	<b>9 %</b>
Iron 3.06 mg	<b>17 %</b>
Potassium 906 mg	<b>22 %</b>
* 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** SPINACH, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), BANANA, GINGER, MAPLE SYRUP, VANILLA BEAN

## Maui GEM

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>327</b>
% Daily Value *	
<b>Total Fat</b> 9 g	<b>11 %</b>
Saturated Fat 8 g	<b>40 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 27 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 58 g	<b>21 %</b>
Dietary Fiber 8 g	<b>28 %</b>
Total Sugars 35 g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 4 g	<b>8 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 104 mg	<b>8 %</b>
Iron 0.9 mg	<b>5 %</b>
Potassium 972 mg	<b>23 %</b>
* 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, ORANGE, PINEAPPLE, LEMON, COCONUT WATER, COCONUT BUTTER, CHIA SEED

## PCD Preston Center Dance

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value *	
<b>Total Fat</b> 3 g	<b>4 %</b>
Saturated Fat 0 g	<b>0 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 1 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 11 mg	<b>&lt;1 %</b>
<b>Total Carbohydrate</b> 38 g	<b>14 %</b>
Dietary Fiber 4 g	<b>14 %</b>
Total Sugars 26 g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 5 g	<b>10 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 52 mg	<b>4 %</b>
Iron 3.6 mg	<b>20 %</b>
Potassium 662 mg	<b>16 %</b>
* 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** STRAWBERRY, BANANA, HEMP MILK (FILTERED WATER, HEMP SEED), POMEGRANATE JUICE

## Silver Bullet

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>386</b>
% Daily Value *	
<b>Total Fat</b> 13 g	<b>17 %</b>
Saturated Fat 2 g	<b>10 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 6 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 249 mg	<b>11 %</b>
<b>Total Carbohydrate</b> 55 g	<b>20 %</b>
Dietary Fiber 13 g	<b>46 %</b>
Total Sugars 23 g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 22 g	<b>44 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 124 mg	<b>10 %</b>
Iron 7 mg	<b>39 %</b>
Potassium 1272 mg	<b>30 %</b>
* 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, STRAWBERRY, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), CACAO, ORIGINAL EPIC PROTEIN®, MACA, VANILLA BEAN

# GEM – Smoothie Nutrition Facts

## Sparkle Berry

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>322</b>
% Daily Value *	
Total Fat 6 g	8 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 5 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	<1 %
Total Carbohydrate 60 g	22 %
Dietary Fiber 8 g	28 %
Total Sugars 46 g	
Includes 0g Added Sugar	0%
Protein 8 g	16 %
Vitamin D 0mcg	0 %
Calcium 65 mg	5 %
Iron 3.06 mg	17 %
Potassium 913 mg	22 %
* 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** BLUEBERRY, STRAWBERRY, BANANA, MANGO, HEMP MILK (FILTERED WATER, HEMP SEED), POMEGRANATE JUICE

## Super Sapphire

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>290</b>
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 7 g	
Monounsaturated Fat 2 g	
Cholesterol 0 mg	0 %
Sodium 13 mg	<1 %
Total Carbohydrate 42 g	15 %
Dietary Fiber 13 g	46 %
Total Sugars 26 g	
Includes 0g Added Sugar	0 %
Protein 10 g	20 %
Vitamin D 0 mcg	0 %
Calcium 130 mg	10 %
Iron 3.78 mg	21 %
Potassium 458 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** BLUEBERRY, STRAWBERRY, POMEGRANATE JUICE, HEMP MILK (FILTERED WATER, HEMP SEED), CHIA SEED

## Tahitian Pearl

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>413</b>
% Daily Value *	
Total Fat 18 g	23 %
Saturated Fat 11 g	55 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 5 g	
Cholesterol 0 mg	0 %
Sodium 84 mg	3 %
Total Carbohydrate 45 g	16 %
Dietary Fiber 9 g	32 %
Total Sugars 20 g	
Includes 0 g Added Sugar	0 %
Protein 12 g	24 %
Vitamin D 0 mcg	0 %
Calcium 104 mg	8 %
Iron 3.78 mg	21 %
Potassium 816 mg	19 %
* 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, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), ALMOND BUTTER, COCONUT BUTTER, CACAO, DATE, MACA

## White Diamond

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
<b>Calories</b>	<b>361</b>
% Daily Value *	
Total Fat 17 g	22 %
Saturated Fat 10 g	50 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 5 g	
Cholesterol 0 mg	0 %
Sodium 87 mg	4 %
Total Carbohydrate 45 g	16 %
Dietary Fiber 7 g	25 %
Total Sugars 25 g	
Includes 0g Added Sugar	0 %
Protein 7 g	14 %
Vitamin D 0 mcg	0 %
Calcium 117 mg	9 %
Iron 2.52 mg	14 %
Potassium 630 mg	15 %
* 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, CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), DATE, COCONUT BUTTER, MACA, VANILLA BEAN

# GEM – Bottled Smoothie with Epic Protein Nutrition Facts

## Berry Bright Smoothie

<b>Nutrition Facts</b>	
1 serving per container Serving size 16 oz. (480mL)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>464</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 21 g	<b>27 %</b>
Saturated Fat 2 g	<b>10 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 11 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 68 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 42 g	<b>15 %</b>
Dietary Fiber 13 g	<b>46 %</b>
Total Sugars 20 g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 25 g	<b>50 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 169 mg	<b>13 %</b>
Iron 4.68 mg	<b>26 %</b>
Potassium 500 mg	<b>11 %</b>
* 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

<b>Nutrition Facts</b>	
1 serving per container Serving size 16 oz. (480mL)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>479</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 23 g	<b>35 %</b>
Saturated Fat 3 g	<b>14 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 7 g	
Monounsaturated Fat 13 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 122 mg	<b>5 %</b>
<b>Total Carbohydrate</b> 46 g	<b>17 %</b>
Dietary Fiber 12 g	<b>43 %</b>
Total Sugars 19 g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 25 g	<b>50 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 197 mg	<b>15 %</b>
Iron 3.42 mg	<b>19 %</b>
Potassium 791 mg	<b>17 %</b>
* 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

# GEM – Cold Pressed Juice Nutrition Facts

## Cashew Milk

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>233</b>
% Daily Value *	
Total Fat 17 g	25 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 9 g	
Cholesterol 0 mg	0 %
Sodium 153 mg	6 %
Total Carbohydrate 18g	6 %
Dietary Fiber 1 g	5 %
Total Sugars 9 g	
Includes 7g Added Sugar	14 %
<b>Protein 7g</b>	<b>14 %</b>
Vitamin D 0mcg	0 %
Calcium 13 mg	1 %
Iron 2.52 mg	14 %
Potassium 248mg	6 %
* 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, CASHEW, MAPLE SYRUP, CINNAMON, SEA SALT

## Unsweetened Cashew Milk

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>208</b>
% Daily Value *	
Total Fat 17 g	25 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 9 g	
Cholesterol 0 mg	0 %
Sodium 152 mg	6 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 1 g	5 %
Total Sugars 2g	
Includes 0g Added Sugar	0%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 13 mg	1%
Iron 2.52mg	14%
Potassium 248mg	6 %
* 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, CASHEW, CINNAMON, SEA SALT

## Celery Juice

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>91</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 40 mg	2 %
Total Carbohydrate 19 g	7 %
Dietary Fiber 8 g	28 %
Total Sugars 0 g	
Includes 0 g Added Sugar	0 %
<b>Protein 4 g</b>	<b>8 %</b>
Vitamin D 0mcg	0 %
Calcium 52 mg	4 %
Iron 0 mg	0 %
Potassium 836 mg	20 %
* 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** CELERY, LEMON

## Blue Clarity Lemonade

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>83</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	<1 %
Total Carbohydrate 21 g	8 %
Dietary Fiber 0 g	0 %
Total Sugars 17 g	
Includes 15 g Added Sugar	30 %
<b>Protein 0 g</b>	<b>0 %</b>
Vitamin D 0 mcg	0 %
Calcium 51 mg	4 %
Iron 0 mg	0 %
Potassium 205 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** FILTERED WATER, LEMON, MAPLE SYRUP, BLUE MAJIK®, CAYENNE PEPPER

# GEM – Cold Pressed Juice Nutrition Facts

## Clarity Lemonade

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>48</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	<1 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 0 g	0 %
Total Sugars 10 g	
Includes 8g Added Sugar	16 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 26 mg	2 %
Iron 0 mg	0 %
Potassium 71 mg	2 %
* 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, LEMON, MAPLE SYRUP, CAYENNE PEPPER

## Disco (Super Green)

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>136</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 141 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	14 %
Total Sugars 11 g	
Includes 0g Added Sugar	0 %
Protein 8 g	16 %
Vitamin D 0 mcg	0 %
Calcium 247 mg	19 %
Iron 5.04 mg	28 %
Potassium 811 mg	19 %
* 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** PINEAPPLE, CUCUMBER, COLLARD GREEN, SPINACH, BOK CHOY, DANDELION GREEN, E3 LIVE, MINT

## Flawless

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>105</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 101 mg	4 %
Total Carbohydrate 24 g	9 %
Dietary Fiber 6 g	21 %
Total Sugars 3 g	
Includes 0g Added Sugar	0 %
Protein 3 g	6 %
Vitamin D 0 mcg	0 %
Calcium 611 mg	14 %
Iron 3.06 mg	10 %
Potassium 760 mg	18 %
* 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** CUCUMBER, CELERY, KALE, GINGER, LEMON

## Golden Glow

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>55</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 75 mg	3 %
Total Carbohydrate 13g	5 %
Dietary Fiber 0 g	0 %
Total Sugars 9 g	
Includes 6g Added Sugar	12 %
Protein 0 g	0 %
Vitamin D 0mcg	0 %
Calcium 26 mg	2 %
Iron 0.36 mg	2 %
Potassium 106 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** FILTERED WATER, LEMON, ORANGE, TURMERIC, GINGER, MAPLE SYRUP, CARDAMOM

# GEM – Cold Pressed Juice Nutrition Facts

## Green Glow

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 93 mg	4 %
Total Carbohydrate 33 g	12 %
Dietary Fiber 6 g	21 %
Total Sugars 15 g	
Includes 0g Added Sugar 0 %	
Protein 2 g	4 %
Vitamin D 0mcg	0 %
Calcium 182 mg	14 %
Iron 2.16 mg	12 %
Potassium 558 mg	13 %
* 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** CUCUMBER, APPLE, KALE, LEMON, GINGER

## Perform

Nutrition Facts	
1 serving per container Serving size 8 oz. (240mL)	
Amount per serving	
<b>Calories</b>	<b>74</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 64 mg	3 %
Total Carbohydrate 19 g	7 %
Dietary Fiber 0 g	0 %
Total Sugars 14 g	
Includes 6g Added Sugar 12 %	
Protein 0 g	0 %
Vitamin D 0mcg	0 %
Calcium 26 mg	2 %
Iron 0.18 mg	1 %
Potassium 223 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** FILTERED WATER, PINEAPPLE, TART CHERRY JUICE, LEMON, COCONUT WATER, RAW HONEY, TRACE MINERALS, SALT

## Platinum Veggie Love

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>85</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 86 mg	4 %
Total Carbohydrate 19 g	7 %
Dietary Fiber 5 g	18 %
Total Sugars 2 g	
Includes 0g Added Sugar 0 %	
Protein 3 g	6 %
Vitamin D 0mcg	0 %
Calcium 130 mg	10 %
Iron 1.44 mg	8 %
Potassium 800mg	19 %
* 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** CUCUMBER, CELERY, CARROT, SPINACH, CILANTRO

## Radiant Glow

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 113 mg	5 %
Total Carbohydrate 36 g	13 %
Dietary Fiber 5 g	18 %
Total Sugars 18 g	
Includes 0g Added Sugar 0%	
Protein 2 g	4 %
Vitamin D 0mcg	0 %
Calcium 169 mg	13 %
Iron 2.16mg	12 %
Potassium 635 mg	15 %
* 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** CUCUMBER, APPLE, BEET, KALE, LEMON, GINGER

## GEM – Cold Pressed Juice Nutrition Facts

### Ruby Slipper

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>105</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 97 mg	4 %
Total Carbohydrate 25 g	9 %
Dietary Fiber 2 g	7 %
Total Sugars 10 g	
Includes 0g Added Sugar	0 %
<b>Protein 2 g</b>	<b>4 %</b>
Vitamin D 0 mcg	0 %
Calcium 117 mg	9 %
Iron 1.98 mg	11 %
Potassium 615 mg	15 %
* 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** CUCUMBER, CARROT, BEET, LEMON, GINGER

### Shine & Sparkle

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 9 g	32 %
Total Sugars 13 g	
Includes 0g Added Sugar	0 %
<b>Protein 4 g</b>	<b>8 %</b>
Vitamin D 0 mcg	0 %
Calcium 91 mg	7 %
Iron 0.54 mg	3 %
Potassium 755 mg	18 %
* 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** CELERY, APPLE, SPINACH, JALAPENO, PARSLEY

### Canary Growler

Nutrition Facts	
8 servings per container Serving size 8 oz. (240mL)	
Amount per serving	
<b>Calories</b>	<b>23</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	<1 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	0 %
Total Sugars 4 g	
Includes 0g Added Sugar	0 %
<b>Protein 0 g</b>	<b>0 %</b>
Vitamin D 0mcg	0 %
Calcium 0 mg	0 %
Iron 0.18 mg	1 %
Potassium 58 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, PINEAPPLE, LEMON, BASIL

### Watermelon Kiss Growler

Nutrition Facts	
8 servings per container Serving size 8 oz. (240mL)	
Amount per serving	
<b>Calories</b>	<b>77</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans 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 %
<b>Protein 0 g</b>	<b>0 %</b>
Vitamin D 0mcg	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

# GEM – Food Nutrition Facts

## Arugula Mushroom Salad

Nutrition Facts	
1 serving per container Serving size 9 oz.	
Amount per serving	
<b>Calories</b>	<b>300</b>
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 5 g	25 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 263 mg	11 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	21 %
Total Sugars 2 g	
Includes 0g Added Sugar	0 %
<b>Protein 9 g</b>	<b>19 %</b>
Vitamin D 0mcg	0 %
Calcium 130 mg	10 %
Iron 3.24 mg	18 %
Potassium 425 mg	10 %
* 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** QUINOA, ARUGULA, MUSHROOM (CREMINI, SHITAKE, BUTTON), TOMATO, PINE NUT, AVOCADO OIL, EXTRA VIRGIN OLIVE OIL, TURMERIC, THYME, GARLIC, SEA SALT, BLACK PEPPER

## Blueberry Chia Pudding

Nutrition Facts	
1 serving per container Serving size 6 oz.	
Amount per serving	
<b>Calories</b>	<b>330</b>
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 5 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 65 mg	3 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 9 g	36 %
Total Sugars 20 g	
Includes 11g Added Sugar	22 %
<b>Protein 7g</b>	<b>14 %</b>
Vitamin D 0mcg	0 %
Calcium 143 mg	11 %
Iron 2.16 mg	12 %
Potassium 314 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** CASHEW MILK (CASHEW, FILTERED WATER, CINNAMON, SEA SALT), CHIA SEED, BLUEBERRY, ALMOND, PECAN, WALNUT, MAPLE SYRUP, DATE, LEMON JUICE, LEMON ZEST, VANILLA BEAN, SEA SALT

## Celery Salad

Nutrition Facts	
1 serving per container Serving size 8 oz.	
Amount per serving	
<b>Calories</b>	<b>218</b>
% Daily Value *	
Total Fat 19 g	24 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 5 g	
Monounsaturated Fat 12 g	
Cholesterol 0 mg	0 %
Sodium 113 mg	5 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	15 %
Total Sugars 4 g	
Includes 0 g Added Sugar	0 %
<b>Protein 2 g</b>	<b>5 %</b>
Vitamin D 0mcg	0 %
Calcium 117 mg	9 %
Iron 1.98 mg	11 %
Potassium 433 mg	10 %
* 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** CELERY, CELERY ROOT, JICAMA, MULBERRY, PARSLEY, EXTRA VIRGIN OLIVE OIL, LEMON JUICE, WHITE WINE VINEGAR, WHOLE GRAIN MUSTARD, SHALLOT, LEMON ZEST, CELERY SEED

## Chopped Veggie Salad

Nutrition Facts	
1 serving per container Serving size 8 oz.	
Amount per serving	
<b>Calories</b>	<b>189</b>
% Daily Value *	
Total Fat 11 g	14 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 476 mg	20 %
Total Carbohydrate 17 g	4 %
Dietary Fiber 5 g	20 %
Total Sugars 5 g	
Includes 0 g Added Sugar	0 %
<b>Protein 5 g</b>	<b>11 %</b>
Vitamin D 0mcg	0 %
Calcium 130 mg	10 %
Iron 1.44 mg	8 %
Potassium 411 mg	10 %
* 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** CUCUMBER, BROCCOLI, CAULIFLOWER, CABBAGE, CARROT, LEMON JUICE, EXTRA VIRGIN OLIVE OIL, MISO, MATCHA, WHITE WINE VINEGAR, GINGER, SUNFLOWER SEED, CRUSHED RED PEPPER, SEA SALT

# GEM – Food Nutrition Facts

## Crush and Crumble Protein Bar

Nutrition Facts	
1 serving per container Serving size 1 bar	
Amount per serving	
<b>Calories</b>	<b>340</b>
% Daily Value *	
Total Fat 21 g	27 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 10 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 139 mg	6 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 6 g	12 %
Total Sugars 9 g	
Includes 9g Added Sugar	18 %
Protein 12 g	24 %
Vitamin D 0 mcg	0 %
Calcium 96 mg	7 %
Iron 6 mg	33 %
Potassium 300 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** QUINOA PUFFS, TAHINI, HONEY, ORIGINAL EPIC PROTEIN®, PUMPKIN SEED, HULLED HEMP SEED, CHIA SEED, SESAME SEED, SEA SALT

## Dandelion & Kale Salad

Nutrition Facts	
1 serving per container Serving size 6.3 oz.	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value *	
Total Fat 14 g	18 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 6 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 140 mg	6 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 5 g	22 %
Total Sugars 8 g	
Includes 0g Added Sugar	0 %
Protein 7 g	14 %
Vitamin D 0 mcg	0 %
Calcium 273 mg	21 %
Iron 3.42 mg	19 %
Potassium 749 mg	18 %
* 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** DANDELION, KALE, GOLDEN BEET, PINE NUT, EXTRA VIRGIN OLIVE OIL, HULLED HEMP SEED, CURRANT, LEMON JUICE, GARLIC, JALAPENO, DILL, SEA SALT, BLACK PEPPER

## Dijon Kale Salad Dressing

Nutrition Facts	
8 servings per container Serving size 2 Tablespoons	
Amount per serving	
<b>Calories</b>	<b>107</b>
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 6 g	
Cholesterol 0 mg	0 %
Sodium 158 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	0 %
Total Sugars 7 g	
Includes 6g Added Sugar	12 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 22 mg	2 %
Iron 0 mg	0 %
Potassium 65 mg	2 %
* 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** EXTRA VIRGIN OLIVE OIL, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, TURMERIC, SPICE), MAPLE SYRUP, LEMON JUICE

## Hummus with Pesto

Nutrition Facts	
1 serving per container Serving size 6 oz.	
Amount per serving	
<b>Calories</b>	<b>186</b>
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 469 mg	20 %
Total Carbohydrate 29 g	11 %
Dietary Fiber 7 g	25 %
Total Sugars 1 g	
Includes 0 g Added Sugar	0 %
Protein 9 g	18 %
Vitamin D 0mcg	0 %
Calcium 59 mg	5 %
Iron 1 mg	6 %
Potassium 269 mg	6 %
* 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** GARBANZO, LEMON JUICE, FILTERED WATER, TAHINI, JALAPENO, CILANTRO, GREEN ONION, LEMON JUICE, PINE NUT, SEA SALT, BLACK PEPPER

# GEM – Food Nutrition Facts

## Kale Salad

Nutrition Facts	
1 serving per container Serving size 5 oz.	
Amount per serving	
<b>Calories</b>	<b>229</b>
% Daily Value *	
Total Fat 13 g	17 %
Saturated Fat 2 g	10 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 8 g	
Cholesterol 0 mg	0 %
Sodium 249 mg	11 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	14 %
Total Sugars 10 g	
Includes 6g Added Sugar	12 %
<b>Protein 6 g</b>	<b>12 %</b>
Vitamin D 0mcg	0 %
Calcium 221 mg	17 %
Iron 3 mg	17 %
Potassium 760 mg	16 %
* 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** KALE, APPLE, PISTACHIO, EXTRA VIRGIN OLIVE OIL, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, TURMERIC, SPICE), MAPLE SYRUP, LEMON JUICE

## Kale/Quinoa Salad

Nutrition Facts	
1 serving per container Serving size 8 oz.	
Amount per serving	
<b>Calories</b>	<b>235</b>
% Daily Value *	
Total Fat 7 g	9 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 4 g	
Cholesterol 0 mg	0 %
Sodium 344 mg	15 %
Total Carbohydrate 37 g	13 %
Dietary Fiber 6 g	21 %
Total Sugars 5 g	
Includes 3g Added Sugar	6 %
<b>Protein 8 g</b>	<b>16 %</b>
Vitamin D 0mcg	0 %
Calcium 124 mg	10 %
Iron 2 mg	11 %
Potassium 425 mg	9 %
* 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** KALE SALAD (KALE, APPLE, PISTACHIO, EXTRA VIRGIN OLIVE OIL, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, TURMERIC, SPICE), MAPLE SYRUP, LEMON JUICE), QUINOA SALAD (QUINOA, RED BELL PEPPER, LEMON JUICE, CILANTRO, GREEN ONION, GARLIC, GINGER, SEA SALT, BLACK PEPPER)

## Lentil Soup

Nutrition Facts	
1 serving per container Serving size 13 oz.	
Amount per serving	
<b>Calories</b>	<b>175</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 411 mg	18 %
Total Carbohydrate 30 g	10 %
Dietary Fiber 12 g	49 %
Total Sugars 5 g	
Includes 0g Added Sugar	0 %
<b>Protein 13 g</b>	<b>25 %</b>
Vitamin D 0mcg	0 %
Calcium 52 mg	4 %
Iron 3.60 mg	20 %
Potassium 689 mg	16 %
* 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, LENTIL, CARROT, CELERY, TOMATO PASTE, ONION, GARLIC, EXTRA VIRGIN OLIVE OIL, APPLE CIDER VINEGAR, SEA SALT, BLACK PEPPER, CUMIN

## Mushroom Veggie Power - MVP Soup

Nutrition Facts	
1 serving per container Serving size 10 oz.	
Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 341 mg	14 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 4 g	15 %
Total Sugars 4 g	
Includes 0g Added Sugar	0 %
<b>Protein 3 g</b>	<b>7 %</b>
Vitamin D 0 mcg	0 %
Calcium 104 mg	8 %
Iron 1.26 mg	7 %
Potassium 454 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, MUSHROOMS (CREMINI, SHIITAKE, BUTTON), BROCCOLI, KALE, CARROT, CELERY, CAULIFLOWER, CABBAGE, ONION, SPINACH, GINGER, GARLIC, EXTRA VIRGIN OLIVE OIL, CUMIN, SEA SALT, BLACK PEPPER, CAYENNE

# GEM – Food Nutrition Facts

## Pico De Gallo

Nutrition Facts	
4 serving per container Serving size 11 oz.	
Amount per serving	
<b>Calories</b>	<b>16</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 152 mg	6 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	4 %
Total Sugars 2 g	
Includes 0 g Added Sugar	0 %
<b>Protein 1 g</b>	<b>1 %</b>
Vitamin D 0 mcg	0 %
Calcium 13 mg	1 %
Iron 0.18 mg	1 %
Potassium 193 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** TOMATO, ONION, CILANTRO, JALAPENO, LEMON JUICE, SEA SALT

## Oatmeal

Nutrition Facts	
1 serving per container Serving size 12 oz.	
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value *	
Total Fat 8 g	10 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 19 mg	<1 %
Total Carbohydrate 63 g	23 %
Dietary Fiber 14 g	50 %
Total Sugars 18 g	
Includes 12g Added Sugar	24 %
<b>Protein 10 g</b>	<b>20 %</b>
Vitamin D 0 mcg	0 %
Calcium 174 mg	8 %
Iron 4 mg	22 %
Potassium 380 mg	9 %
* 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** STEEL CUT OATS, WALNUT, CURRANT, CINNAMON, MAPLE SYRUP

## Quinoa Salad

Nutrition Facts	
2 serving per container Serving size 5 oz.	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 219 mg	9 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 3 g	13 %
Total Sugars 1 g	
Includes 0g Added Sugar	0 %
<b>Protein 5 g</b>	<b>9 %</b>
Vitamin D 0 mcg	0 %
Calcium 13 mg	1 %
Iron 0.18 mg	1 %
Potassium 45 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** QUINOA, RED BELL PEPPER, LEMON JUICE, CILANTRO, GREEN ONION, GARLIC, GINGER, SEA SALT, BLACK PEPPER

## Raw Collard Wraps

Nutrition Facts	
1 serving per container Serving size 6.3 oz.	
Amount per serving	
<b>Calories</b>	<b>174</b>
% Daily Value *	
Total Fat 10 g	13 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 331 mg	14 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 5 g	19 %
Total Sugars 5 g	
Includes 0 g Added Sugar	0 %
<b>Protein 6 g</b>	<b>12 %</b>
Vitamin D 0 mcg	0 %
Calcium 208 mg	16 %
Iron 1.62 mg	9 %
Potassium 464 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** CARROT, RED CABBAGE, COLLARD GREEN, BASIL, PARSLEY, JALAPENO, APPLE CIDER VINEGAR, WALNUT, MISO, LEMON JUICE, GARLIC, GINGER

# GEM – Food Nutrition Facts

## Spicy Vegan Ranch Dip

Nutrition Facts	
4 serving per container Serving size 5.5 oz	
<b>Amount per serving</b>	
<b>Calories</b>	<b>251</b>
% Daily Value *	
Total Fat 25 g	32 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 8 g	
Monounsaturated Fat 14 g	
Cholesterol 0 mg	0 %
Sodium 165 mg	7 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	3 %
Total Sugars 1 g	
Includes 0g Added Sugar	
Protein 4 g	7 %
Vitamin D 0 mcg	0 %
Calcium 0 mg	0 %
Iron 1.44 mg	8 %
Potassium 133 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** FILTERED WATER, HULLED HEMP SEED, PINE NUT, LEMON JUICE, EXTRA VIRGIN OLIVE OIL, JALAPENO, DILL, SEA SALT, BLACK PEPPER

## Super SoulFood Energy Bar

Nutrition Facts	
1 serving per container Serving size 1 Bar	
<b>Amount per serving</b>	
<b>Calories</b>	<b>259</b>
% Daily Value *	
Total Fat 19 g	24 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 4 g	
Monounsaturated Fat 12 g	
Cholesterol 0 mg	0 %
Sodium 74 mg	3 %
Total Carbohydrate 21 g	8 %
Dietary Fiber 5 g	18 %
Total Sugars 13 g	
Includes 0 g Added Sugar	
Protein 6 g	12 %
Vitamin D 0mcg	0 %
Calcium 67 mg	5 %
Iron 3 mg	17 %
Potassium 316 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** DATE, ALMOND, MACADAMIA NUT, PUMPKIN SEED, CACAO NIB, GOJI BERRY, CHIA SEED, HULLED HEMP SEED, SALT, VANILLA BEAN

## Super Tabouli

Nutrition Facts	
1 serving per container Serving size 7.5 oz	
<b>Amount per serving</b>	
<b>Calories</b>	<b>272</b>
% Daily Value *	
Total Fat 21 g	27 %
Saturated Fat 3 g	16 %
Trans Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 15 g	
Cholesterol 0 mg	0 %
Sodium 86 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 7 g	30 %
Total Sugars 5 g	
Includes 0 g Added Sugar	
Protein 6 g	12 %
Vitamin D 0mcg	0 %
Calcium 217 mg	17 %
Iron 8 mg	44 %
Potassium 819 mg	20 %
* 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** PARSLEY, CAULIFLOWER, MINT, CUCUMBER, TOMATO, GREEN ONION, EXTRA VIRGIN OLIVE OIL, LEMON JUICE, HULLED HEMP SEED, LEMON ZEST, GARLIC, CRUSHED RED PEPPER, SEA SALT

## 3 Bean Salad

Nutrition Facts	
2 serving per container Serving size 10.5 oz.	
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	5 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 3 g	
Cholesterol 0 mg	0 %
Sodium 235 mg	10 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 9 g	32 %
Total Sugars 7 g	
Includes 6g Added Sugar	
Protein 9 g	19 %
Vitamin D 0mcg	0 %
Calcium 78 mg	6 %
Iron 2.16 mg	12 %
Potassium 486 mg	12 %
* 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** KIDNEY BEAN, GARBANZO BEAN, CANNELLINI BEAN, CARROT, CELERY, RED ONION, BASIL, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, RAW HONEY, SEA SALT, BLACK PEPPER

# GEM – Food Nutrition Facts

## Vegan Tuna Salad

Nutrition Facts	
1 serving per container Serving size 4.7 oz.	
Amount per serving	
<b>Calories</b>	<b>478</b>
% Daily Value *	
<b>Total Fat</b> 39 g	<b>50 %</b>
Saturated Fat 5 g	<b>25 %</b>
Trans Fat 0g	
Polyunsaturated Fat 22 g	
Monounsaturated Fat 10 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 467 mg	<b>20 %</b>
<b>Total Carbohydrate</b> 22 g	<b>8 %</b>
Dietary Fiber 8 g	<b>29 %</b>
Total Sugars 5 g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 18 g	<b>36 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 109 mg	<b>8 %</b>
Iron 6 mg	<b>33 %</b>
Potassium 706 mg	<b>17 %</b>
* 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** SUNFLOWER SEED, CELERY, GREEN ONION, PARSLEY, DILL, DULSE, LEMON ZEST, CASHEW, LEMON JUICE, GARLIC, DIJON MUSTARD, SEA SALT, PICKLES (CUCUMBER, RED ONION, FRESNO PEPPER, APPLE CIDER VINEGAR, GARLIC, DILL, MAPLE SYRUP, SEA SALT, BLACK PEPPERCORN, CRUSHED RED PEPPER)

## White Bean & Kale Soup

Nutrition Facts	
1 serving per container Serving size 13 oz.	
Amount per serving	
<b>Calories</b>	<b>147</b>
% Daily Value *	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 473 mg	<b>20 %</b>
<b>Total Carbohydrate</b> 28 g	<b>10 %</b>
Dietary Fiber 11 g	<b>39 %</b>
Total Sugars 3 g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 10 g	<b>20 %</b>
Vitamin D 0mcg	<b>0 %</b>
Calcium 91 mg	<b>7 %</b>
Iron 3.42 mg	<b>19 %</b>
Potassium 445 mg	<b>11 %</b>
* 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** CANNELLINI BEAN, CARROT, CELERY, KALE, ONION, TOMATO, BASIL, EXTRA VIRGIN OLIVE OIL, SEA SALT, BLACK PEPPER

# GEM – Hot Drinks Nutrition Facts

## Black Coffee

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

**INGREDIENTS** FILTERED WATER, COFFEE

## Coffee with Cashew Milk

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>52</b>
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 1 g	5 %
Trans Fat 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	
Protein 2 g	4 %
Vitamin D 0mcg	0 %
Calcium 3 mg	<1 %
Iron 1 mg	6 %
Potassium 62 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, COFFEE, UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT)

## Elevated Coffee

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>199</b>
% Daily Value *	
Total Fat 11 g	14 %
Saturated Fat 8 g	40 %
Trans Fat 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 1g	
Includes 0g Added Sugar	
Protein 20 g	40 %
Vitamin D 0mcg	0 %
Calcium 78 mg	6 %
Iron 0.72 mg	4 %
Potassium 176 mg	4 %
* 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, COFFEE, UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), COLLAGEN, COCONUT BUTTER

## Hot Chocolate

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>225</b>
% Daily Value *	
Total Fat 12 g	15 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 7 g	
Cholesterol 0 mg	0 %
Sodium 120 mg	5 %
Total Carbohydrate 22 g	8 %
Dietary Fiber 3 g	11 %
Total Sugars 10 g	
Includes 8g Added Sugar	
Protein 7 g	14 %
Vitamin D 0mcg	0 %
Calcium 26 mg	2 %
Iron 2.7 mg	15 %
Potassium 318 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** UNSWEETENED CASHEW MILK (FILTERED WATER, CASHEW, CINNAMON, SEA SALT), FILTERED WATER, CACAO, MAPLE SYRUP, CINNAMON

# GEM – Hot Drinks Nutrition Facts

## Hot Immunity Tea

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>51</b>
% 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 2 mg	<1 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 0 g	0 %
Total Sugars 6 g	
Includes 6g Added Sugar	12 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
Potassium 76 mg	2 %
* 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, LEMON, TURMERIC, GINGER, RAW HONEY

## Matcha Latte

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>107</b>
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 2 g	10 %
<i>Trans</i> Fat 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 1 g	
Includes 0g Added Sugar	0 %
Protein 4 g	8 %
Vitamin D 0 mcg	0 %
Calcium 13 mg	1 %
Iron 1.62 mg	9 %
Potassium 172 mg	4 %
* 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, MATCHA, CINNAMON

## Rose-y Beet Latte

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>283</b>
% 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 5 g	
Includes 0g Added Sugar	0 %
Protein 7 g	14 %
Vitamin D 0 mcg	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.	

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

## Turmeric Latte

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
<b>Calories</b>	<b>152</b>
% 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 0g 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, TURMERIC, GINGER, GARAM MASALA

## GEM – Cold Drinks Nutrition Facts

### Iced Cold Brew (Regular)

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

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

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

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

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

### Iced Rosey-Beet Latte

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

### Iced Strawberry Milk

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

### Iced Turmeric Latte

<b>Nutrition Facts</b>	
1 serving per container <b>Serving size 20 oz (600mL)</b>	
Amount per serving	
<b>Calories</b>	<b>152</b>
% Daily Value *	
<b>Total Fat</b> 9 g	<b>11 %</b>
Saturated Fat 0 g	<b>0 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 1 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 87 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 13 g	<b>5 %</b>
Dietary Fiber 2 g	<b>7 %</b>
Total Sugars 2 g	
Includes 0 g Added Sugar	<b>0 %</b>
<b>Protein</b> 4 g	<b>8 %</b>
Vitamin D 0 mcg	<b>0 %</b>
Calcium 26 mg	<b>2 %</b>
Iron 1.44 mg	<b>8 %</b>
Potassium 242 mg	<b>5 %</b>
* 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, TURMERIC, GINGER, GARAM MASALA

## GEM – Cold Drinks Nutrition Facts

### Strawberry Iced Green Tea

<b>Nutrition Facts</b>	
1 serving per container <b>Serving size 20 oz (600mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>13</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 5 mg	<b>&lt;1 %</b>
<b>Total Carbohydrate</b> 4g	<b>2 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Total Sugars 2 g	
Includes 1g Added Sugar	<b>2 %</b>
<b>Protein</b> 0 g	<b>0 %</b>
Vitamin D 0 mcg	<b>0 %</b>
Calcium 3 mg	<b>&lt;1 %</b>
Iron 0 mg	<b>0 %</b>
Potassium 31 mg	<b>1 %</b>
* 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

<b>Nutrition Facts</b>	
1 serving per container <b>Serving size 20 oz (600mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>93</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 83 mg	<b>4 %</b>
<b>Total Carbohydrate</b> 24 g	<b>11 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Total Sugars 18 g	
Includes 3g Added Sugar	<b>6 %</b>
<b>Protein</b> 0 g	<b>0 %</b>
Vitamin D 0 mcg	<b>0 %</b>
Calcium 32 mg	<b>3 %</b>
Iron 0 mg	<b>0 %</b>
Potassium 279 mg	<b>7 %</b>
* 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

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