

GEM – Hot Drinks Nutrition Facts

Black Coffee

| Nutrition Facts | |
|--|------------|
| 1 serving per container Serving size 16 oz. (480mL) | |
| Amount per serving | |
| Calories | 0 |
| % Daily Value * | |
| Total Fat 0 g | 0 % |
| Saturated Fat 0 g | 0 % |
| <i>Trans Fat</i> 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 | 0 % |
| 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) | |
| 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 % |
| * 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) | |
| 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 1g | |
| Includes 0g Added Sugar | 0 % |
| 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) | |
| Amount per serving | |
| Calories | 225 |
| % Daily Value * | |
| Total Fat 12 g | 15 % |
| Saturated Fat 3 g | 15 % |
| <i>Trans Fat</i> 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 | 16% |
| 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 | |
| Calories | 51 |
| % 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 | |
| Calories | 107 |
| % 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 | |
| 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 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 | |
| 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 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