

GEM – Cold Pressed Juice Nutrition Facts

Cashew Milk

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	233
% 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 %
Protein 7g	14 %
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	
Calories	208
% 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%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 13 mg	1%
Iron 2.52mg	14%
Potassium 248mg	6 %
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INGREDIENTS FILTERED WATER, CASHEW, CINNAMON, SEA SALT

Celery Juice

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	91
% 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 %
Protein 4 g	8 %
Vitamin D 0mcg	0 %
Calcium 52 mg	4 %
Iron 0 mg	0 %
Potassium 836 mg	20 %
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INGREDIENTS CELERY, LEMON

Blue Clarity Lemonade

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	83
% 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 %
Protein 0 g	0 %
Vitamin D 0 mcg	0 %
Calcium 51 mg	4 %
Iron 0 mg	0 %
Potassium 205 mg	5 %
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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	
Calories	48
% 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 %
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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	
Calories	136
% 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 %
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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	
Calories	105
% 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 %
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INGREDIENTS CUCUMBER, CELERY, KALE, GINGER, LEMON

Golden Glow

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	55
% 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 %
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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	
Calories	140
% 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 %
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INGREDIENTS CUCUMBER, APPLE, KALE, LEMON, GINGER

Perform

Nutrition Facts	
1 serving per container Serving size 8 oz. (240mL)	
Amount per serving	
Calories	74
% 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 %
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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	
Calories	85
% 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 %
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INGREDIENTS CUCUMBER, CELERY, CARROT, SPINACH, CILANTRO

Radiant Glow

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	150
% 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 %
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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	
Calories	105
% 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 97 mg	4 %
Total Carbohydrate 25 g	9 %
Dietary Fiber 2 g	7 %
Total Sugars 10 g	
Includes 0g Added Sugar	0 %
Protein 2 g	4 %
Vitamin D 0 mcg	0 %
Calcium 117 mg	9 %
Iron 1.98 mg	11 %
Potassium 615 mg	15 %
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INGREDIENTS CUCUMBER, CARROT, BEET, LEMON, GINGER

Shine & Sparkle

Nutrition Facts	
1 serving per container Serving size 16 oz. (480mL)	
Amount per serving	
Calories	130
% 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 35 mg	1 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 9 g	32 %
Total Sugars 13 g	
Includes 0g Added Sugar	0 %
Protein 4 g	8 %
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	
Calories	23
% 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 1 mg	<1 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	0 %
Total Sugars 4 g	
Includes 0g Added Sugar	0 %
Protein 0 g	0 %
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	
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 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