

GEM – Smoothie Nutrition Facts

Blue Diamond

Nutrition Facts	
1 serving per container Serving size 16 oz.	
Amount per serving	
Calories	410
% Daily Value *	
Total Fat 18 g	23 %
Saturated Fat 9 g	45 %
Trans Fat 0g	
Polyunsaturated Fat 6 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	<1 %
Total Carbohydrate 59 g	21 %
Dietary Fiber 9 g	32 %
Total Sugars 35 g	
Includes 0 g Added Sugar	
Protein 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	
Calories	254
% Daily Value *	
Total Fat 8 g	10 %
Saturated Fat 8 g	40 %
Trans Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 111 mg	5 %
Total Carbohydrate 38 g	14 %
Dietary Fiber 9 g	32 %
Total Sugars 22 g	
Includes 0g Added Sugar	
Protein 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	
Calories	244
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 3 g	15 %
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 4 g	
Cholesterol 0 mg	0 %
Sodium 82 mg	3 %
Total Carbohydrate 39 g	14 %
Dietary Fiber 7 g	25 %
Total Sugars 17 g	
Includes 0 g Added Sugar	
Protein 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	
Calories	235
% 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 56 g	20 %
Dietary Fiber 10 g	36 %
Total Sugars 47 g	
Includes 0 g Added Sugar	
Protein 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	
Calories	351
% Daily Value *	
Total Fat 16 g	21 %
Saturated Fat 10 g	50 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 4 g	
Cholesterol 0 mg	0 %
Sodium 100 mg	4 %
Total Carbohydrate 42 g	15 %
Dietary Fiber 10 g	36 %
Total Sugars 19 g	
Includes 0g Added Sugar 0 %	
Protein 5 g	10 %
Vitamin D 0 mcg	0 %
Calcium 78 mg	6 %
Iron 3.96 mg	22 %
Potassium 645 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 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	
Calories	92
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 103 mg	4 %
Total Carbohydrate 27 g	10 %
Dietary Fiber 6 g	21 %
Total Sugars 9 g	
Includes 0g Added Sugar 0 %	
Protein 4 g	8 %
Vitamin D 0 mcg	0 %
Calcium 83 mg	6 %
Iron 1.62 mg	9 %
Potassium 1008 mg	21 %
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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	
Calories	621
% Daily Value *	
Total Fat 22 g	28 %
Saturated Fat 3 g	15 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 3 g	
Cholesterol 0 mg	0 %
Sodium 136 mg	6 %
Total Carbohydrate 95 g	35 %
Dietary Fiber 14 g	50 %
Total Sugars 42 g	
Includes 2 g Added Sugar 4 %	
Protein 14 g	28 %
Vitamin D 0mcg	0 %
Calcium 92 mg	7 %
Iron 5 mg	28 %
Potassium 1019 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, 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	
Calories	654
% Daily Value *	
Total Fat 19 g	24 %
Saturated Fat 2 g	10 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3 g	
Monounsaturated Fat 10 g	
Cholesterol 0 mg	0 %
Sodium 480 mg	21 %
Total Carbohydrate 91 g	33 %
Dietary Fiber 17 g	61 %
Total Sugars 50 g	
Includes 0g Added Sugar 0 %	
Protein 45 g	90 %
Vitamin D 0mcg	0 %
Calcium 236 mg	18 %
Iron 11 mg	61 %
Potassium 2141 mg	46 %
* 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	
Calories	260
% Daily Value *	
Total Fat 7 g	9 %
Saturated Fat 2 g	10 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 3 g	
Cholesterol 0 mg	0 %
Sodium 112 mg	5 %
Total Carbohydrate 43 g	15 %
Dietary Fiber 5 g	18 %
Total Sugars 24 g	
Includes 8g Added Sugar	12 %
Protein 6 g	12 %
Vitamin D 0mcg	0 %
Calcium 116 mg	9 %
Iron 3.06 mg	17 %
Potassium 906 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 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	
Calories	327
% Daily Value *	
Total Fat 9 g	11 %
Saturated Fat 8 g	40 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 27 mg	1 %
Total Carbohydrate 58 g	21 %
Dietary Fiber 8 g	28 %
Total Sugars 35 g	
Includes 0g Added Sugar	0 %
Protein 4 g	8 %
Vitamin D 0mcg	0 %
Calcium 104 mg	8 %
Iron 0.9 mg	5 %
Potassium 972 mg	23 %
* 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	
Calories	200
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	0 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	<1 %
Total Carbohydrate 38 g	14 %
Dietary Fiber 4 g	14 %
Total Sugars 26 g	
Includes 0g Added Sugar	0 %
Protein 5 g	10 %
Vitamin D 0mcg	0 %
Calcium 52 mg	4 %
Iron 3.6 mg	20 %
Potassium 662 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 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	
Calories	386
% Daily Value *	
Total Fat 13 g	17 %
Saturated Fat 2 g	10 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 6 g	
Cholesterol 0 mg	0 %
Sodium 249 mg	11 %
Total Carbohydrate 55 g	20 %
Dietary Fiber 13 g	46 %
Total Sugars 23 g	
Includes 0g Added Sugar	0%
Protein 22 g	44 %
Vitamin D 0mcg	0 %
Calcium 124 mg	10 %
Iron 7 mg	39 %
Potassium 1272 mg	30 %
* 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	
Calories	322
% 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	
Calories	290
% 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	
Calories	413
% 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	
Calories	361
% 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