

GEM – Juice Nutrition Facts

<b>Nutrition Facts</b>	
Servings Per Container 8	
Serving Size 8 oz	
<b>Calories</b> 31	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 1 mg	<b>0 %</b>
<b>Potassium</b> 3 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 9 g	<b>3 %</b>
<b>Dietary Fiber</b> 0 g	<b>1 %</b>
<b>Sugars</b> 7 g	
<b>Protein</b> 0 g	<b>0 %</b>
Vitamin A	<b>2 %</b>
Vitamin C	<b>37 %</b>
Calcium	<b>1 %</b>
Iron	<b>3 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. 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.	

**Canary Diamond**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>Calories</b> 252	
<b>% Daily Value *</b>	
<b>Total Fat</b> 18 g	<b>28 %</b>
Saturated Fat 3 g	<b>15 %</b>
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 106 mg	<b>4 %</b>
<b>Potassium</b> 271 mg	<b>8 %</b>
<b>Total Carbohydrate</b> 19 g	<b>6 %</b>
<b>Dietary Fiber</b> 2 g	<b>6 %</b>
<b>Sugars</b> 10 g	
<b>Protein</b> 8 g	<b>15 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>3 %</b>
Iron	<b>15 %</b>
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**Cashew Milk**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>calories</b> 61	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 2 mg	<b>0 %</b>
<b>Potassium</b> 42 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 16 g	<b>5 %</b>
<b>Dietary Fiber</b> 0 g	<b>1 %</b>
<b>Sugars</b> 14 g	
<b>Protein</b> 2 g	<b>4 %</b>
Vitamin A	<b>2 %</b>
Vitamin C	<b>24 %</b>
Calcium	<b>0 %</b>
Iron	<b>0 %</b>
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**Clarity Lemonade**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>calories</b> 128	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 38 mg	<b>2 %</b>
<b>Potassium</b> 487 mg	<b>14 %</b>
<b>Total Carbohydrate</b> 11 g	<b>4 %</b>
<b>Dietary Fiber</b> 3 g	<b>12 %</b>
<b>Sugars</b> 19 g	
<b>Protein</b> 3 g	<b>7 %</b>
Vitamin A	<b>116 %</b>
Vitamin C	<b>166 %</b>
Calcium	<b>32 %</b>
Iron	<b>17 %</b>
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**Disco (Super Green)**

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<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>calories</b> 121	
<b>% Daily Value *</b>	
<b>Total Fat</b> 1 g	<b>1 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 178 mg	<b>7 %</b>
<b>Potassium</b> 1045 mg	<b>30 %</b>
<b>Total Carbohydrate</b> 19 g	<b>6 %</b>
<b>Dietary Fiber</b> 3 g	<b>13 %</b>
<b>Sugars</b> 5 g	
<b>Protein</b> 3 g	<b>6 %</b>
Vitamin A	<b>109 %</b>
Vitamin C	<b>122 %</b>
Calcium	<b>47 %</b>
Iron	<b>17 %</b>
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**Flawless**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>Calories</b> 52	
<b>% Daily Value *</b>	
<b>Total Fat</b> 1 g	<b>1 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 2 mg	<b>0 %</b>
<b>Potassium</b> 115 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 13 g	<b>3 %</b>
<b>Dietary Fiber</b> 0 g	<b>1 %</b>
<b>Sugars</b> 2 g	
<b>Protein</b> 0 g	<b>1 %</b>
Vitamin A	<b>1 %</b>
Vitamin C	<b>41 %</b>
Calcium	<b>2 %</b>
Iron	<b>2 %</b>
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**Golden Glow**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>calories</b> 169	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 27 mg	<b>1 %</b>
<b>Potassium</b> 676 mg	<b>19 %</b>
<b>Total Carbohydrate</b> 29 g	<b>10 %</b>
<b>Dietary Fiber</b> 1 g	<b>3 %</b>
<b>Sugars</b> 13 g	
<b>Protein</b> 2 g	<b>4 %</b>
Vitamin A	<b>37 %</b>
Vitamin C	<b>161 %</b>
Calcium	<b>49 %</b>
Iron	<b>14 %</b>
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**Green Glow**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>calories</b> 107	
<b>% Daily Value *</b>	
<b>Total Fat</b> 1 g	<b>1 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 223 mg	<b>9 %</b>
<b>Potassium</b> 888 mg	<b>25 %</b>
<b>Total Carbohydrate</b> 13 g	<b>4 %</b>
<b>Dietary Fiber</b> 6 g	<b>25 %</b>
<b>Sugars</b> 5 g	
<b>Protein</b> 2 g	<b>5 %</b>
Vitamin A	<b>90 %</b>
Vitamin C	<b>49 %</b>
Calcium	<b>29 %</b>
Iron	<b>10 %</b>
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**Platinum Veggie Love**

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<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>Calories</b> 139	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 37 mg	<b>2 %</b>
<b>Potassium</b> 229 mg	<b>7 %</b>
<b>Total Carbohydrate</b> 23 g	<b>8 %</b>
<b>Dietary Fiber</b> 3 g	<b>11 %</b>
<b>Sugars</b> 22 g	
<b>Protein</b> 0 g	<b>1 %</b>
Vitamin A	<b>102 %</b>
Vitamin C	<b>37 %</b>
Calcium	<b>10 %</b>
Iron	<b>4 %</b>
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**Princess Cut**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>calories</b> 174	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>1 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 40 mg	<b>2 %</b>
<b>Potassium</b> 630 mg	<b>18 %</b>
<b>Total Carbohydrate</b> 30 g	<b>10 %</b>
<b>Dietary Fiber</b> 0 g	<b>1 %</b>
<b>Sugars</b> 20 g	
<b>Protein</b> 1 g	<b>2 %</b>
Vitamin A	<b>62 %</b>
Vitamin C	<b>163 %</b>
Calcium	<b>41 %</b>
Iron	<b>14 %</b>
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**Radiant Glow**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>Calories</b> 101	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 35 mg	<b>1 %</b>
<b>Potassium</b> 200 mg	<b>6 %</b>
<b>Total Carbohydrate</b> 14 g	<b>5 %</b>
<b>Dietary Fiber</b> 2 g	<b>10 %</b>
<b>Sugars</b> 7 g	
<b>Protein</b> 2 g	<b>2 %</b>
Vitamin A	<b>77 %</b>
Vitamin C	<b>33 %</b>
Calcium	<b>20 %</b>
Iron	<b>3 %</b>
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**Ruby Slipper**

<b>Nutrition Facts</b>	
Servings Per Container 1	
Serving Size 16 oz	
<b>calories</b> 110	
<b>% Daily Value *</b>	
<b>Total Fat</b> 0 g	<b>1 %</b>
Saturated Fat 0 g	<b>1 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 263 mg	<b>11 %</b>
<b>Potassium</b> 724 mg	<b>21 %</b>
<b>Total Carbohydrate</b> 12 g	<b>4 %</b>
<b>Dietary Fiber</b> 5 g	<b>22 %</b>
<b>Sugars</b> 6 g	
<b>Protein</b> 2 g	<b>4 %</b>
Vitamin A	<b>15 %</b>
Vitamin C	<b>51 %</b>
Calcium	<b>9 %</b>
Iron	<b>12 %</b>
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**Shine & Sparkle**