

GEM – Smoothie Nutrition Facts

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 264	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 111 mg	5 %
Potassium 1013 mg	29 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 9 g	34 %
Sugars 22 g	
Protein 7 g	14 %
Vitamin A	322 %
Vitamin C	335 %
Calcium	25 %
Iron	20 %
* 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.	

Cameo

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 290	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 3 g	11 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 61 mg	2 %
Potassium 778 mg	22 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 8 g	29 %
Sugars 26 g	
Protein 6 g	13 %
Vitamin A	2 %
Vitamin C	17 %
Calcium	5 %
Iron	14 %
* 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.	

Chocolate Diamond

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 235	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 718 mg	21 %
Total Carbohydrate 64 g	21 %
Dietary Fiber 10 g	40 %
Sugars 47 g	
Protein 3 g	6 %
Vitamin A	29 %
Vitamin C	209 %
Calcium	6 %
Iron	3 %
* 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.	

Citrine

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 397	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 10 g	50 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 79 mg	3 %
Potassium 657 mg	19 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 11 g	41 %
Sugars 28 g	
Protein 5 g	10 %
Vitamin A	42 %
Vitamin C	25 %
Calcium	8 %
Iron	22 %
* 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.	

Crown Jewel

GEM – Smoothie Nutrition Facts

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 90	
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 130 mg	5 %
Potassium 408 mg	12 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 8 g	31 %
Sugars 8 g	
Protein 2 g	5 %
Vitamin A	61 %
Vitamin C	103 %
Calcium	27 %
Iron	9 %
<p>* 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.</p>	

Emerald City

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 485	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 103 mg	4 %
Potassium 498 mg	14 %
Total Carbohydrate 62 g	21 %
Dietary Fiber 10 g	40 %
Sugars 32 g	
Protein 14 g	27 %
Vitamin A	8 %
Vitamin C	83 %
Calcium	9 %
Iron	24 %
<p>* 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.</p>	

Faux Yo Parfait

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 265	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	1 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 89 mg	3 %
Potassium 918 mg	26 %
Total Carbohydrate 47 g	15 %
Dietary Fiber 5 g	19 %
Sugars 28 g	
Protein 6 g	12 %
Vitamin A	114 %
Vitamin C	48 %
Calcium	9 %
Iron	17 %
<p>* 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.</p>	

Jaded Ginger Snap

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 214	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 717 mg	20 %
Total Carbohydrate 38 g	12 %
Dietary Fiber 4 g	15 %
Sugars 26 g	
Protein 7 g	12 %
Vitamin A	1 %
Vitamin C	91 %
Calcium	4 %
Iron	20 %
<p>* 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.</p>	

PCD

GEM – Smoothie Nutrition Facts

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 345	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 955 mg	28 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 8 g	31 %
Sugars 46 g	
Protein 9 g	17 %
Vitamin A	23 %
Vitamin C	524 %
Calcium	5 %
Iron	17 %
* 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.	

Sparkle Berry

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 305	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 11 mg	0 %
Potassium 575 mg	17 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 13 g	51 %
Sugars 25 g	
Protein 12 g	23 %
Vitamin A	1 %
Vitamin C	41 %
Calcium	15 %
Iron	25 %
* 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.	

Super Sapphire

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 459	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 11 g	53 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 63 mg	2 %
Potassium 828 mg	24 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 10 g	40 %
Sugars 29 g	
Protein 12 g	23 %
Vitamin A	2 %
Vitamin C	21 %
Calcium	9 %
Iron	21 %
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Tahitian Pearl

Nutrition Facts	
Servings Per Container 1	
Serving Size 16 oz	
Calories 388	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 10 g	49 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 59 mg	2 %
Potassium 719 mg	21 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 8 g	30 %
Sugars 29 g	
Protein 7 g	15 %
Vitamin A	2 %
Vitamin C	19 %
Calcium	5 %
Iron	14 %
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White Diamond