

# Freshëns®

fuel for the body & mind™

	FAT (g)	SUGAR (g)	FAT % CAL	CHOLESTEROL	VITAMIN A (%DV)	VITAMIN C (%DV)	VITAMIN D (%DV)	VITAMIN E (%DV)	CALCIUM (%DV)	CAL FAT	CALORIES	CARB (g)	PROTEIN (g)	POTASSIUM (mg)	SODIUM (mg)	FIBER (g)	PROTEIN % D/V	IRON (%DV)	THIAMIN (%DV)	RIBOFLAVIN (%DV)	NIACIN (%DV)	VITAMIN B6 (%DV)	VITAMIN B12 (%DV)	PANTOTHENIC ACID (%DV)
ACAI ENERGY SMOOTHIE /1.27 Fruit Serv	3g	67g	8%	0mg	110%	160%	130%	110%	30%	26	322	72g	1g	149mg	19mg	3g	2%	25%	0%	0%	0%			
ALL THAT RAZZ /1.21 Milk Serv & .69 Fruit Serv	0g	69g	1%	0mg	110%	150%	125%	100%	40%	6	360	79g	12g	616mg	179mg	3g	24%	4%	10%	44%	5%			
BERRY BREEZE /1.11 Fruit Serv	0g	70g	0%	0mg	100%	140%	125%	100%	30%	3	306	77g	1g	144mg	24mg	3g	1%	6%	1%	2%	1%			
CARIBBEAN CRAZE /1.39 Fruit Serv	0g	66g	0%	0mg	100%	150%	125%	100%	30%	1	288	73g	1g	320mg	16mg	2g	2%	8%	0%	1%	0%			
HIGH TEST ENERGIZER	0g	67g	1%	0mg	90%	150%	110%	90%	25%	3	299	74g	1g	163mg	96mg	1g	2%	6%	0%	2%	120%	300%	100%	60%
JAMACIAN JAMMER /1.21 Milk Serv & 1.26 Fruit Serv	0g	69g	0%	0mg	100%	160%	125%	100%	40%	3	355	78g	12	781mg	177mg	2g	24%	4%	10%	38%	1%			
MANGO BEACH /.70 Fruit Serv	0g	5g	1%	0mg	130%	130%	125%	100%	30%	1	90	48g	0g	116mg	23mg	1g	0%	6%	0%	0%	1%			
MAUI MANGO /1.46 Fruit Serv	0g	60g	0%	0mg	150%	160%	125%	100%	30%	2	292	74g	1g	270mg	22mg	2g	2%	6%	0%	1%	0%			
MYSTIC MANGO /1.32 Fruit Serv	3g	53g	8%	10mg	150%	170%	125%	100%	35%	29	357	82g	3g	305mg	47mg	2g	6%	4%	4%	6%	0%			
OJ SUNRISE /1.25 Fruit Serv	3g	59g	7%	10mg	100%	170%	125%	100%	35%	27	353	81g	3g	355mg	41mg	2g	6%	6%	4%	7%	0%			
ORANGE PASSION /1.15 Fruit Serv	3g	6g	19%	12mg	100%	170%	130%	100%	35%	25	133	37g	2g	222mg	43mg	1g	4%	8%	2%	8%	0%			
PEACH SUNSET /.98 Fruit Serv	0g	61g	0%	0mg	100%	170%	125%	100%	30%	1	268	67g	1g	228mg	21mg	2g	2%	6%	0%	1%	1%			
PEACHY PINEAPPLE /1.21 Milk Serv & 1 Fruit Serv	0g	66g	1%	0mg	110%	210%	100%	100%	40%	3	337	73g	11g	643mg	178mg	2g	22%	2%	10%	35%	4%			
PEANUT BUTTER ENERGIZER /1.52 Milk Serv & .25 Meat Serv	10g	74g	19%	0mg	100%	110%	100%	110%	40%	88	474	83g	16g	723mg	277mg	2g	32%	4%	10%	35%	15%			
PINEAPPLE PARADISE /1.29 Fruit Serv	4g	72g	10%	0mg	100%	160%	125%	100%	30%	36	331	77g	0g	153mg	25mg	1g	0%	6%	0%	1%	4%			
STRAWBERRY OASIS /1.28 Fruit Serv	0g	9g	1%	0mg	100%	170%	125%	100%	30%	1	89	49g	1g	163mg	17mg	1g	2%	8%	1%	2%	0%			
STRAWBERRY SHOOTER /1.25 Fruit Serv	0g	59g	0%	0mg	100%	170%	125%	100%	30%	1	246	64g	1g	167mg	15mg	1g	2%	8%	1%	2%	0%			
STRAWBERRY SQUEEZE /1.21 Milk Serv & 1.15 Fruit Serv	0g	62g	1%	0mg	100%	180%	125%	100%	40%	3	313	68g	11g	629mg	176mg	1g	22%	4%	10%	38%	1%			
STRAWBERRY SUNRISE /1.21 Milk Serv & 1.15 Fruit Serv	0g	6g	3%	14mg	110%	170%	125%	100%	40%	5	153	35g	10g	620mg	162mg	1g	20%	6%	8%	31%	1%			

Based on a 21 oz. serving. Smoothies based on availability

The nutritional information is based on using Genesis R & D software. Nutrition was verified by a registered and licensed dietician. Analytic results may be different in private lab.