



	SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)
<b>CLASSIC SMOOTHIES</b>															
The Banana Smoothie	20 oz	350	15	2	1	35	55	72	5	32	13	2%	25%	10%	4%
	32 oz	550	25	3	1.5	50	85	114	7	51	20	4%	40%	15%	6%
	44 oz	730	30	3.5	2	70	115	150	9	70	27	6%	50%	20%	8%
The Classic Shake made with Vanilla Ice Cream	20 oz	680	210	25	16	85	170	104	2	80	12	15%	15%	35%	2%
	32 oz	1040	320	37	24	130	250	159	3	122	18	25%	20%	50%	4%
	44 oz	1390	420	49	32	175	330	215	5	165	23	30%	25%	70%	4%
The Classic Shake made with Chocolate Ice Cream	20 oz	650	210	21	14	85	150	104	2	69	12	15%	15%	30%	15%
	32 oz	980	320	32	21	130	220	159	3	107	18	25%	20%	45%	25%
	44 oz	1320	420	42	28	175	300	215	5	144	23	30%	25%	60%	30%
Factory Original	20 oz	290	5	1	0	10	15	69	4	44	6	10%	80%	6%	4%
	32 oz	450	10	1.5	0.5	15	25	108	6	67	8	20%	110%	8%	8%
	44 oz	600	15	1.5	0.5	20	30	144	9	93	11	25%	150%	10%	10%
Pineapple Passion	20 oz	280	0	0	0	0	0	74	4	51	2	15%	120%	6%	4%
	32 oz	430	5	0.5	0	0	0	112	6	80	3	20%	170%	10%	6%
	44 oz	590	5	1	0	0	5	155	8	108	4	30%	230%	10%	10%
Original Factory Original	20 oz	270	5	1	0	10	20	59	4	43	5	2%	110%	6%	4%
	32 oz	410	10	1	0.5	15	30	91	6	67	8	4%	170%	8%	8%
	44 oz	560	15	1.5	0.5	20	45	123	8	91	10	4%	230%	10%	10%
<b>BERRY SMOOTHIES</b>															
Strawberry Patch	20 oz	300	0	0.5	0	0	0	79	6	55	2	2%	160%	2%	6%
	32 oz	460	5	1	0	0	0	122	9	86	3	2%	240%	4%	10%
	44 oz	610	10	1	0	0	5	164	12	116	4	4%	320%	6%	15%
Raspberry Dream	20 oz	450	5	1	0	10	90	105	9	57	9	15%	50%	20%	8%
	32 oz	670	10	1	0	15	135	158	13	89	13	20%	80%	30%	10%
	44 oz	920	15	1.5	0.5	20	180	217	17	121	18	25%	110%	40%	15%
Blueberry Blast	20 oz	400	15	2	0	10	105	86	7	42	9	15%	15%	20%	4%
	32 oz	620	25	3	0.5	15	160	133	11	66	13	20%	25%	30%	6%
	44 oz	840	35	4	1	20	210	179	14	90	18	25%	30%	40%	8%
Very Berry	20 oz	370	10	1	0	10	90	86	5	43	8	10%	60%	20%	6%
	32 oz	550	10	1.5	0	15	135	128	8	68	12	15%	80%	30%	8%
	44 oz	760	15	2	0.5	20	180	177	10	92	17	25%	110%	35%	10%
Acai Banana*	20 oz	240	20	2.5	0	0	0	54	4	41	2	8%	35%	2%	4%
	32 oz	350	25	3.5	0.5	0	0	82	6	61	3	10%	50%	4%	8%
	44 oz	470	35	4.5	1	0	5	109	9	81	4	15%	70%	4%	10%
Acai Pineapple*	20 oz	220	15	2	0	0	0	50	2	47	1	8%	40%	4%	6%
	32 oz	320	25	3	0	0	5	74	4	70	2	10%	60%	6%	8%
	44 oz	430	30	4	0.5	0	5	99	5	93	2	15%	80%	8%	10%
Acai Strawberry*	20 oz	200	15	2	0	0	0	45	3	42	1	8%	70%	2%	6%
	32 oz	300	25	3	0	0	0	68	4	63	2	10%	110%	4%	8%
	44 oz	400	30	4	0.5	0	5	91	6	84	2	15%	150%	6%	10%
<b>TROPICAL SMOOTHIES</b>															
Tropical Squeeze	20 oz	310	0	0.5	0	0	0	79	6	51	2	10%	160%	4%	6%
	32 oz	490	5	1	0	0	5	124	9	80	3	15%	240%	8%	8%
	44 oz	640	10	1	0	0	10	163	12	109	4	20%	320%	10%	10%
Pina Colada	20 oz	540	100	11	9	10	45	110	4	84	6	2%	45%	6%	4%
	32 oz	820	150	16	14	15	65	168	6	129	8	4%	60%	8%	8%
	44 oz	1100	190	22	19	20	85	226	8	174	11	6%	90%	10%	10%
Island Delight	20 oz	360	0	0	0	0	50	93	5	50	2	4%	180%	4%	4%
	32 oz	560	5	0.5	0	0	80	143	7	79	3	8%	280%	8%	6%
	44 oz	750	10	1	0	0	95	192	10	105	4	10%	350%	10%	8%
Key Lime Splash	20 oz	370	0	0	0	0	45	96	2	60	<1	4%	160%	4%	2%
	32 oz	550	0	0	0	0	75	145	3	90	1	4%	260%	6%	2%
	44 oz	730	0	0	0	0	95	193	4	119	2	6%	330%	8%	4%
The Mango Smoothie	20 oz	370	40	4.5	3.5	35	40	75	4	49	13	45%	130%	10%	4%
	32 oz	570	70	8	6	50	65	113	6	77	20	60%	170%	15%	4%
	44 oz	790	100	12	9	70	85	156	8	105	26	80%	220%	20%	6%
<b>PROTEIN SMOOTHIES</b>															
After Workout Formula	20 oz	390	25	3	2	70	75	68	4	46	24	10%	110%	20%	6%
	32 oz	600	40	4.5	2.5	100	115	104	7	72	36	20%	170%	30%	10%
	44 oz	810	50	6	3.5	135	150	141	9	99	49	25%	230%	35%	15%
PB Powerhouse	20 oz	540	70	8	1	35	55	85	8	23	25	2%	35%	20%	8%
	32 oz	830	100	11	1.5	50	85	133	12	37	37	2%	50%	30%	15%
	44 oz	1100	140	15	2	70	110	175	16	51	49	2%	70%	40%	15%
Hercules	20 oz	490	120	15	8	10	15	83	7	51	9	50%	150%	20%	8%
	32 oz	770	170	22	12	20	30	131	12	82	15	100%	250%	40%	10%
	44 oz	1000	230	30	15	20	30	173	15	108	18	110%	300%	45%	15%
Bulk Upper made with Vanilla Ice Cream	20 oz	780	210	25	16	100	180	122	3	86	16	70%	60%	50%	2%
	32 oz	1210	320	37	24	155	270	190	5	135	26	120%	120%	80%	4%
	44 oz	1590	420	49	32	195	350	252	7	178	31	130%	130%	100%	4%
Bulk Upper made with Chocolate Ice Cream	20 oz	740	210	21	14	100	160	122	3	75	16	70%	60%	45%	15%
	32 oz	1160	320	32	21	155	240	190	5	119	26	120%	120%	70%	25%
	44 oz	1520	420	42	28	195	320	252	7	157	31	130%	130%	90%	30%
<b>SPECIALTY SMOOTHIES</b>															
Energizer	20 oz	390	70	8	0.5	0	55	74	6	33	5	6%	170%	10%	6%
	32 oz	600	100	12	1	0	85	117	9	52	8	8%	250%	15%	8%
	44 oz	790	130	16	1.5	0	115	154	12	71	10	10%	340%	20%	10%
Immune Booster	20 oz	280	0	0	0	<5	25	71	5	37	2	400%	1770%	30%	4%
	32 oz	430	5	0.5	0	10	40	107	8	59	2	800%	3480%	60%	6%
	44 oz	560	5	1	0	10	50	141	10	80	3	800%	3530%	60%	10%
Light Delight	20 oz	300	0	0	0	10	10	71	6	46	5	35%	150%	10%	6%
	32 oz	480	5	0.5	0	20	20	111	9	71	8	70%	250%	25%	8%
	44 oz	620	5	1	0	20	25	148	12	97	9	70%	310%	25%	10%
<b>GREEN SMOOTHIES</b>															
Strawberry Apple Kale	20 oz	260	0	0.5	0	0	25	66	4	51	2	60%	260%	6%	6%
	32 oz	390	5	1	0	0	35	99	7	77	3	90%	390%	10%	10%
	44 oz	520	10	1	0	0	50	133	9	102	4	120%	520%	15%	15%
Citrus Greens	20 oz	240	0	0.5	0	0	40	60	4	34	3	100%	160%	10%	8%
	32 oz	360	5	1	0	0	60	93	6	54	4	150%	240%	15%	15%
	44 oz	490	10	1	0	0	85	126	8	74	5	190%	320%	20%	20%
Ginger Berry Green*	20 oz	190	5	1	0	0	30	47	7	36	3	100%	200%	10%	10%
	32 oz	280	10	1.5	0	0	50	71	11	55	5	150%	300%	15%	15%
	44 oz	380	15	2	0	0	65	94	15	73	7	200%	390%	20%	20%

\* 2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information not provided as ingredients vary too widely based on customer selections. Smoothies include turbinado unless specified with \*