



	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)
CLASSIC SMOOTHIES															
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	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%
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%
BERRY SMOOTHIES															
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	4	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	0	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	0	91	6	84	2	15%	150%	6%	10%
TROPICAL SMOOTHIES															
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	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%
PROTEIN SMOOTHIES															
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	470	90	10	3	10	15	83	7	51	9	60%	150%	20%	8%
	32 oz	730	130	15	4.5	20	30	131	12	82	15	110%	250%	40%	10%
	44 oz	970	170	20	6	20	30	173	15	108	18	110%	300%	45%	15%
Bulk Upper	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%
SPECIALTY SMOOTHIES															
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%
GREEN SMOOTHIES															
Strawberry Apple Kale	20 oz	260	0	0.5	0	0	25	66	4	51	2	60%	270%	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%

Percent Daily Values are based on a 2,000 calorie diet. Meal Replacement and Yogurt Yahoo nutritional information not provided as ingredients vary too widely based on customer selections. Smoothies include turbinado unless specified with *.