

MEGA GREEN

Ingredients: Apple, cucumber, pear, celery, kale, spinach, collard greens, lemon, parsley.

Nutrition Facts

Calories 233

Calories from Fat: 21.02

	% Daily Value *
Total Fat 2.34g	6.67%
Saturated Fat 0.410g	2.05%
Monounsaturated Fat 0.404g	
Polyunsaturated Fat 0.760g	
Cholesterol 0mg	0.00%
Sodium 138mg	9.19%
Potassium 1942mg	41.31%
Total Carbohydrate 69.33g	53.33%
Dietary Fiber 2.1g	
Sugars 35.66g	

Protein 10.14g

Vitamin A 882µg	97.98%
Vitamin C 227.9mg	253.26%
Calcium 354mg	35.35%
Iron 8.43mg	105.36%

* 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. All nutrient values are derived from the USDA nutrition database.

Vitamins

Choline 58.1mg	10.56%
Folate 294µg	73.42%
Niacin 2.762mg	17.26%
Riboflavin 0.466mg	35.88%
Thiamin 0.328mg	27.31%
Vitamin B-12 0.00µg	0.00%
Vitamin B-6 0.629mg	48.37%
Vitamin D 0IU	
Vitamin E 2.47mg	16.44%
Vitamin K 1917.6µg	1597.99%

Minerals

Copper 1.346mg	149.60%
Magnesium 176mg	41.79%
Phosphorus 251mg	35.80%
Selenium 2.7µg	4.95%
Zinc 2.33mg	21.16%

GOLD MEDAL

Ingredients: Coconut water, orange, pineapple, grapefruit, lemon, aloe.

Nutrition Facts

Calories 106

Calories from Fat: 6.32

	% Daily Value *
Total Fat 0.70g	2.00%
Saturated Fat 0.359g	1.80%
Monounsaturated Fat 0.057g	
Polyunsaturated Fat 0.089g	
Cholesterol 0mg	0.00%
Sodium 189mg	12.61%
Potassium 818mg	17.41%
Total Carbohydrate 30.94g	23.80%
Dietary Fiber 1.0g	
Sugars 22.06g	

Protein 3.34g

Vitamin A 35µg	3.86%
Vitamin C 117.1mg	130.15%
Calcium 114mg	11.42%
Iron 0.98mg	12.20%

* 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. All nutrient values are derived from the USDA nutrition database.

Vitamins

Choline 19.2mg	3.48%
Folate 56µg	14.03%
Niacin 0.711mg	4.45%
Riboflavin 0.176mg	13.51%
Thiamin 0.210mg	17.46%
Vitamin B-12 0.00µg	0.00%
Vitamin B-6 0.199mg	15.34%
Vitamin D 0IU	
Vitamin E 0.36mg	2.42%
Vitamin K 0.1µg	0.05%

Minerals

Copper 0.177mg	19.65%
Magnesium 66mg	15.73%
Phosphorus 66mg	9.37%
Selenium 2.8µg	5.04%
Zinc 0.34mg	3.08%

CLEAN GREEN

Ingredients: Cucumber, romaine lettuce, apple, lemon, ginger, mint.

Nutrition Facts

Calories 158

Calories from Fat: 13.56

	% Daily Value *
Total Fat 1.51g	4.31%
Saturated Fat 0.354g	1.77%
Monounsaturated Fat 0.067g	
Polyunsaturated Fat 0.576g	
Cholesterol 0mg	0.00%
Sodium 30mg	1.98%
Potassium 1566mg	33.33%
Total Carbohydrate 46.83g	36.03%
Dietary Fiber 1.4g	
Sugars 26	

Protein 6.93g

Vitamin A 858µg	95.35%
Vitamin C 31.5mg	35.01%
Calcium 175mg	17.48%
Iron 3.83mg	47.82%

* 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. All nutrient values are derived from the USDA nutrition database.

Vitamins

Choline 63	11.40%
Folate 306µg	76.52%
Niacin 1.360mg	8.50%
Riboflavin 0.375mg	28.81%
Thiamin 0.333mg	27.79%
Vitamin B-12 0.00µg	0.00%
Vitamin B-6 0.454mg	34.94%
Vitamin D 0IU	
Vitamin E 1	4.41%
Vitamin K 303	252.68%

Minerals

Copper 0.397mg	44.11%
Magnesium 119mg	28.25%
Phosphorus 228mg	32.54%
Selenium 3	4.98%
Zinc 1.80mg	16.37%

CAYENNE LEMONADE

Ingredients: Filtered water, lemon, agave nectar, cayenne pepper.

Nutrition Facts

Calories 33

Calories from Fat: 3.33

	% Daily Value *
Total Fat 0.37g	1.06%
Saturated Fat 0	0.25%
Monounsaturated Fat 0	
Polyunsaturated Fat 0	
Cholesterol 0mg	0.00%
Sodium 2mg	0.14%
Potassium 131mg	2.80%
Total Carbohydrate 12.31g	9.47%
Dietary Fiber 0.4g	
Sugars 5.66g	

Protein 1.03g

Vitamin A 11	1.21%
Vitamin C 47	52.29%
Calcium 24mg	2.37%
Iron 0.57mg	7.13%

* 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. All nutrient values are derived from the USDA nutrition database.

Vitamins

Choline 5	0.86%
Folate 10	2.55%
Niacin 0	0.81%
Riboflavin 0	1.70%
Thiamin 0	3.07%
Vitamin B-12 0.00µg	0.00%
Vitamin B-6 0	6.33%
Vitamin D 0	
Vitamin E 0	1.84%
Vitamin K 0	0.32%

Minerals

Copper 0.035mg	3.87%
Magnesium 8mg	1.86%
Phosphorus 16mg	2.22%
Selenium 0	0.72%
Zinc 0.07mg	0.59%

ABC PLUS

Ingredients: Apple, beet, carrot, celery, cucumber, lemon, ginger.

Nutrition Facts

Calories 149

Calories from Fat: 8.95

	% Daily Value *
Total Fat 0.99g	2.84%
Saturated Fat 0.209g	1.04%
Monounsaturated Fat 0.093g	
Polyunsaturated Fat 0.348g	
Cholesterol 0mg	0.00%
Sodium 195mg	13.02%
Potassium 1273mg	27.09%
Total Carbohydrate 45.24g	34.80%
Dietary Fiber 1.5g	
Sugars 27.23g	
Protein 5.35g	
Vitamin A 610µg	67.74%
Vitamin C 40.0mg	44.49%
Calcium 111mg	11.15%
Iron 2.40mg	29.94%

* 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. All nutrient values are derived from the USDA nutrition database.

Vitamins

Choline 36.4mg	6.61%
Folate 205µg	51.32%
Niacin 1.644mg	10.27%
Riboflavin 0.225mg	17.27%
Thiamin 0.189mg	15.75%
Vitamin B-12 0.00µg	0.00%
Vitamin B-6 0.378mg	29.08%
Vitamin D 0IU	
Vitamin E 0.90mg	5.97%
Vitamin K 59.9µg	49.89%

Minerals

Copper 0.289mg	32.13%
Magnesium 84mg	19.94%
Phosphorus 162mg	23.11%
Selenium 2.1µg	3.76%
Zinc 1.25mg	11.32%

CHOCO BANANA BOOST

Ingredients: Apple, coconut water, banana, maple syrup, 100% cocoa powder.

Nutrition Facts

Calories 299

Calories from Fat: 7.06

	% Daily Value *
Total Fat 1.37g	3.93%
Saturated Fat 0.711g	3.56%
Monounsaturated Fat 0.242g	
Polyunsaturated Fat 0.158g	
Cholesterol 0mg	0.00%
Sodium 152mg	10.17%
Potassium 767mg	20.77%
Total Carbohydrate 88.82g	68.33%
Dietary Fiber 2.4g	
Sugars 72.28g	

Protein 3.05g

Vitamin A 7µg	0.79%
Vitamin C 17.0mg	18.91%
Calcium 116mg	11.55%
Iron 1.44mg	18.07%

* 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. All nutrient values are derived from the USDA nutrition database.

Vitamins

Choline 14.1mg	2.56%
Folate 24µg	6.04%
Niacin 0.874mg	5.47%
Riboflavin 0.981mg	75.67%
Thiamin 0.135mg	11.31%
Vitamin B-12 0.00µg	0.00%
Vitamin B-6 0.377mg	28.97%
Vitamin D 0IU	
Vitamin E 0.37mg	2.47%
Vitamin K 4.1µg	3.42%

Minerals

Copper 0.154mg	17.09%
Magnesium 96mg	22.85%
Phosphorus 94mg	13.36%
Selenium 2.1µg	3.73%
Zinc 1.53mg	13.77%