



	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB'S (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Fruit Smoothies											
Banana Banana 16 oz	110	25	3	3	0	0	65	21	3	10	2
Banana Banana 24 oz	170	35	4	4	0	0	95	32	4	15	2
Blueberry Banana 16 oz	100	25	3	3	0	0	65	18	3	9	1
Blueberry Banana 24 oz	150	40	4	4	0	0	95	26	4	13	2
Blueberry Pineapple 16 oz	90	25	3	3	0	0	65	16	2	9	1
Blueberry Pineapple 24 oz	140	35	4	4	0	0	95	23	3	13	2
Mango Banana 16 oz	100	25	3	3	0	0	65	20	2	11	1
Mango Banana 24 oz	150	35	4	4	0	0	95	28	3	17	2
Peach Mango 16 oz	90	25	3	3	0	0	65	16	2	9	1
Peach Mango 24 oz	140	35	4	4	0	0	95	25	3	15	2
Pineapple Peach 16 oz	90	25	3	3	0	0	65	15	2	9	1
Pineapple Peach 24 oz	140	35	4	4	0	0	95	25	2	15	2
Pineapple Coconut Orange 16 oz	100	25	3	3	0	0	70	17	2	11	1
Pineapple Coconut Orange 16 oz	150	40	5	4	0	0	100	26	2	16	2
Raspberry Banana 16 oz	100	25	3	3	0	0	65	17	2	8	2
Raspberry Banana 24 oz	140	35	4	4	0	0	95	24	3	11	2
Strawberry Banana 16 oz	100	25	3	3	0	0	65	17	2	8	1
Strawberry Banana 24 oz	140	35	4	4	0	0	95	24	3	11	2
Strawberry Peach 16 oz	80	25	3	3	0	0	65	13	2	7	1
Strawberry Peach 24 oz	120	35	4	4	0	0	95	20	3	10	2
Beneficial Blends											
Body Builder 16 oz	100	25	3	3	0	0	65	17	2	8	2
Body Builder 24 oz	140	35	4	4	0	0	95	24	3	11	2
Cardio Crush 16 oz	120	25	3	3	0	0	65	22	2	11	2
Cardio Crush 24 oz	170	25	4	4	0	0	100	31	3	17	2
Derma Delight 16 oz	130	25	3	3	0	0	65	25	3	10	3
Derma Delight 24 oz	180	35	4	4	0	0	100	35	4	15	4
Fat Fighter 16 oz	110	25	3	3	0	0	70	21	2	8	1
Fat Fighter 24 oz	150	35	4	4	0	0	100	28	3	11	2
Holistic Healer 16 oz	120	25	3	3	0	0	70	24	2	10	1
Holistic Healer 24 oz	170	35	4	4	0	0	100	32	2	14	2
Memory Mixer 16 oz	110	25	3	3	0	0	70	20	2	10	2
Memory Mixer 24 oz	160	35	4	4	0	0	100	28	2	15	2
Muscle Mass 16 oz	110	25	3	3	0	0	65	19	2	10	2
Muscle Mass 24 oz	150	35	4	4	0	0	100	26	3	13	2
Yin/Yang 16 oz	120	25	3	3	0	0	70	22	2	11	1
Yin/Yang 24 oz	170	40	5	4	0	0	105	30	2	16	2
Mega Smoothies											
Flu Fighter 16 oz	90	25	3	3	0	0	65	14	2	7	1
Flu Fighter 24 oz	130	35	4	4	0	0	95	21	3	10	2
Get Ripped 16 oz	200	60	7	4	0	0	90	19	2	11	12
Get Ripped 24 oz	260	70	8	5	0	0	125	30	3	20	13
Jumpin' Ginseng 16 oz	160	25	4	3	0	0	60	22	3	11	13
Jumpin' Ginseng 24 oz	210	40	4	4	0	0	90	22	3	11	13
Nutri-Blast 16 oz	210	40	4	4	0	0	95	24	2	15	14
Nutri-Blast 24 oz	220	35	4	4	0	0	125	32	3	10	14
Protein Pump 16 oz	380	220	24	7	0	0	280	23	4	11	23
Protein Pump 24 oz	440	230	26	8	0	0	320	34	6	16	24
Smooth Move 16 oz	120	30	4	3	0	0	65	20	5	10	3
Smooth Move 24 oz	170	45	5	4	0	0	95	29	6	15	4
Stamina Squeeze 16 oz	150	25	3	3	0	0	90	18	2	8	13
Stamina Squeeze 24 oz	190	35	4	4	0	0	125	25	3	11	14
Vita-Boost 16 oz	140	25	3	3	0	0	90	17	2	10	12
Vita-Boost 24 oz	190	40	5	4	0	0	120	25	3	14	13
Meal Replacement Shakes											
Banana Split 24 oz	300	40	5	5	0	0	280	32	3	12	35
Berrylicious 24 oz	270	40	5	4	0	0	170	23	4	10	35
PB & J 24 oz	250	240	27	8	0	0	370	28	8	10	48
Peanut Butter Cup 24 oz	590	270	30	9	0	0	470	33	5	9	47
Peanut Butter Gone Bananas 24 oz	570	230	26	8	0	0	370	41	7	16	47



	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARB'S (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
NrGizers											
Brewer's Yeast	5	0	0	0	0	0	0	1	0	0	1
Creatine	0	0	0	0	0	0	0	0	0	0	0
Echinacea	5	0	0	0	0	0	0	5	1	0	0
Fiber	30	0	0	0	0	0	0	7	7	0	0
Ginseng	5	0	0	0	0	0	0	2	0	0	0
Glutamine	5	0	0	0	0	0	0	0	0	0	0
Lecithin	60	60	7	1	0	0	0	1	0	0	0
Multi-Vitamin	5	0	0	0	0	0	0	1	0	0	0
Soy Protein	35	0	0	0	0	0	20	1	0	0	9
Spirulina	10	0	0	0	0	0	0	0	0	0	1
Vitamin C	0	0	0	0	0	0	0	0	0	0	0
Wheat Germ	40	10	1	0	0	0	0	5	2	2	3
Whey Protein	35	0	0	0	0	0	20	1	0	1	9

2,000 calories a day is used for general nutrition advice,
but calorie needs vary

Last Updated 1/18/16

