



Nutrition Facts

Fruit Juices	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Fresh SQ Orange Juice	224	0g	0mg	0mg	0mg	52g	0g	42g	4g	20%	414%	6%	6%
Wake Me Up	234	0g	0mg	1mg	279mg	57g	3g	40g	4g	51%	400%	7%	5%
Cold Killer	238	0g	0mg	5mg	247mg	66g	1g	57g	1g	0%	119%	2%	2%
Charcoal Lemonade	113	0g	0mg	1mg	63mg	36g	0g	34g	0g	0%	39%	0%	0%
Pinapple Mango	238	0g	0mg	11mg	473mg	59g	2g	52g	1g	24%	215%	2%	8%
Rejuvenation	230	1g	0mg	25mg	223mg	45g	1g	42g	3g	14%	264%	17%	7%
Tumeric Sunrise	204	1g	0mg	35mg	574mg	50g	2g	40g	1g	119%	56%	1%	4%
Apple Juice	358	0g	0mg	27mg	438mg	93g	13g	78g	0g	0%	182%	0%	2%
Flu Fighter	151	1g	0mg	63mg	860mg	36g	3g	22g	3g	22%	63%	7%	8%
Tumeric Pineapple	302	0g	0mg	14mg	284mg	73g	2g	61g	3g	1%	231%	5%	15%
Princess Peach	324	18g	0mg	43mg	0mg	54g	1g	25g	2g	5%	67%	0%	5%
Energizer Bunny	196	1g	0mg	33mg	381mg	45g	6g	33g	3g	444%	13%	2%	2%
Lavender Lemonade	193	0g	0mg	173mg	63mg	82g	0g	57g	0g	0%	39%	0%	0%
Re-Hydrator	182	0g	0mg	259mg	600mg	42g	3g	36g	3g	53%	145%	11%	9%
Alkaline Mel	274	1g	0mg	22mg	602mg	66g	4g	56g	1g	1%	38%	1%	2%
Dr. OZ	277	1g	0mg	9mg	527mg	66g	1g	28g	3g	10%	361%	6%	9%

* 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.

Green Juices	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Tropical Greens	236	1g	0mg	123mg	1211mg	55g	5g	40g	4g	177%	177%	14%	14%
Golden Greens	193	1g	0mg	10mg	615mg	49g	6g	38g	3g	18%	101%	8%	9%
Green Passion	159	0g	0mg	39mg	976mg	40g	3g	36g	3g	184%	225%	10%	16%
Blueberry Burst	224	2g	0mg	112mg	1296mg	53g	8g	37g	6g	142%	219%	20%	33%
Takin' Care of Business	173	1g	0mg	83mg	814mg	41g	3g	32g	2g	52%	34%	7%	7%
Supremely Kale	203	1g	0mg	125mg	1199mg	46g	5g	33g	5g	195%	135%	17%	15%
Citrus Greens	203	1g	0mg	99mg	965mg	46g	5g	33g	5g	156%	136%	42%	19%
Pure Greens	125	0g	0mg	98mg	595mg	38g	4g	3g	11g	189%	129%	15%	26%
Beta Carotene	270	1g	0mg	96mg	1122mg	62g	5g	48g	6g	207%	212%	17%	16%
Cleanse Cocktail	281	2g	0mg	105mg	1233mg	62g	7g	45g	8g	292%	255%	22%	73%

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Nuts/Milk	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Cashew Milk	203	13g	0mg	120mg	2mg	11g	0g	12g	5	0%	0%	0%	10%
V. Pumpkin EggNog	264	16g	0mg	29mg	173mg	23g	6g	9g	6g	175%	4%	6%	15%
Vegan EggNog	297	22g	0mg	26mg	265mg	19g	3g	6g	7g	0%	1%	5%	16%

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Cider	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Apple Cider	286	1g	0mg	15mg	386mg	71g	1g	66g	0g	0%	6%	1%	0%
Cranberry Cider	351	1g	0mg	12mg	243mg	87g	3g	76g	0g	0%	167%	1%	2%

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Smoothie	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Hi C	242	1g	0mg	6mg	945mg	60g	6g	43g	4g	12%	473%	7%	9%
Hi Protein	552	29g	0mg	224mg	567mg	48g	6g	37g	16g	1%	12%	9%	32%
Hemp Knockout	403	19g	0mg	70mg	879mg	33g	10g	14g	11g	2%	87%	3%	21%
Citrus Greens	202	1g	0mg	34mg	693mg	48g	4g	38g	3g	92%	152%	7%	17%
Green Renewal	165	1g	0mg	39mg	657mg	38g	2g	30g	2g	47%	24%	5%	6%
Green Goddess	225	1g	0mg	62mg	842mg	52g	6g	37g	5g	197%	79%	10%	13%
The Juice Man	222	6g	0mg	14mg	575mg	42g	4g	32g	4g	44%	205%	5%	7%
Immune Booster	228	0g	0mg	3mg	716mg	52g	3g	38g	2g	1%	461%	3%	13%
Mango Mad	421	1g	0mg	4mg	1044mg	103g	7g	85g	3g	27%	170%	4%	9%
T&T	298	6g	0mg	261g	430mg	31g	4g	18g	20g	28%	268%	5%	24%
Beet and Berry	194	1g	0mg	17mg	736mg	46g	5g	32g	3g	15%	258%	6%	10%
Tropical Greens	236	1g	0mg	123g	1211mg	55g	5g	40g	4g	177%	177%	14%	14%

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Rejuvenation Cleanse	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Start Me Up	208	0g	0mg	1mg	179mg	55g	0g	48g	1g	2%	74%	3%	5%
Spirulina T.C.B	159	1g	0mg	61mg	763mg	39g	3g	22g	4g	62%	52%	8%	9%
Kick Start My Heart	224	1g	0mg	11mg	359mg	55g	5g	47g	1g	3%	43%	3%	5%
Strathcona Greens	203	1g	0mg	125mg	1199mg	46g	5g	33g	5g	195%	135%	17%	15%
Turmeric Sunset	141	0g	0mg	23mg	406mg	34g	2g	27g	1g	77%	55%	1%	3%
Cashew Milk	203	13g	0mg	120mg	2mg	11g	0g	12g	5	0%	0%	0%	10%

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Green Renew Cleanse	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Fierce TCB	153	1g	0mg	53mg	757mg	37g	3g	26g	2g	15%	54%	6%	5%
West Coast Greens	91	1g	0mg	78mg	996mg	21g	4g	8g	5g	121%	106%	15%	16%
Evergreen	91	1g	0mg	89mg	903mg	21g	4g	7g	4g	49%	81%	12%	14%
Green Charcoal	152	1g	0mg	52mg	742mg	36g	3g	25g	2g	14%	43%	6%	5%
Forever Greens	77	1g	0mg	100mg	871mg	17	4g	6g	6g	126%	91%	14%	13%
Strathcona Greens	203	1g	0mg	125mg	1199mg	46g	5g	33g	5g	195%	135%	17%	15%

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Immune Booster Cleanse	Amounts per Serving (500ml) *												
	Calories	Total Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Spice It Up	77	1g	0mg	100mg	871mg	17g	4g	6g	4g	126%	91%	14%	13%
Ductor Fruit	277	1g	0mg	9mg	527mg	66g	1g	28g	3g	10%	361%	6%	9%
Charcoal Detox	113	0g	0mg	1mg	63mg	36g	0g	34g	0g	0%	39%	0%	0%
Power Up	314	1g	0mg	66mg	573mg	79g	2g	73g	1g	4%	41%	3%	2%
Chlophyll Hydrator	182	0g	0mg	259mg	600mg	42g	3g	36g	3g	53%	145%	11%	9%
Alkaliner	274	1g	0mg	22mg	602mg	66g	4g	56g	1g	1%	38%	1%	2%

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