

Green Dream

Nutrition Facts	
Serving Size 460 g	
Amount Per Serving	
Calories 140	Calories from Fat 8
% Daily Value*	
Total Fat 0.9g	1%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 79mg	3%
Potassium 1151mg	33%
Total Carbohydrates 32.2g	11%
Dietary Fiber 5.2g	21%
Sugars 13.5g	
Protein 5.7g	
Vitamin A 441%	Vitamin C 208%
Calcium 16%	Iron 17%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- High in calcium
- High in dietary fiber
- High in iron
- Very high in manganese
- High in magnesium
- Very high in potassium
- High in riboflavin
- High in thiamin
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin C

Sweet Choke

Nutrition Facts	
Serving Size 454 g	
Amount Per Serving	
Calories 225	Calories from Fat 8
% Daily Value*	
Total Fat 0.9g	1%
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 939mg	24%
Total Carbohydrates 51.6g	17%
Dietary Fiber 17.7g	71%
Sugars 21.3g	
Protein 6.5g	
Vitamin A 45%	Vitamin C 106%
Calcium 16%	Iron 14%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- Very high in dietary fiber
- High in manganese
- High in magnesium
- High in potassium
- High in vitamin A
- Very high in vitamin C

Super Green

Nutrition Facts	
Serving Size 454 g	
Amount Per Serving	
Calories 111	Calories from Fat 11
% Daily Value*	
Total Fat 1.2g	2%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 126mg	5%
Potassium 1232mg	35%
Total Carbohydrates 24.1g	8%
Dietary Fiber 6.5g	26%
Sugars 6.4g	
Protein 6.9g	
Vitamin A 370%	Vitamin C 340%
Calcium 18%	Iron 22%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- High in calcium
- Very high in dietary fiber
- High in iron
- Very high in manganese
- High in magnesium
- High in phosphorus
- Very high in potassium
- High in riboflavin
- High in thiamin
- Very high in vitamin A
- High in vitamin B6
- Very high in vitamin C

EnerGee

Nutrition Facts	
Serving Size 454 g	
Amount Per Serving	
Calories 150	Calories from Fat 8
% Daily Value*	
Total Fat 0.9g	1%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Potassium 1095mg	31%
Total Carbohydrates 35.1g	12%
Dietary Fiber 5.9g	24%
Sugars 17.7g	
Protein 5.5g	
Vitamin A 350%	Vitamin C 196%
Calcium 15%	Iron 17%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- Low in sodium
- High in dietary fiber
- High in iron
- Very high in manganese
- High in magnesium
- Very high in potassium
- High in thiamin
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin C

Rad Booster

Nutrition Facts	
Serving Size 454 g	
Amount Per Serving	
Calories 368	Calories from Fat 38
% Daily Value*	
Total Fat 4.2g	7%
Saturated Fat 1.1g	6%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 47mg	2%
Potassium 1424mg	41%
Total Carbohydrates 83.6g	28%
Dietary Fiber 14.8g	59%
Sugars 31.3g	
Protein 7.6g	
Vitamin A 2%	Vitamin C 68%
Calcium 9%	Iron 9%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Low in saturated fat
- No cholesterol
- Very low in sodium
- High in dietary fiber
- High in iron
- Very high in manganese
- High in potassium
- High in selenium
- Very high in vitamin B6
- High in vitamin C

Coconut Water

Nutrition Facts	
Serving Size 480 g	
Amount Per Serving	
Calories 91	Calories from Fat 9
% Daily Value*	
Total Fat 1.0g	1%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 504mg	21%
Potassium 1200mg	34%
Total Carbohydrates 17.8g	6%
Dietary Fiber 5.3g	21%
Sugars 12.5g	
Protein 3.5g	
Vitamin A 0%	Vitamin C 19%
Calcium 12%	Iron 8%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- No cholesterol
- High in calcium
- Very high in dietary fiber
- Very high in manganese
- Very high in magnesium
- High in phosphorus
- Very high in potassium
- High in riboflavin
- Very high in vitamin C

Mint Kick

Nutrition Facts	
Serving Size 539 g	
Amount Per Serving	
Calories 254	Calories from Fat 13
% Daily Value*	
Total Fat 1.4g	2%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 43mg	2%
Potassium 929mg	27%
Total Carbohydrates 64.1g	21%
Dietary Fiber 16.9g	67%
Sugars 42.0g	
Protein 4.8g	
Vitamin A 74%	Vitamin C 115%
Calcium 15%	Iron 68%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- Very low in sodium
- Very high in dietary fiber
- Very high in iron
- Very high in manganese
- High in potassium
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin C

Carrot Apple Lemon

Nutrition Facts	
Serving Size 454 g	
Amount Per Serving	
Calories 197	Calories from Fat 3
% Daily Value*	
Total Fat 0.3g	0%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 211mg	9%
Potassium 1140mg	33%
Total Carbohydrates 49.5g	17%
Dietary Fiber 11.2g	45%
Sugars 28.6g	
Protein 3.1g	
Vitamin A 1016%	Vitamin C 68%
Calcium 11%	Iron 9%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- Very high in dietary fiber
- High in potassium
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin C

Vampear

Nutrition Facts	
Serving Size 454 g	
Amount Per Serving	
Calories 168	Calories from Fat 16
% Daily Value*	
Total Fat 1.8g	3%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 199mg	8%
Potassium 939mg	27%
Total Carbohydrates 37.0g	12%
Dietary Fiber 9.4g	37%
Sugars 21.8g	
Protein 4.5g	
Vitamin A 719%	Vitamin C 82%
Calcium 17%	Iron 10%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- High in calcium
- Very high in dietary fiber
- High in potassium
- Very high in vitamin A
- High in vitamin B6
- Very high in vitamin C

Berry RAD

Nutrition Facts	
Serving Size 445 g	
Amount Per Serving	
Calories 207	Calories from Fat 11
% Daily Value*	
Total Fat 1.3g	2%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 42mg	2%
Potassium 713mg	20%
Total Carbohydrates 51.0g	17%
Dietary Fiber 9.2g	37%
Sugars 34.5g	
Protein 3.9g	
Vitamin A 92%	Vitamin C 127%
Calcium 13%	Iron 16%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- Low in sodium
- High in dietary fiber
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin C

Allure

Nutrition Facts	
Serving Size 454 g	
Amount Per Serving	
Calories 128	Calories from Fat 7
% Daily Value*	
Total Fat 0.8g	1%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 208mg	9%
Potassium 827mg	24%
Total Carbohydrates 29.4g	10%
Dietary Fiber 5.7g	23%
Sugars 23.5g	
Protein 3.5g	
Vitamin A 46%	Vitamin C 151%
Calcium 8%	Iron 7%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Low in saturated fat
- No cholesterol
- High in dietary fiber
- High in magnesium
- High in potassium
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin C