Planet Smoothie

Coconut Whip Nutritional

20 oz

Colada Whip

Nutrition Fa	10LS
Serving size	(587g)
Amount per serving Calories	310
	aily Value
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 68g	25%
Dietary Fiber 4g	14%
Total Sugars 47g	
Includes 28g Added Sugars	56%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 357mg	8%
*The % Daily Value tells you how much a nu serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Prot	ein 4

Dragon Berry Whip

Nutri Serving Size Servings Per	e (653g)		cts
Amount Per Se	rving		
Calories 40	0 Calo	ories fron	n Fat 30
		% Da	aily Value*
Total Fat 3g			5%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 35n	ng		1%
Total Carbo	hydrate 1	101g	34%
Dietary Fi	ber 5g		20%
Sugars 72	<u>2g</u>		
Protein 1g			
Vitamin A 0%	6 •	Vitamir	C 80%
Calcium 6%	•		Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Red, Whip & Blue Bowl Acai

servings per container Serving size	(416
Amount per serving Calories	580
	Daily Value
Total Fat 11g	14'
Saturated Fat 1g	5'
Trans Fat 0g	
Cholesterol 0mg	0'
Sodium 140mg	6'
Total Carbohydrate 117g	43
Dietary Fiber 7g	25
Total Sugars 69g	
Includes 8g Added Sugars	16
Protein 3g	
Vitamin D 0mcg	0'
Calcium 54mg	4
Iron 1mg	6'
Potassium 173mg	4

32 oz

otal Fat 8g Saturated Fat 5g Trans Fat 0g holesterol 0mg odium 65mg stal Carbohydrate 92g Dietary Fiber 6g Total Sugars 64g includes 38g Added Sugars rotein 1g stamin D 0mcg alcium 58mg on 1mg otassium 495mg he \$5 0aly Value tells you how much a re ving of food contilines to a dely diet, vin used for general nutrition advice.	acts
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otal Fat 8g Saturated Fat 5g Trans Fat 0g holesterol 0mg odium 65mg stal Carbohydrate 92g Dietary Fiber 6g Total Sugars 64g includes 38g Added Sugars rotein 1g stamin D 0mcg alcium 58mg on 1mg otassium 495mg he \$5 0aly Value tells you how much a re ving of food contilines to a dely diet, vin used for general nutrition advice.	
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Trans Fat 0g holesterol 0mg bodium 65mg bodium 65mg total Carbohydrate 92g Dietary Fiber 6g Total Sugars 64g Includes 38g Added Sugars rotein 1g tamin D 0mcg alcium 58mg on 1mg botassium 495mg be \$5 Dally Value tells you how much a r ving of food continues to a dally date; via used for general nutrition advice.	25%
holesterol 0mg odium 65mg odium 65mg Dietal Carbohydrate 92g Dietaly Fiber 6g Total Sugars 64g Includes 38g Added Sugars rotein 1g tamin D 0mcg alcium 58mg on 1mg otassium 495mg he \$5 0aby Value tells you how much a n vin	257
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btal Carbohydrate 92g Dietary Fiber 6g Total Sugars 64g Includes 38g Added Sugars rotein 1g tamin D Omcg alcium 58mg on 1mg otassium 495mg the % Daily Yalue tells you how much a ry is used for general nutrition advice.	09
Dietary Fiber 6g Total Sugars 64g Includes 38g Added Sugars rotein 1g tamin D Omog alcium 58mg on 1mg otassium 495mg te \$5 Daly Value tells you how much a n ving of food continues to a daly deta' y is used for general nutrition advice.	39
Total Sugars 64g Includes 38g Added Sugars rotein 1g tamin D Omog alcium 58mg on 1mg otassium 495mg he \$5 08hy Value tells you how much a n viruge of food continues to a dely diet. y is used for general nutrition advice.	33%
Includes 38g Added Sugars rotein 1g tamin D Omcg alcium S8mg non 1mg obassium 495mg he is Dally Value tells you how much a n vinue of too continues to a daily detail y is used for general nutrition advice.	219
rotein 1g tamin D Omcg alcium 58mg on 1mg otassium 495mg he % Dally Value tells you how much a n rving of food contributes to a daily det. 2 y is used for general nutrition advice.	
tamin D 0mcg alcium 58mg on 1mg otassium 495mg te % Daily Value tells you how much a r virug of food contributes to a daily diet. 2 y is used for general nutrition advice.	769
alcium 58mg on 1mg otassium 495mg he % Daily Value tells you how much a n rving of food contributes to a daily diet. 2 y is used for general nutrition advice. lories per gram:	
on 1mg otassium 495mg he % Daily Value tells you how much a n riving of food contributes to a daily diet. 2 y is used for general nutrition advice. violories per gram:	09
obtassium 495mg he % Daily Value tells you how much a reving of food contributes to a daily diet. 2 y is used for general nutrition advice. Itories per gram:	49
he % Daily Value tells you how much a n rving of food contributes to a daily diet. 2 y is used for general nutrition advice. slories per gram:	69
rving of food contributes to a daily diet. 2 y is used for general nutrition advice. stories per gram:	109
	utrient in a 2,000 calories
Fat 9 • Carbohydrate 4 • Pro	tein 4

Amount Per Se			
Calories 65	0 Cal	ories fron	n Fat 4
		% Da	aily Value
Total Fat 5g			8%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 65n	ng		3%
Total Carbo	hydrate	161g	54%
Dietary Fi	ber 8g		32%
Sugars 11	4g		
Protein 2g			
Vitamin A 0%	6 •	Vitamin	C 100%
Calcium 109	6 •	li	on 10%
Calcium 107			
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or I	

Red, Whip & Blue Bowl Dragon Fruit

servings per container Serving size	(450g
Amount per serving Calories	500
	Daily Value
Total Fat 5g	69
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	19
Total Carbohydrate 107g	39%
Dietary Fiber 7g	25%
Total Sugars 58g	
Includes 8g Added Sugars	169
Protein 7g	
Vitamin D 0mcg	09
Calcium 64mg	49
Iron 1mg	69
Potassium 275mg	69

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44 oz

Nutrition Fa	cts
servings per container Serving size	(1167g
Amount per serving Calories	610
	ily Value
Total Fat 10g	139
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 90mg	49
Total Carbohydrate 134g	499
Dietary Fiber 8g	29%
Total Sugars 93g	
Includes 54g Added Sugars	1089
Protein 1g	
Vitamin D 0mcg	09
Calcium 84mg	69
Iron 2mg	109
Potassium 714mg	159
*The % Daily Value tells you how much a nu serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	trient in a 000 calories
Calories per gram: Fat 9 • Carbohydrate 4 • Prote	ain 4

Nutri Serving Size Servings Per	(1372g)		cts
Amount Per Ser	ving		
Calories 790) Cal	ories fror	n Fat 50
		% D	aily Value*
Total Fat 5g			8%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 70m	ng		3%
Total Carbo	hydrate	200g	67%
Dietary Fit	per 11g		44%
Sugars 14	3g		
Protein 3g			
Vitamin A 0%		Vitamin	C 150%
Calcium 15%	•	I	ron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Red, Whip & Blue Bowl Half and Half

Nutrition F	acts
servings per container Serving size	(433g)
Amount per serving Calories	540
% [Daily Value
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 112g	41%
Dietary Fiber 7g	25%
Total Sugars 63g	
Includes 8g Added Sugars	16%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 224mg	4%
*The % Daily Value tells you how much a serving of food contributes to a daily diet. day is used for general nutrition advice.	nutrient in a 2,000 calories a

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Planet Smoothie® Coconut Whip Nutritionals Continued

Coconut Whip Add-In 12 oz and

Nutrition Fa	cts
servings per container Serving size	(14g)
Amount per serving Calories	30
% Dai	ly Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron Oma	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a nutr serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice.	ient in a

Coconut Whip Add-In 32 oz and 44 oz

Nutrition Facts	
servings per container	
Serving size	(21g)
Amount per serving	
Calories	45
% D	aily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a n serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	utrient in a ,000 calories a

Coconut Whip Add-In Bowl

Nutrition Fa	cts
servings per container Serving size	(14g)
Amount per serving Calories	30
% Dail	y Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a nutrie serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

<u>Mangonada</u>

40 Value
Value'
3%
5%
2%
16%
24%
7%
52%
0%
6%
2%
6%

20 oz

32 oz

Nutrition Fa	acts
servings per container Serving size	(933g)
Amount per serving Calories	340
	aily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 540mg	23%
Total Carbohydrate 94g	34%
Dietary Fiber 3g	11%
Total Sugars 73g	
Includes 38g Added Sugars	76%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0.5mg	2%
Potassium 410mg	8%
*The % Daily Value tells you how much a n serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	utrient in a ,000 calories a

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Mangonada Nutritionals

44 oz

Nutrition Fa	cts
servings per container Serving size	(1303g)
Amount per serving Calories	<u>480</u>
	ily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 720mg	31%
Total Carbohydrate 131g	48%
Dietary Fiber 4g	14%
Total Sugars 103g	
Includes 51g Added Sugars	102%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0.7mg	4%
Potassium 600mg	15%
*The % Daily Value tells you how much a nut serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	

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