

# COLD-PRESSED JUICES

## HYDRATE

Nutrition Facts	
Serving size: 8oz	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 31mg	1%
<b>Total Carbohydrate 25.5g</b>	<b>9%</b>
Dietary Fiber 4g	2%
Total Sugars 18.5g	
Protein 1.5g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	3%
Potassium 340mg	7%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

## REMEDY

Nutrition Facts	
Serving size: 8oz	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>111</b>
	% Daily Value*
Total Fat .6g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
<b>Total Carbohydrate 34g</b>	<b>12%</b>
Dietary Fiber 1g	3%
Total Sugars 21g	
Protein 1.6g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 1mg	4%
Potassium 820mg	15%

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## DETOX

Nutrition Facts	
Serving size: 8oz	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>74</b>
	% Daily Value*
Total Fat 0.9g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 113mg	5%
<b>Total Carbohydrate 22g</b>	<b>8%</b>
Dietary Fiber .8g	3%
Total Sugars 11g	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 145mg	11%
Iron 3mg	17%
Potassium 873mg	19%

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## REVITALIZE

Nutrition Facts	
Serving size: 8oz	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>85</b>
	% Daily Value*
Total Fat 0.6g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 122mg	8%
<b>Total Carbohydrate 24g</b>	<b>9%</b>
Dietary Fiber 1g	3%
Total Sugars 14g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 69mg	5%
Iron 1.6mg	9%
Potassium 685mg	15%

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## DEFEND

Nutrition Facts	
Serving size: 8oz	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 31mg	1%
<b>Total Carbohydrate 25.5g</b>	<b>9%</b>
Dietary Fiber 4g	2%
Total Sugars 18.5g	
Protein 1.5g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	3%
Potassium 340mg	7%

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## REFRESH

Nutrition Facts	
Serving size: 8oz	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>40</b>
	% Daily Value*
Total Fat 0.2g	0%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
<b>Total Carbohydrate 10.3g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Total Sugars 7.1g	
Protein 0.9g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron .5mg	3%
Potassium 162mg	3%

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## DAILY GREENS

Nutrition Facts	
Serving size: 8oz	
Servings: 2	
Amount per serving	
<b>Calories</b>	<b>49</b>
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 129mg	6%
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber .8g	3%
Total Sugars 3.7g	
Protein 5.4g	
Vitamin D 0mcg	0%
Calcium 198mg	15%
Iron 3.6mg	20%
Potassium 999mg	21%

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# SMOOTHIES

## "BLUE MOON" BLUEBERRY OMEGA

Nutrition Facts	
Serving size: 16oz	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>421</b>
	% Daily Value*
Total Fat 21.8g	28%
Saturated Fat 2.3g	11%
Cholesterol 0mg	0%
Sodium 120mg	5%
<b>Total Carbohydrate 51.1g</b>	<b>19%</b>
Dietary Fiber 12g	43%
Total Sugars 32.3g	
Protein 14.1g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 7mg	37%
Potassium 1104mg	23%

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## "CACAO BLISS" CHOCOLATE BANANA

Nutrition Facts	
Serving size: 16oz	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>593</b>
	% Daily Value*
Total Fat 22.7g	29%
Saturated Fat 3.8g	19%
Cholesterol 0mg	0%
Sodium 73mg	3%
<b>Total Carbohydrate 91g</b>	<b>33%</b>
Dietary Fiber 14.1g	50%
Total Sugars 48.8g	
Protein 18.8g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 6mg	34%
Potassium 1264mg	27%

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## "GREEN MACHINE" GREEN ENERGY

Nutrition Facts	
Serving size: 16oz	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>402</b>
	% Daily Value*
Total Fat 15.9g	20%
Saturated Fat 8.2g	41%
Cholesterol 0mg	0%
Sodium 118mg	5%
<b>Total Carbohydrate 62.4g</b>	<b>23%</b>
Dietary Fiber 7.1g	25%
Total Sugars 32.3g	
Protein 10.3g	
Vitamin D 0mcg	0%
Calcium 137mg	11%
Iron 6mg	35%
Potassium 1626mg	35%

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## MINT MATCHA CHIP

Nutrition Facts	
Serving size: 16oz	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>622</b>
	% Daily Value*
Total Fat 30.2g	39%
Saturated Fat 10.1g	50%
Cholesterol 0mg	0%
Sodium 42mg	2%
<b>Total Carbohydrate 78.9g</b>	<b>29%</b>
Dietary Fiber 10g	36%
Total Sugars 41.7g	
Protein 12.2g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 2mg	14%
Potassium 1178mg	25%

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## "PITAYA PARADISE" PITAYA GOJI

Nutrition Facts	
Serving size: 16oz	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>339</b>
	% Daily Value*
Total Fat 9.2g	12%
Saturated Fat 1.6g	8%
Cholesterol 0mg	0%
Sodium 110mg	5%
<b>Total Carbohydrate 56.8g</b>	<b>21%</b>
Dietary Fiber 5.1g	18%
Total Sugars 41.2g	
Protein 10.8g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 10mg	55%
Potassium 980mg	21%

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## VERY BERRY

Nutrition Facts	
Serving size: 16oz	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>456</b>
	% Daily Value*
Total Fat 21.5g	28%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 31mg	1%
<b>Total Carbohydrate 58.8g</b>	<b>21%</b>
Dietary Fiber 11.9g	43%
Total Sugars 36g	
Protein 12g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 6mg	33%
Potassium 534mg	11%

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## "STRAWBERRY SWAG" STRAWBERRY BANANA

Nutrition Facts	
Serving size: 16oz	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>449</b>
	% Daily Value*
Total Fat 21.5g	28%
Saturated Fat 3.1g	15%
Cholesterol 0mg	0%
Sodium 33mg	1%
<b>Total Carbohydrate 61.5g</b>	<b>22%</b>
Dietary Fiber 9.3g	33%
Total Sugars 37.2g	
Protein 12.3g	
Vitamin D 0mcg	0%
Calcium 43mg	3%
Iron 6mg	32%
Potassium 753mg	16%

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