## Dairy Smoothies

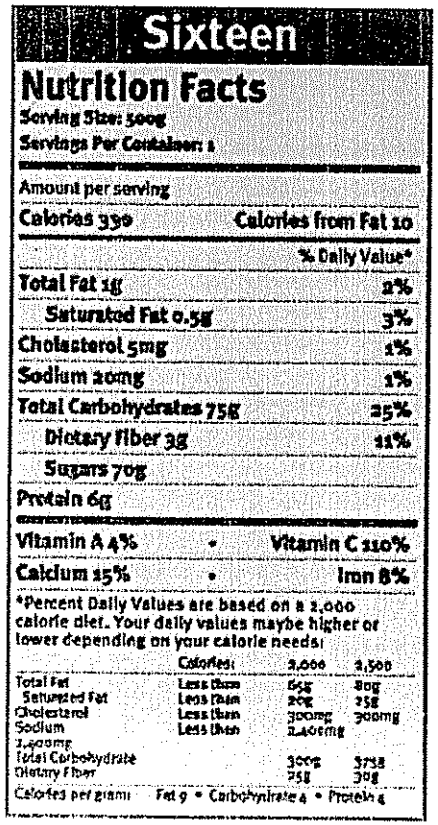
### Aloha Pineapple
**Ingredients:** Pineapple Juice (from concentrate), Natural Flavor, Malic Acid, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides, Locust Bean Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Strawberries, Frozen Bananas, Ice.

### Mango-a-go-go
**Ingredients:** Pear Juice (from concentrate), White Grape Juice (from concentrate), Passionfruit Juice (from concentrate), Orange Juice (from concentrate), Mango Puree, Natural Flavor, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides, Locust Bean Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Mangos, Ice.

### Razzmatazz
**Ingredients:** White Grape Juice(from concentrate), Pear Juice(from concentrate), Raspberry Juice(from concentrate), Natural Flavor, Malic Acid, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides), Locust Bean, Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Strawberries, Frozen Bananas, Ice.

### Caribbean Passion
**Ingredients:** Pear Juice(from concentrate), White Grape Juice(from concentrate), Passionfruit Juice(from concentrate), Orange Juice(from concentrate), Mango Puree, Natural Flavor, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides), Locust Bean, Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Strawberries, Frozen Peaches, Ice.

## Aloha Pineapple



Sixteen

**Nutrition Facts**

Serving Size: 500g
Servings Per Container: 1

Amount per serving

| | |
|---|---|
| Calories 330 | Calories from Fat 10 |
| | % Daily Value* |
| Total Fat 1g | 2% |
| Saturated Fat 0.5g | 3% |
| Cholesterol 5mg | 1% |
| Sodium 20mg | 1% |
| Total Carbohydrates 75g | 25% |
| Dietary Fiber 3g | 11% |
| Sugars 70g | |
| Protein 6g | |

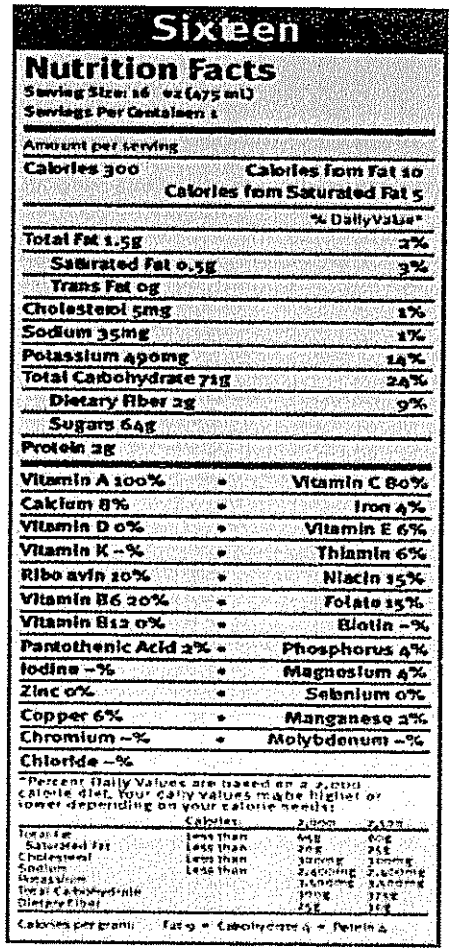
| | |
|---|---|
| Vitamin A 4% | Vitamin C 110% |
| Calcium 15% | Iron 8% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | |
| 2,400mg | | | |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## Mango-A-Go-Go



Sixteen

**Nutrition Facts**

Serving Size: 16 oz (475 ml)
Servings Per Container: 1

Amount per serving

| | |
|---|---|
| Calories 300 | Calories from Fat 10 |
| | Calories from Saturated Fat 5 |
| | % DailyValue* |
| Total Fat 1.5g | 2% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 5mg | 1% |
| Sodium 35mg | 1% |
| Potassium 490mg | 14% |
| Total Carbohydrate 71g | 24% |
| Dietary Fiber 2g | 9% |
| Sugars 64g | |
| Protein 2g | |

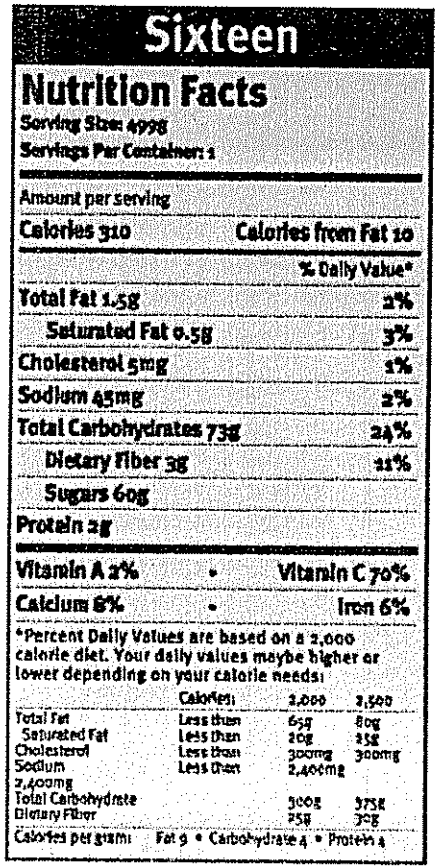
| | | | |
|---|---|---|---|
| Vitamin A 100% | • | Vitamin C 80% | |
| Calcium 8% | • | Iron 4% | |
| Vitamin D 0% | • | Vitamin E 6% | |
| Vitamin K –% | • | Thiamin 6% | |
| Riboflavin 20% | • | Niacin 15% | |
| Vitamin B6 20% | • | Folate 15% | |
| Vitamin B12 0% | • | Biotin –% | |
| Pantothenic Acid 2% | • | Phosphorus 4% | |
| Iodine –% | • | Magnesium 4% | |
| Zinc 0% | • | Selenium 0% | |
| Copper 6% | • | Manganese 2% | |
| Chromium –% | • | Molybdenum –% | |
| Chloride –% | | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## Razzmatazz



Sixteen

**Nutrition Facts**

Serving Size: 499g
Servings Per Container: 1

Amount per serving

| | |
|---|---|
| Calories 310 | Calories from Fat 10 |
| | % Daily Value* |
| Total Fat 1.5g | 2% |
| Saturated Fat 0.5g | 3% |
| Cholesterol 5mg | 1% |
| Sodium 45mg | 2% |
| Total Carbohydrates 73g | 24% |
| Dietary Fiber 3g | 11% |
| Sugars 60g | |
| Protein 2g | |

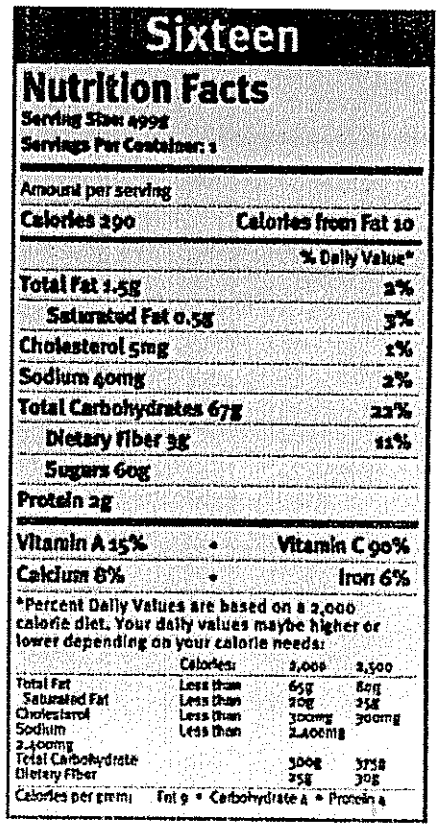
| | |
|---|---|
| Vitamin A 2% | Vitamin C 70% |
| Calcium 8% | Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | |
| 2,400mg | | | |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## Caribbean Passion



Sixteen

**Nutrition Facts**

Serving Size: 499g
Servings Per Container: 1

Amount per serving

| | |
|---|---|
| Calories 290 | Calories from Fat 10 |
| | % Daily Value* |
| Total Fat 1.5g | 2% |
| Saturated Fat 0.5g | 3% |
| Cholesterol 5mg | 1% |
| Sodium 40mg | 2% |
| Total Carbohydrates 67g | 22% |
| Dietary Fiber 3g | 11% |
| Sugars 60g | |
| Protein 2g | |

| | |
|---|---|
| Vitamin A 15% | Vitamin C 90% |
| Calcium 8% | Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | |
| 2,400mg | | | |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Jamba Juice blends are 100% natural. We do not add any processed sugar or flavor-enhancing additives to our juices.