



## Nutritional Statement

		Weight		Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Fruit Smoothies</b>														
Banana Banana Sm	447	g	140	45	5.0	5.0	0	0	65	24	1	7	1	1
Banana Banana Reg	670	g	210	70	8.0	8.0	0	0	95	36	2	19	1	1
Banana Banana Lrg	894	g	280	90	10.0	10.0	0	0	125	48	3	14	1	1
Blueberry Banana Sm	452	g	130	50	5.0	5.0	0	0	65	21	2	6	0	0
Blueberry Banana Reg	680	g	190	70	8.0	8.0	0	0	95	31	3	9	1	1
Blueberry Banana Lrg	903	g	260	100	11.0	10.0	0	0	130	43	3	13	1	1
Blueberry Pineapple Sm	459	g	120	45	5.0	5.0	0	0	65	20	1	4	0	0
Blueberry Pineapple Reg	687	g	190	70	8.0	8.0	0	0	95	29	2	6	1	1
Blueberry Pineapple Lrg	918	g	250	90	10.0	10.0	0	0	125	39	3	7	1	1
Mango Banana Sm	465	g	140	45	5.0	5.0	0	0	65	25	2	10	1	1
Mango Banana Reg	706	g	220	70	8.0	8.0	0	0	95	39	3	17	1	1
Mango Banana Lrg	929	g	290	90	11.0	10.0	0	0	130	49	3	19	1	1
Peach Mango Sm	471	g	130	45	5.0	5.0	0	0	65	22	1	9	1	1
Peach Mango Reg	712	g	210	70	8.0	8.0	0	0	95	36	2	16	1	1
Peach Mango Lrg	942	g	260	90	10.0	10.0	0	0	125	44	2	19	1	1
Pineapple Coconut Orange Sm	457	g	130	50	5.0	5.0	0	0	70	20	1	4	1	1
Pineapple Coconut Orange Reg	689	g	190	70	8.0	8.0	0	0	100	30	1	5	1	1
Pineapple Coconut Orange Lrg	915	g	260	100	11.0	11.0	0	0	140	40	1	8	1	1
Pineapple Peach Sm	461	g	120	45	5.0	5.0	0	0	65	19	1	3	1	1
Pineapple Peach Reg	692	g	180	70	8.0	8.0	0	0	95	29	1	4	1	1
Pineapple Peach Lrg	922	g	240	90	10.0	10.0	0	0	125	38	2	7	1	1
Raspberry Banana Sm	457	g	130	45	5.0	5.0	0	0	65	21	1	5	1	1
Raspberry Banana Reg	690	g	190	70	8.0	8.0	0	0	95	30	2	7	1	1
Raspberry Banana Lrg	913	g	260	90	10.0	10.0	0	0	125	42	3	11	1	1
Strawberry Banana Sm	461	g	130	45	5.0	5.0	0	0	65	21	2	5	0	0
Strawberry Banana Reg	698	g	190	70	8.0	8.0	0	0	95	31	3	7	1	1
Strawberry Banana Lrg	921	g	260	90	10.0	10.0	0	0	130	43	3	11	1	1
Strawberry Peach Sm	467	g	120	45	5.0	5.0	0	0	65	18	1	5	0	0
Strawberry Peach Reg	704	g	180	70	8.0	8.0	0	0	95	28	2	7	1	1
Strawberry Peach Lrg	934	g	230	90	10.0	10.0	0	0	130	37	3	10	1	1
<b>Mega Smoothies**</b>														
Flu Fighter Sm	469	g	120	45	5.0	5.0	0	0	65	19	1	4	0	0
Flu Fighter Reg	706	g	180	70	8.0	8.0	0	0	95	29	2	7	1	1
Flu Fighter Lrg	936	g	240	90	10.0	10.0	0	0	130	38	3	10	1	1
Get Ripped Sm	491	g	210	90	10.0	6.0	0	0	90	20	1	4	10	10
Get Ripped Reg	728	g	270	110	13.0	9.0	0	0	120	30	2	6	10	10
Get Ripped Lrg	961	g	330	140	15.0	11.0	0	0	150	39	3	8	11	11
Jumpin' Ginseng Sm	479	g	200	50	6.0	5.0	0	25	85	28	2	11	10	10
Jumpin' Ginseng Reg	720	g	280	80	8.0	8.0	0	25	120	42	3	18	11	11
Jumpin' Ginseng Lrg	944	g	350	100	11.0	11.0	0	25	150	24	3	21	11	11
Mocha Java Jolt Sm	439	g	170	50	6.0	5.0	0	25	150	20	0	1	10	10
Mocha Java Jolt Reg	666	g	230	70	8.0	8.0	0	25	240	31	0	1	10	10
Mocha Java Jolt Lrg	879	g	290	100	11.0	10.0	0	25	300	40	0	1	10	10
Nutri - Blast Sm	499	g	210	50	6.0	6.0	0	25	90	27	1	8	12	12
Nutri - Blast Reg	730	g	270	80	8.0	8.0	0	25	120	37	2	9	12	12
Nutri - Blast Lrg	983	g	350	100	11.0	11.0	0	25	150	53	3	15	12	12
Protein Pump Sm	475	g	420	240	27.0	8.0	0	25	220	28	5	5	20	20
Protein Pump Reg	698	g	490	270	29.0	11.0	0	25	250	40	5	9	21	21
Protein Pump Lrg	915	g	660	380	42.0	14.0	0	25	350	50	7	10	26	26
Smooth Move Sm	480	g	180	80	8.0	5.0	0	0	65	24	3	10	2	2
Smooth Move Reg	721	g	250	100	11.0	8.0	0	0	95	38	4	16	3	3
Smooth Move Lrg	951	g	310	120	13.0	10.0	0	0	130	47	4	19	3	3
Stamina Squeeze Sm	475	g	190	50	6.0	5.0	0	25	90	23	2	6	11	11
Stamina Squeeze Reg	712	g	250	80	9.0	8.0	0	25	120	33	3	8	11	11
Stamina Squeeze Lrg	936	g	320	100	11.0	11.0	0	25	150	45	4	11	12	12
Vita-Boost Sm	474	g	180	50	6.0	5.0	0	25	85	21	1	4	10	10
Vita-Boost Reg	702	g	240	80	9.0	8.0	0	25	120	30	2	7	10	10
Vita-Boost Lrg	933	g	300	100	11.0	10.0	0	25	150	41	3	8	10	10
<b>Beneficial Blends**</b>														
Body Builder Sm	463	g	130	45	5.0	5.0	0	0	65	21	1	5	1	1
Body Builder Reg	696	g	190	70	8.0	8.0	0	0	95	30	2	7	1	1
Body Builder Lrg	919	g	260	90	10.0	10.0	0	0	125	42	3	11	1	1

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	Weight	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cardio Crush Sm	469 g	160	45	5.0	5.0	0	0	65	27	1	10	1
Cardio Crush Reg	710 g	230	70	8.0	8.0	0	0	95	39	2	16	1
Cardio Crush Lrg	933 g	300	90	11.0	10.0	0	0	130	51	3	19	1
Fat Fighter Sm	467 g	150	45	5.0	5.0	0	0	70	26	2	6	1
Fat Fighter Reg	704 g	210	70	8.0	8.0	0	0	100	35	3	7	1
Fat Fighter Lrg	927 g	280	90	10.0	10.0	0	0	130	47	3	11	1
Holistic Healer Sm	454 g	150	45	5.0	5.0	0	0	70	26	1	6	1
Holistic Healer Reg	679 g	210	70	8.0	8.0	0	0	105	35	1	9	1
Holistic Healer Lrg	902 g	280	90	10.0	10.0	0	0	135	47	1	13	1
Muscle Mass Sm	463 g	140	45	5.0	5.0	0	0	65	23	1	4	1
Muscle Mass Reg	691 g	200	70	8.0	8.0	0	0	100	32	2	6	1
Muscle Mass Lrg	922 g	260	90	10.0	10.0	0	0	130	43	3	7	1
Yin/Yang Sm	463 g	150	50	5.0	5.0	0	0	75	25	1	4	1
Yin/Yang Reg	695 g	210	70	8.0	8.0	0	0	105	35	1	5	1
Yin/Yang Lrg	921 g	280	100	11.0	11.0	0	0	140	45	1	9	1
<b>Meal Replacement Shakes - Regular</b>												
Banana Split Reg	577 g	350	90	10.0	9.0	0	80	220	38	1	9	30
Banana Split Lrg	833 g	440	110	13.0	11.0	0	80	310	55	2	12	30
Berrylicious Reg	602 g	330	90	10.0	9.0	0	80	160	32	2	8	30
Berrylicious Lrg	877 g	410	110	13.0	11.0	0	80	190	45	4	12	30
Peanut Butter Gone Bananas Reg	735 g	630	290	32.0	12.0	0	80	330	51	7	10	42
Peanut Butter Gone Bananas Lrg	980 g	820	410	45.0	15.0	0	80	430	67	9	14	47
PB&J Reg	715 g	600	310	34.0	12.0	0	80	300	36	6	5	41
PB&J Lrg	973 g	780	430	47.0	16.0	0	80	390	50	9	8	47
Peanut Butter Cup Reg	717 g	630	320	36.0	12.0	0	80	390	43	5	3	41
Peanut Butter Cup Lrg	965 g	820	440	49.0	16.0	0	80	550	58	7	4	46
<b>Agave Nectar Chiller</b>												
Blueberry Pineapple Sm	516 g	190	5	0.5	0.0	0	0	10	49	4	33	1
Blueberry Pineapple Reg	758 g	320	10	1.0	0.0	0	0	15	81	6	58	2
Blueberry Pineapple Lrg	1000 g	440	10	1.0	0.0	0	0	20	112	7	84	2
Pineapple Mango Sm	555 g	230	0	0.0	0.0	0	0	10	61	5	45	2
Pineapple Mango Reg	810 g	370	0	0.0	0.0	0	0	10	96	6	75	2
Pineapple Mango Lrg	1065 g	510	0	0.0	0.0	0	0	15	132	8	104	3
Strawberry Apple Sm	529 g	180	0	0.0	0.0	0	0	20	45	3	38	1
Strawberry Apple Reg	776 g	300	0	0.0	0.0	0	0	25	76	4	65	1
Strawberry Apple Lrg	1022 g	420	0	0.0	0.0	0	0	35	106	4	93	1
Strawberry Mango Sm	573 g	220	0	0.0	0.0	0	0	10	58	6	48	2
Strawberry Mango Reg	834 g	360	0	0.0	0.0	0	0	15	93	7	79	2
Strawberry Mango Lrg	1095 g	490	0	0.0	0.0	0	0	20	128	9	110	3
Strawberry Pineapple Sm	543 g	190	0	0.0	0.0	0	0	10	48	4	30	1
Strawberry Pineapple Reg	794 g	310	0	0.0	0.0	0	0	15	80	6	55	2
Strawberry Pineapple Lrg	1045 g	430	0	0.0	0.0	0	0	20	111	7	79	2
<b>Freshly Squeezed Juice</b>												
Orange Sm	397 g	180	5	1.0	0.0	0	0	0	41	1	33	3
Orange Reg	567 g	260	10	1.0	0.0	0	0	5	59	1	48	4
Apple Sm	397 g	180	5	0.5	0.0	0	0	15	45	1	38	0
Apple Reg	567 g	260	5	0.5	0.0	0	0	25	64	1	55	1
Carrot Sm	397 g	160	5	0.5	0.0	0	0	260	37	3	16	4
Carrot Reg	567 g	230	10	1.0	0.0	0	0	370	53	5	22	5
Carrot Apple Sm	397 g	170	5	0.5	0.0	0	0	140	41	2	27	2
Carrot Apple Reg	567 g	240	5	1.0	0.0	0	0	200	58	3	38	3
Orange Apple Sm	397 g	180	5	0.5	0.0	0	0	10	43	1	36	2
Orange Apple Reg	567 g	260	10	1.0	0.0	0	0	15	62	1	51	2
Carrot Orange Sm	397 g	170	0	0.0	0.0	0	0	135	39	2	24	3
Carrot Orange Reg	567 g	240	10	1.0	0.0	0	0	190	56	3	35	5
Carrot Apple Orange Sm	397 g	170	5	0.5	0.0	0	0	100	41	2	29	2
Carrot Apple Orange Reg	567 g	250	10	1.0	0.0	0	0	140	59	2	41	3
<b>Wheatgrass &amp; B12 Shots***</b>												
Wheatgrass 1oz	30 g	10	0	0.0	0.0	0	0	0	1	0	1	1
B12 Shot (Boost Tropical Blast) 1oz	30 g	10	0	0.0	0.0	0	0	5	3	0	1	0
B12 Shot (Boost Cherry Charge) 1oz	30 g	10	0	0.0	0.0	0	0	10	3	0	1	0
B12 Shot (Boost Caribbean Delight) 1oz	30 g	10	0	0.0	0.0	0	0	10	3	0	1	0
<b>NrGizers Supplements**</b>												
Brewer's Yeast	2 g	10	0	0.0	0.0	0	0	0	1	0	0	1
Creatine	2 g	0	0	0.0	0.0	0	0	0	0	0	0	0
Echinacea	2 g	5	0	0.0	0.0	0	0	0	2	0	0	0
Fiber	8 g	45	30	3.5	0.0	0	0	0	2	2	0	2
Ginseng	2 g	5	0	0.0	0.0	0	0	0	2	0	0	0
Glutamine	2 g	5	0	0.0	0.0	0	0	0	0	0	0	0
Lecithin	8 g	40	40	4.0	1.0	0	0	0	1	0	0	0
Multi-Vitamin	2 g	0	0	0.0	0.0	0	0	0	1	0	0	0
Soy Protein	12 g	45	0	0.0	0.0	0	0	0	0	0	0	10
Whey Protein	12.5 g	50	5	0.0	0.0	0	25	25	1	0	1	10
Spirulina	2 g	5	0	0.0	0.0	0	0	0	2	0	0	1
Vitamin C	2 g	0	0	0.0	0.0	0	0	0	0	0	0	0

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<b>Add-ins</b>													
Agave Nectar (1 fl oz)	37	g	90	0	0	0.0	0	0	0	23	0	22	0
Peanut Butter, All Natural (3 fl. oz)	42	g	250	190	21	2.5	0	0	130	9	4	1	11
PB2 (1 oz)	28	g	110	30	3.5	0.0	0	0	220	12	5	2	12
Banana (1 oz Piece)	46	g	40	0	0	0.0	0	0	0	11	1	6	1
Blueberries (1 fl. oz)	33	g	15	0	0	0.0	0	0	0	4	1	3	0
Pineapple (1 fl. oz)	36	g	20	0	0	0.0	0	0	0	5	1	1	0
Mango (1oz)	46	g	30	0	0	0.0	0	0	0	8	1	7	0
Peach (1 fl. oz)	35	g	15	0	0	0.0	0	0	0	3	0	3	0
Coconut (1 tsp)	3	g	15	10	1	1.0	0	0	10	2	0	1	0
Raspberries (1 fl. oz)	38	g	15	0	0	0.0	0	0	0	3	1	2	0
Strawberries (1 fl. oz)	42	g	15	0	0	0.0	0	0	0	4	1	2	0
Sugar Free Chocolate Syrup (1 fl. oz)	32	g	15	0	0	0.0	0	0	60	5	0	0	0
Instant Coffee (1 tsp)	1.5	g	5	0	0	0.0	0	0	0	1	0	0	0
Oatmeal (1 scoop)	12	g	45	10	1	0.0	0	0	35	8	1	0	2

The Nutritional Information NrGize has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

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