


## Nrgize Nutritional Statement



	Weight	Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)	
<b>Fruit Smoothies</b>																	
Banana Banana Sm	449	g	110	25	2.5	2.5	0	0	65	21	3	10	2	0	15	2	0
Banana Banana Lrg	674	g	170	35	4.0	4.0	0	0	95	32	4	15	2	2	20	2	2
Blueberry Banana Sm	448	g	100	25	3.0	2.5	0	0	65	18	3	9	1	0	10	2	0
Blueberry Banana Lrg	672	g	150	40	4.0	4.0	0	0	95	26	4	13	2	0	15	2	0
Blueberry Pineapple Sm	447	g	90	25	2.5	2.5	0	0	65	16	2	9	1	0	10	2	0
Blueberry Pineapple Lrg	671	g	140	35	4.0	4.0	0	0	95	23	3	13	2	0	15	2	2
Mango Banana Sm	448	g	100	25	2.5	2.5	0	0	65	20	2	11	1	4	20	2	0
Mango Banana Lrg	672	g	150	35	4.0	4.0	0	0	95	28	3	17	2	10	35	2	0
Peach Mango Sm	447	g	90	25	2.5	2.5	0	0	65	16	2	9	1	6	20	2	0
Peach Mango Lrg	671	g	140	35	4.0	4.0	0	0	95	25	3	15	2	8	120	2	2
Pineapple Coconut Orange Sm	451	g	100	25	3.0	3.0	0	0	70	17	2	11	1	0	25	2	4
Pineapple Coconut Orange Lrg	675	g	150	40	4.5	4.0	0	0	100	26	2	16	2	0	25	2	4
Pineapple Peach Sm	447	g	90	25	2.5	2.5	0	0	65	15	2	9	1	2	60	2	0
Pineapple Peach Lrg	671	g	140	35	4.0	4.0	0	0	95	24	2	15	2	2	60	2	2
Raspberry Banana Sm	448	g	100	25	2.5	2.5	0	0	65	17	2	8	2	0	15	2	2
Raspberry Banana Lrg	672	g	140	35	4.0	4.0	0	0	95	24	3	11	2	0	25	2	2
Strawberry Banana Sm	448	g	100	25	2.5	2.5	0	0	65	17	2	8	1	0	30	2	2
Strawberry Banana Lrg	672	g	140	35	4.0	4.0	0	0	95	24	3	11	2	0	50	2	2
Strawberry Peach Sm	447	g	80	25	2.5	2.5	0	0	65	13	2	7	1	2	70	2	2
Strawberry Peach Lrg	671	g	120	35	4.0	4.0	0	0	95	20	3	10	2	2	90	2	2
<b>Mega Smoothies</b>																	
Flu Fighter Sm	449	g	90	25	2.5	2.5	0	0	65	14	2	7	1	2	1740	10	2
Flu Fighter Lrg	673	g	130	35	4.0	4.0	0	0	95	21	3	10	2	2	1760	15	4
Get Ripped Sm	468	g	200	60	7.0	3.5	0	0	90	19	2	11	12	0	30	15	2
Get Ripped Lrg	694	g	260	70	8.0	5.0	0	0	125	30	3	20	13	0	50	15	2
Jumpin' Ginseng Sm	463	g	160	25	3.5	3.0	0	0	90	22	3	11	13	4	20	8	2
Jumpin' Ginseng Lrg	686	g	210	40	4.0	4.0	0	0	125	30	4	17	13	10	35	8	2
Nutri- Blast Sm	494	g	170	30	3.0	2.5	0	0	95	24	2	15	14	0	25	8	2
Nutri- Blast Lrg	718	g	220	35	4.0	4.0	0	0	125	32	3	20	14	0	30	8	2
Protein Pump Sm	477	g	380	220	24.0	7.0	0	0	280	23	4	11	23	0	8	8	6
Protein Pump Lrg	702	g	440	230	26.0	8.0	0	0	320	34	6	16	24	0	15	10	6
Smooth Move Sm	456	g	120	30	3.5	2.5	0	0	65	20	5	10	3	6	1730	10	0
Smooth Move Lrg	680	g	170	45	5.0	4.0	0	0	95	29	6	15	4	10	1750	15	0
Stamina Squeeze Sm	463	g	150	25	2.5	2.5	0	0	90	18	2	8	13	0	30	8	4
Stamina Squeeze Lrg	716	g	190	35	4.0	4.0	0	0	125	25	3	11	14	0	50	8	4
Vita-Boost Sm	462	g	140	25	3.0	2.5	0	0	90	17	2	10	12	0	10	8	2
Vita-Boost Lrg	685	g	190	40	4.5	4.0	0	0	120	25	3	14	13	0	15	8	2
<b>Beneficial Smoothies</b>																	
Body Builder Sm	456	g	100	25	2.5	2.5	0	0	65	17	2	8	2	0	15	2	2
Body Builder Lrg	680	g	140	35	4.0	4.0	0	0	95	24	3	11	2	0	25	2	2
Cardio Crush Sm	452	g	120	25	2.5	2.5	0	0	65	22	2	11	2	4	20	2	0
Cardio Crush Lrg	676	g	170	35	4.0	4.0	0	0	100	31	3	17	2	10	35	2	0
Derma Delight Sm	453	g	130	25	2.5	2.5	0	0	65	25	3	10	3	0	15	2	0
Derma Delight Lrg	678	g	180	35	4.0	4.0	0	0	100	35	4	15	4	2	20	2	2
Fat Fighter Sm	454	g	110	25	2.5	2.5	0	0	70	21	2	8	1	0	30	2	2
Fat Fighter Lrg	678	g	150	35	4.0	4.0	0	0	100	28	3	11	2	0	50	2	2
Holistic Healer Sm	457	g	120	25	2.5	2.5	0	0	70	24	2	10	1	0	15	2	0
Holistic Healer Lrg	683	g	170	35	4.0	4.0	0	0	100	32	2	14	2	0	25	2	0
Memory Mixer Sm	453	g	110	25	2.5	2.5	0	0	70	20	2	10	2	2	60	2	0
Memory Mixer Lrg	677	g	160	35	4.0	4.0	0	0	100	28	2	15	2	2	60	2	2
Muscle Mass Sm	451	g	110	25	2.5	2.5	0	0	65	19	2	10	2	0	10	2	0
Muscle Mass Lrg	675	g	150	35	4.0	4.0	0	0	100	26	3	13	2	0	15	2	2
Yin/Yang Sm	457	g	120	25	3.0	3.0	0	0	70	22	2	11	1	60	30	10	50
Yin/Yang Lrg	681	g	170	40	4.5	4.0	0	0	105	30	2	16	2	60	35	10	50
<b>Meal Replacement Shakes-Large</b>																	
Banana Split	713	g	300	40	4.5	4.5	0	0	280	32	3	12	35	0	15	20	6
Berrylicious	710	g	270	40	4.5	4.0	0	0	170	23	4	10	35	0	35	20	4
Peanut Butter Gone Bananas	751	g	570	230	26.0	8.0	0	0	370	41	7	16	47	0	15	25	6
PB&J	702	g	520	240	27.0	8.0	0	0	370	28	8	10	48	0	25	20	6
Peanut Butter Cup	712	g	590	270	30.0	9.0	0	0	470	33	5	9	47	0	6	25	6
<b>Custom Protein Shakes-Large</b>																	
Isopure - Water	429	g	210	10	1.0	0.5	0	5	330	0	0	0	50	50	50	60	6
Lean Body - Water	446	g	330	70	8.0	2.5	0	80	470	24	8	6	40	35	35	60	60
Myoplex Deluxe - Water	463	g	330	25	3.0	2.5	0	35	230	29	7	21	53	50	50	30	90
Myoplex Lite - Water	421	g	180	15	1.5	0.5	0	15	340	24	3	1	20	50	110	50	50
Muscle Milk - Water	437	g	300	110	12.0	6.0	0	15	240	16	5	4	32	35	35	35	35
Syntha6 - Water	411	g	200	50	6.0	2.0	0	55	170	14	0	2	22	0	0	10	0
Isopure - Nonfat Milk	439	g	310	10	1.0	0.5	0	10	450	15	0	15	60	60	50	100	6
Lean Body - Nonfat Milk	456	g	430	70	8.0	2.5	0	85	590	39	8	21	50	45	35	100	60
Myoplex Deluxe - Nonfat Milk	473	g	430	30	3.0	2.5	0	40	350	44	7	36	63	60	50	70	90
Myoplex Lite - Nonfat Milk	431	g	280	15	1.5	0.5	0	20	460	39	3	16	30	60	110	90	50
Muscle Milk - Nonfat Milk	447	g	400	110	12.0	6.0	0	20	360	31	5	19	42	45	35	70	35
Syntha6 - Nonfat Milk	421	g	300	60	6.0	2.0	0	60	290	29	0	17	32	10	0	50	0
Isopure - Soy Milk	439	g	370	60	7.0	1.0	0	5	490	15	4	2	64	90	50	70	25
Lean Body - Soy Milk	456	g	490	120	14.0	3.0	0	80	630	39	12	8	54	70	35	70	80
Myoplex Deluxe - Soy Milk	473	g	490	80	9.0	3.0	0	35	390	44	11	23	67	90	50	40	110
Myoplex Lite - Soy Milk	431	g	340	70	7.0	1.0	0	15	500	39	7	3	34	90	110	60	70
Muscle Milk - Soy Milk	447	g	460	160	18.0	7.0	0	15	400	31	9	6	46	70	35	45	50
Syntha6 - Soy Milk	421	g	360	110	12.0	2.5	0	55	330	29	4	4	36	35	0	20	20
Isopure - Juice	448	g	370	10	1.0	0.5	0	5	360	40	0	39	50	50	180	60	6
Lean Body - Juice	465	g	490	70	8.0	2.5	0	80	500	64	8	45	40	35	160	60	60
Myoplex Deluxe - Juice	482	g	490	25	3.0	2.5	0	35	260	69	7	60	53	50	180	30	90
Myoplex Lite - Juice	440	g	340	15	1.5	0.5	0	15	370	64	3	40	20	50	240	50	50
Muscle Milk - Juice	456	g	460	110	12.0	6.0	0	15	270	56	5	43	32	35	160	35	35
Syntha6 - Juice	430	g	360	50	6.0	2.0	0	55	200	54	0	41	22	0	130	10	0

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		Weight	Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
<b>Pre-workout Drinks (per scoop(s) per 16 oz liquid)</b>																	
BPI 1.M.R - Water	496	g	15	0	0.0	0.0	0	0	20	4	0	0	0	--	--	2	0
BPI 1.M.R - Sport Drink (zero calorie)	496	g	15	0	0.0	0.0	0	0	210	4	0	0	0	--	--	0	--
BPI 1.M.R - Sport Drink (low calorie)	496	g	60	0	0.0	0.0	0	0	230	14	0	10	0	--	--	0	--
BPI 1.M.R - Sport Drink	496	g	120	0	0.0	0.0	0	0	230	33	0	29	0	--	--	0	--
CNP High Performance GF - Water	519	g	140	0	0.0	0.0	0	0	70	19	0	19	16	--	--	2	0
CNP High Performance GF - Sport Drink (zero calorie)	519	g	140	0	0.0	0.0	0	0	260	19	0	19	16	--	--	0	--
CNP High Performance GF - Sport Drink (low calorie)	519	g	180	0	0.0	0.0	0	0	280	29	0	29	16	--	--	0	--
CNP High Performance GF - Sport Drink	519	g	240	0	0.0	0.0	0	0	280	48	0	48	16	--	--	0	--
Cytosport Monster Pump NOS - Water	502	g	10	0	0.0	0.0	0	0	135	2	0	0	0	--	690	0	0
Cytosport Monster Pump NOS - Sport Drink (zero calorie)	502	g	10	0	0.0	0.0	0	0	320	2	0	0	0	--	690	0	--
Cytosport Monster Pump NOS - Sport Drink (low calorie)	502	g	50	0	0.0	0.0	0	0	340	12	0	10	0	--	690	0	--
Cytosport Monster Pump NOS - Sport Drink	502	g	110	0	0.0	0.0	0	0	340	30	0	29	0	--	690	0	--
MPR Pump - Water	491	g	15	0	0.0	0.0	0	0	40	4	0	1	0	--	--	25	0
MPR Pump - Sport Drink (zero calorie)	491	g	15	0	0.0	0.0	0	0	230	4	0	1	0	--	--	25	--
MPR Pump - Sport Drink (low calorie)	491	g	60	0	0.0	0.0	0	0	250	14	0	11	0	--	--	25	--
MPR Pump - Sport Drink	491	g	120	0	0.0	0.0	0	0	250	33	0	30	0	--	--	25	--
Muscle Pharm Assault - Water	524	g	80	0	0.0	0.0	0	0	190	18	0	0	0	--	--	2	0
Muscle Pharm Assault - Sport Drink (zero calorie)	524	g	80	0	0.0	0.0	0	0	380	18	0	0	0	--	--	0	--
Muscle Pharm Assault - Sport Drink (low calorie)	524	g	120	0	0.0	0.0	0	0	400	28	0	10	0	--	--	0	--
Muscle Pharm Assault - Sport Drink	524	g	180	0	0.0	0.0	0	0	400	47	0	29	0	--	--	0	--
Scivation Xtend - Water	499	g	0	0	0.0	0.0	0	0	360	0	0	0	0	--	--	2	0
Scivation Xtend - Sport Drink (zero calorie)	499	g	0	0	0.0	0.0	0	0	540	0	0	0	0	--	--	0	--
Scivation Xtend - Sport Drink (low calorie)	499	g	40	0	0.0	0.0	0	0	560	10	0	10	0	--	--	0	--
Scivation Xtend - Sport Drink	499	g	100	0	0.0	0.0	0	0	560	29	0	29	0	--	--	0	--
Sport Drink (zero calorie) - 16 fl oz	468	g	0	0	0.0	0.0	0	0	210	0	0	0	0	--	--	--	--
Sport Drink (low calorie) - 16 fl oz	468	g	40	0	0.0	0.0	0	0	230	10	0	10	0	--	--	--	--
Sport Drink - 16 fl oz	468	g	100	0	0.0	0.0	0	0	230	29	0	29	0	--	--	--	--
<b>Ice Crush Chiller</b>																	
Apple Strawberry Sm	511	g	160	0	0.0	0.0	0	0	25	43	2	41	1	0	80	2	4
Apple Strawberry Lrg	735	g	230	0	0.0	0.0	0	0	35	62	3	58	1	0	120	4	6
Kiwi Strawberry Sm	442	g	140	5	0.0	0.0	0	0	15	38	4	32	1	2	170	4	4
Kiwi Strawberry Lrg	663	g	220	5	0.5	0.0	0	0	20	57	6	48	2	2	250	6	8
Pineapple Strawberry Sm	511	g	170	0	0.0	0.0	0	0	15	45	2	43	1	2	90	4	4
Pineapple Strawberry Lrg	735	g	240	0	0.0	0.0	0	0	20	64	3	60	1	2	130	6	6
Strawberry Orange Sm	510	g	160	5	0.0	0.0	0	0	15	42	2	38	1	6	180	4	6
Strawberry Orange Lrg	733	g	230	5	0.5	0.0	0	0	20	60	4	54	2	8	250	4	8
Watermelon Strawberry Sm	442	g	130	0	0.0	0.0	0	0	15	35	3	32	1	4	80	2	4
Watermelon Strawberry Lrg	692	g	200	0	0.0	0.0	0	0	20	55	4	51	1	8	130	4	8
<b>Juice</b>																	
Apple Sm	397	g	180	0	0.0	0	0	--	45	44	0	44	0	0	0	0	0
Apple Lrg	567	g	250	0	0.0	0	0	--	65	63	0	63	0	0	0	0	0
Carrot Sm	397	g	120	0	0.0	0	0	0	250	23	--	--	3	1160	40	6	4
Carrot Lrg	567	g	170	0	0.0	0	0	0	350	33	--	--	5	1650	60	10	4
Orange Sm	397	g	200	0	0.0	0	0	--	50	50	0	49	0	0	160	0	0
Orange Lrg	567	g	280	0	0.0	0	0	--	75	72	0	70	0	0	220	0	0
Apple and Orange Sm	397	g	190	0	0.0	0	0	--	50	47	0	47	0	0	80	0	0
Apple and Orange Lrg	567	g	270	0	0.0	0	0	--	70	68	0	67	0	0	110	0	0
Carrot and Apple Sm	397	g	150	0	0.0	0	0	0	150	34	0	22	2	580	20	4	2
Carrot and Apple Lrg	567	g	210	0	0.0	0	0	0	210	48	0	32	2	830	30	4	2
Carrot and Orange Sm	397	g	150	0	0.0	0	0	0	125	32	0	17	3	590	190	6	4
Carrot and Orange Lrg	567	g	210	0	0.5	0	0	0	180	46	1	24	4	840	270	8	6
Carrot, Apple and Orange Sm	397	g	160	0	0.0	0	0	0	105	36	0	25	2	420	110	4	2
Carrot, Apple and Orange Lrg	567	g	220	0	0.0	0	0	0	150	51	0	36	3	590	160	6	4
<b>Power Shots</b>																	
Matcha Green Tea - Orange Juice	100	g	50	0	0.0	0.0	0	0	20	12	0	12	0	0	40	0	0
Matcha Green Tea - Soy Milk	100	g	50	15	2.0	0.0	0	0	55	5	1	0	4	10	0	4	6
Wheat Grass	57	g	20	0	0.0	0.0	0	0	5	5	0	4	1	1000	6	10	1
B12 Blast Energy Mixer (4900% B12 DV) - Classic	30	g	10	0	0	0	0	0	15	0	0	0	1.5	--	--	--	--
B12 Blast Energy Mixer (4900% B12 DV) - Cranberry Grape	30	g	8	0	0	0	0	0	24	0	0	0	1.5	--	--	--	--
B12 Blast Energy Mixer (4900% B12 DV) - Electric Lemon	30	g	16	0	0	0	0	0	24	2	0	0	1.5	--	--	--	--
<b>Nrgizers Supplements**</b>																	
Brewer's Yeast	2	g	5	0	0.0	0.0	0	0	0	1	0	0	1	0	0	0	0
Creatine	2	g	0	0	0.0	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	1	0	0	0	2	0	0
Fiber	8	g	30	0	0.0	0.0	0	0	0	7	7	0	0	0	0	0	0
Ginseng	2	g	5	0	0.0	0.0	0	0	0	2	0	0	0	0	0	0	0
Glutamine	2	g	5	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0
Lecithin	8	g	60	60	7.0	1.0	0	0	0	1	0	0	0	0	6	0	0
Multi-Vitamin	2	g	5	0	0.0	0.0	0	0	0	1	0	0	0	35	35	35	35
Soy Protein	10	g	35	0	0.0	0.0	0	0	20	1	0	0	9	0	0	0	0
Whey Protein	10	g	35	0	0.0	0.0	0	0	20	1	0	1	9	0	0	4	0
Spirulina	2	g	10	0	0.0	0.0	0	0	0	0	0	0	1	30	0	0	0
Vitamin C	2	g	0	0	0.0	0.0	0	0	0	0	0	0	0	0	3330	20	0
Wheat Germ	6	g	40	10	1.0	0.0	0	0	0	5	2	2	3	0	0	0	0
<b>Breakfast</b>																	
Bagel, plain	113	g	290	10	1.4	0.4	0	0	700	58	3	12	11	2	0	2	25
Bagel with Cream Cheese	141	g	390	100	11.0	6.0	0	30	780	59	3	11	13	8	0	4	25
Bagel with Peanut Butter	156	g	540	200	22.0	4.5	0	0	900	66	6	16	22	2	0	2	30
Morning Warm Up - Berries and Almonds	246	g	240	80	8.0	0.5	0	0	5	30	6	2	8	0	0	4	4

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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