




Nutritional Information

	Weight (g)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Fruit Smoothies												
Banana Banana (small)	583	210	10.0	9.0	0	0	220	30	1	9	2	2
Banana Banana (regular)	670	310	15.0	13.0	0	0	330	45	2	13	3	2
Banana Banana (large)	894	420	20.0	18.0	0	0	440	60	3	18	4	3
Blueberry Banana (small)	452	200	10.0	9.0	0	0	220	27	2	8	2	1
Blueberry Banana (regular)	680	300	15.0	13.0	0	0	330	40	3	12	3	2
Blueberry Banana (large)	903	400	20.0	18.0	0	0	440	55	3	16	4	3
Blueberry Pineapple (small)	459	200	10.0	9.0	0	0	220	25	1	8	2	1
Blueberry Pineapple (regular)	687	290	15.0	13.0	0	0	330	38	2	12	3	2
Blueberry Pineapple (large)	918	390	20.0	18.0	0	0	440	51	3	17	4	3
Mango Banana (small)	465	210	10.0	9.0	0	0	220	31	1	12	2	2
Mango Banana (regular)	706	320	15.0	13.0	0	0	330	47	1	20	3	2
Mango Banana (large)	929	420	20.0	18.0	0	0	440	60	3	23	4	3
Mango Peach (small)	471	200	10.0	9.0	0	0	220	28	1	11	2	2
Mango Peach (regular)	712	310	15.0	13.0	0	0	330	44	1	19	3	2
Mango Peach (large)	942	410	20.0	18.0	0	0	440	56	1	22	4	3
Pineapple Coconut Orange (small)	458	200	10.0	9.0	0	0	230	26	1	9	2	1
Pineapple Coconut Orange (regular)	689	300	15.0	14.0	0	0	340	39	1	14	3	2
Pineapple Coconut Orange (large)	915	400	21.0	19.0	0	0	450	51	1	18	4	3
Pineapple Peach (small)	461	190	10.0	9.0	0	0	220	25	1	8	2	1
Pineapple Peach (regular)	692	290	15.0	13.0	0	0	330	38	2	12	3	2
Pineapple Peach (large)	922	390	20.0	18.0	0	0	440	49	2	16	4	3
Raspberry Banana (small)	457	200	10.0	9.0	0	0	220	27	1	7	2	2
Raspberry Banana (regular)	690	290	15.0	13.0	0	0	330	39	2	10	3	2
Raspberry Banana (large)	913	400	20.0	18.0	0	0	440	54	3	15	4	3
Strawberry Banana (small)	461	200	10.0	9.0	0	0	220	27	2	7	2	1
Strawberry Banana (regular)	698	290	15.0	13.0	0	0	330	39	3	10	3	2
Strawberry Banana (large)	921	400	20.0	18.0	0	0	440	54	3	15	4	3
Strawberry Peach (small)	467	190	10.0	9.0	0	0	220	24	1	7	2	1
Strawberry Peach (regular)	704	280	15.0	13.0	0	0	330	36	2	10	3	2
Strawberry Peach (large)	934	370	20.0	18.0	0	0	440	48	3	14	4	3
Mega Smoothies*												
Flu Fighter (small)	470	200	10	9	0	0	220	26	1	6	2	1
Flu Fighter (regular)	707	290	15	13	0	0	330	39	2	9	3	2
Flu Fighter (large)	937	390	20	18	0	0	440	50	3	12	4	2
Get Ripped (small)	491	290	16	13	0	25	250	26	3	6	2	12
Get Ripped (regular)	728	390	21	17	0	25	360	39	3	9	3	12
Get Ripped (large)	961	490	26	21	0	25	470	52	5	13	4	13
Jumpin' Ginseng (small)	497	290	11	9	0	25	250	37	2	14	2	12
Jumpin' Ginseng (regular)	738	400	16	14	0	25	360	52	3	21	3	13
Jumpin' Ginseng (large)	979	520	21	18	0	25	470	71	4	28	4	14
Mocha Java Jolt (small)	437	230	11	9	0	25	310	25	0	2	2	11
Mocha Java Jolt (regular)	662	320	16	14	0	25	480	37	0	3	3	12
Mocha Java Jolt (large)	874	410	21	18	0	25	620	49	0	4	4	13
Nutri-Blast (small)	517	290	11	9	0	25	250	37	1	15	2	13
Nutri-Blast (regular)	748	400	16	14	0	25	360	51	1	21	3	13
Nutri-Blast (large)	1019	530	21	18	0	25	470	74	2	30	4	14
Protein Pump (small)	493	500	32	12	0	25	380	37	5	9	2	22
Protein Pump (regular)	734	620	37	16	0	25	490	56	6	15	3	23
Protein Pump (large)	950	820	52	22	0	25	660	69	8	17	4	29
Smooth Move (small)	480	250	13	9	0	0	220	90	2	11	2	3
Smooth Move (regular)	721	360	18	14	0	0	330	7	2	19	3	4
Smooth Move (large)	951	450	23	18	0	0	440	58	3	22	4	5
Stamina Squeeze (small)	493	270	11	9	0	25	250	33	2	10	2	13
Stamina Squeeze (regular)	730	370	16	14	0	25	360	45	3	12	3	13
Stamina Squeeze (large)	971	490	21	18	0	25	470	63	4	19	4	14
Vita-Boost (small)	475	260	11	9	0	25	250	30	1	9	2	11
Vita-Boost (regular)	703	360	16	14	0	25	350	42	2	13	3	11
Vita-Boost (large)	934	470	21	18	0	25	460	56	2	19	4	12

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Meal Replacement												
Banana Split (regular)	612	490	18	15	0	75	460	55	2	14	3	32
Banana Split (large)	883	620	23	19	0	75	630	78	4	21	4	33
Berrylicious (regular)	602	450	18	15	0	75	400	42	3	10	3	32
Berrylicious (large)	877	570	23	19	0	75	520	59	6	16	4	33
PB&J (regular)	715	680	38	17	0	75	540	47	11	6	3	42
PB&J (large)	973	900	54	23	0	75	710	64	14	10	4	48
Peanut Butter Cup (regular)	715	740	44	21	0	75	630	49	5	4	3	44
Peanut Butter Cup (large)	961	950	59	26	0	75	860	66	7	6	4	49
Peanut Butter Gone Bananas (regular)	771	760	40	17	0	75	570	66	7	15	3	45
Peanut Butter Gone Bananas (large)	1033	1000	55	23	0	75	750	89	11	23	4	51
Beneficial Blends*												
Body Builder (small)	477	220	10	9	0	0	220	32	3	10	2	2
Body Builder (regular)	710	320	16	13	0	0	330	46	4	13	3	3
Body Builder (large)	951	440	21	18	0	0	440	64	6	20	4	4
Cardio Crush (small)	469	220	10	9	0	0	220	33	1	12	2	2
Cardio Crush (regular)	710	330	15	13	0	0	330	48	2	19	3	3
Cardio Crush (large)	933	440	20	18	0	0	440	63	3	23	4	3
Fat Fighter (small)	481	220	10	9	0	0	220	33	2	10	2	2
Fat Fighter (regular)	718	320	15	13	0	0	330	45	3	12	3	2
Fat Fighter (large)	959	440	20	18	0	0	440	64	4	19	4	3
Holistic Healer (small)	468	220	10	9	0	0	220	33	1	10	2	2
Holistic Healer (regular)	693	320	15	13	0	0	330	44	1	14	3	2
Holistic Healer (large)	934	440	20	18	0	0	440	63	2	21	4	3
Muscle Mass (small)	463	210	10	9	0	0	220	29	1	8	2	1
Muscle Mass (regular)	691	310	15	13	0	0	330	41	2	12	3	2
Muscle Mass (large)	922	410	20	18	0	0	440	54	3	17	4	3
Yin / Yang (small)	464	220	10	9	0	0	230	31	1	9	2	2
Yin / Yang (regular)	695	320	15	14	0	0	340	44	1	14	3	2
Yin / Yang (large)	921	420	21	19	0	0	460	56	1	18	4	3
Agave Ice Chillers												
Blueberry Pineapple (small)	516	200	0.5	0.0	0	0	10	49	4	41	22	1
Blueberry Pineapple (regular)	758	330	1.0	0.0	0	0	15	81	6	70	44	2
Blueberry Pineapple (large)	1000	460	1.0	0.0	0	0	20	112	7	98	66	2
Pineapple Mango (small)	555	240	0.0	0.0	0	0	10	61	2	54	22	2
Pineapple Mango (regular)	810	380	0.0	0.0	0	0	10	96	2	86	44	2
Pineapple Mango (large)	1065	520	0.0	0.0	0	0	15	132	3	119	66	3
Strawberry Apple (small)	524	180	0.0	0.0	0	0	20	45	3	37	22	1
Strawberry Apple (regular)	769	300	0.0	0.0	0	0	25	75	4	65	44	1
Strawberry Apple (large)	1013	420	0.0	0.0	0	0	35	105	4	92	66	1
Strawberry Mango (small)	573	220	0.0	0.0	0	0	10	58	3	48	22	2
Strawberry Mango (regular)	834	360	0.0	0.0	0	0	15	93	4	79	44	2
Strawberry Mango (large)	1095	490	0.0	0.0	0	0	20	128	4	110	66	3
Strawberry Pineapple (small)	543	200	0.0	0.0	0	0	10	48	4	39	22	1
Strawberry Pineapple (regular)	794	320	0.0	0.0	0	0	15	80	6	66	44	2
Strawberry Pineapple (large)	1045	450	0.0	0.0	0	0	20	111	7	94	66	2

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NrGizers*												
Brewer's Yeast	2	10	0.0	0.0	0	0	0	1	0	0	0	1
Creatine	3	0	0	0	0	0	0	0	0	0	0	0
Echinacea	2	5	0.0	0.0	0	0	0	2	0	0	0	0
Fiber	8	30	0	0	0	0	0	6	6	0	0	0
Ginseng	2	10	0	0	0	0	0	2	0	0	0	0
Glutamine	2	0	0	0	0	0	0	0	0	0	0	0
Lecithin	8	40	4.0	1.0	0	0	0	1	0	0	0	0
Multi-Vitamin	3	10	0	0	0	0	0	2	0	0	0	0
Soy Protein	12	45	0	0	0	0	0	0	0	0	0	10
Spirulina	3	5	0	0	0	0	0	0	0	0	0	1
Whey Protein	13	50	1	0	0	25	25	1	0	0	0	10
Vitamin C	2	0	0	0	0	0	0	0	0	0	0	0

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.

*These supplements have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cures, any disease but rather as a dietary supplement intended only for nutritional support to a well balanced diet of food. Please consult your physician before starting any supplement program, especially if you are pregnant, nursing or taking medication. These products are not recommended for children.

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