



Nutritional Information (Cruisin' Cool Product)

SIGNATURE BLENDS

Chocolate blends made with 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
The Dirty Peanut <i>Chocolate Peanut Butter</i>	16oz.	432.5	19.5	0.05	15.5	41.5	3	33.5	27	0	0	20	8
	24oz.	750	36	0.05	28	80	5	66	34	0	0	20	16
Mocha Peanut Butter <i>Mocha Peanut Butter</i>	16oz.	592.5	23	0.05	16.5	38.5	3	24.5	28	0	0	20	5
	24oz.	890	28	0.05	18	66	3	44	29	0	0	20	6
Mudslide Latte <i>Mocha</i>	16 oz.	412.5	8	0.05	4.5	30.5	1	20.5	21	0	0	20	1
	24 oz.	710	13	0.05	6	58	1	40	22	0	0	20	2
Berried In Chocolate <i>Chocolate & Strawberry</i>	16oz.	432.5	4.5	0.05	5.5	75.5	1	69.5	20	0	0	20	4
	24oz.	660	6	0.05	7	127	1	118	20	0	0	20	8
Elvis' Return <i>Chocolate & Banana</i>	16oz.	372.5	4.5	0.05	3.5	61.5	1	57.5	20	0	0	20	4
	24oz.	470	5.5	0.05	4	83	1	78	20	0	0	20	4
Malibu Chocolate <i>Chocolate & Pina Colada</i>	16oz.	432.5	4.5	0.05	7.5	77.5	1	69.5	20	0	0	20	4
	24oz.	660	6	0.05	10	130	1	118	20	0	0	20	8

BURNER BLENDS

Includes Metabolism Boost & 20g of Protein (Nutritional Information is calculated using vanilla protein)

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Tropical Bombshell <i>Pina Colada & Banana</i>	16oz.	410	3.5	0.5	4.9	72	2	58	20	0	419	10	0
	24oz.	500	3.5	0.5	6.9	94	2	78	20	0	419	10	0
Belly Buster <i>Strawberry Banana</i>	16oz.	430	3.5	0.5	2.9	76	2	64	20	0	419	10	0
	24oz.	530	3.5	0.5	3.9	100	2	87	20	0	419	10	0
Orange Peeler <i>Orange Crème</i>	16 oz.	470	3.5	0.5	0.9	86	2	73	20	0	509	10	0
	24 oz.	570	3.5	0.5	0.9	110	2	96	20	0	539	10	0
Berry Berry Good <i>Triple Berry</i>	16oz.	440	3.5	0.5	3.9	77	2	64	20	0	419	10	0
	24oz.	530	3.5	0.5	4.9	98	2	84	20	0	419	10	0
Pomegranate Bliss <i>Pomegranate Cherry</i>	16oz.	350	3.5	0.5	0.9	62	2	52	20	0	419	10	0
	24oz.	410	3.5	0.5	0.9	78	2	68	20	0	419	10	0
Slim Sally <i>Strawberry Banana</i>	16oz.	430	3.5	0.5	2.9	76	2	64	20	0	419	10	0
	24oz.	530	3.5	0.5	3.9	100	2	87	20	0	419	10	0
Wonder Twins <i>Mango Peach</i>	16oz.	620	3.5	0.5	0.9	125	2	115	20	12	425	10	0
	24oz.	770	3.5	0.5	0.9	162	2	152	20	16	427	10	0

RECOVERY BLENDS

Includes BCAAs & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Berry Boom <i>Strawberry</i>	16oz.	470	3.5	0.5	3.9	85	0	73	20	0	2	10	0
	24oz.	570	3.5	0.5	4.9	109	0	96	20	0	2	10	0
The Kingpin <i>Triple Berry</i>	16oz.	440	3.5	0.5	3.9	76	0	64	20	0	2	10	0
	24oz.	530	3.5	0.5	4.9	97	0	84	20	0	2	10	0
Twisted Strawberry <i>Strawberry Banana</i>	16 oz.	430	3.5	0.5	2.9	75	0	64	20	0	2	10	0
	24 oz.	530	3.5	0.5	3.9	99	0	87	20	0	2	10	0
In The Tropics	16oz.	410	3.5	0.5	4.9	71	0	58	20	0	2	10	0

<i>Pina Colada & Banana</i>	24oz.	500	3.5	0.5	6.9	93	0	78	20	0	2	10	0
Citrus Rush	16z.	470	3	0.05	3	77	1	70	20	0	90	20	0
<i>Orange + Vanilla</i>	24oz.	570	3	0.05	3	101	1	93	20	0	120	20	0
Mocha Mania	16oz.	422.5	8	0.05	4.5	32.5	1	20.5	21	0	0	20	1
<i>Mocha</i>	24oz.	720	13	0.05	6	60	1	40	22	0	0	20	2
Chocolate Peanut Butter	16oz.	442.5	19.5	0.05	15.5	43.5	3	33.5	27	0	0	20	8
<i>Peanut Butter Chocolate</i>	24oz.	760	36	0.05	28	82	5	66	34	0	0	20	16
Peanut Butter Power	16oz.	567.5	34.5	0.5	25.4	36.5	4	18.5	34	0	2	10	8
<i>Peanut Butter</i>	24oz.	785	50.5	0.5	37.9	52	6	29	41	0	2	10	12
Island Passion	16oz.	410	3.5	0.5	3.9	76	0	67	20	0	2	10	0
<i>Passionfruit Orange Guava</i>	24oz.	490	3.5	0.5	4.9	97	0	88	20	0	2	10	0
Pom N' Cherry Tsunami	16oz.	350	3.5	0.5	0.9	61	0	52	20	0	2	10	0
<i>Pomegranate Cherry</i>	24oz.	410	3.5	0.5	0.9	77	0	68	20	0	2	10	0
Poolside Sunset	16oz.	620	3.5	0.5	0.9	124	0	115	20	12	8	10	0
<i>Mango Peach</i>	24oz.	770	3.5	0.5	0.9	161	0	152	20	16	10	10	0
Yacht Club	16oz.	442.5	4.5	0.05	7.5	79.5	1	69.5	20	0	0	20	4
<i>Pina Colada + Chocolate</i>	24oz.	570	5.5	0.05	10	109	1	96	20	0	0	20	4
The King Kong	16oz.	382.5	4.5	0.05	3.5	63.5	1	57.5	20	0	0	20	4
<i>Chocolate Banana</i>	24oz.	480	5.5	0.05	4	85	1	78	20	0	0	20	4

MUSCLE BUILDERS

Includes Glutamine & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Boardwalk Colada	16oz.	409	3.5	0.05	7	70	1	63	24	0	0	20	4
<i>Pina Colada & Chocolate</i>	24oz.	499	3.5	0.05	9	92	1	83	24	0	0	20	4
The Incredible Bulk	16oz.	446.5	19.5	0.05	15.5	41.5	3	33.5	31	0	0	20	8
<i>Chocolate Peanut Butter</i>	24oz.	764	36	0.05	28	80	5	66	38	0	0	20	16
Sunrise Splash	16 oz.	624	3.5	0.5	0.9	122	0	115	24	12	8	10	0
<i>Mango Peach</i>	24 oz.	774	3.5	0.5	0.9	159	0	152	24	16	10	10	0
Peanut Butter Pump	16oz.	571.5	34.5	0.5	25.4	34.5	4	18.5	38	0	2	10	8
<i>Peanut Butter</i>	24oz.	789	50.5	0.5	37.9	50	6	29	45	0	2	10	12
Mocha Muscle	16z.	426.5	8	0.05	4.5	30.5	1	20.5	25	0	0	20	1
<i>Mocha</i>	24oz.	724	13	0.05	6	58	1	40	26	0	0	20	2
Pink Hurricane	16oz.	434	3.5	0.5	2.9	73	0	64	24	0	2	10	0
<i>Strawberry Banana</i>	24oz.	534	3.5	0.5	3.9	97	0	87	24	0	2	10	0
Red Raptor	16oz.	474	3.5	0.5	3.9	83	0	73	24	0	2	10	0
<i>Strawberry</i>	24oz.	574	3.5	0.5	4.9	107	0	96	24	0	2	10	0
Berry Builder	16oz.	444	3.5	0.5	3.9	74	0	64	24	0	2	10	0
<i>Triple Berry</i>	24oz.	534	3.5	0.5	4.9	95	0	84	24	0	2	10	0

VEGGIE BLENDS

Includes a Veggie Boost & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Yo Yo Berry	16oz.	480	3.5	0.5	5.9	87	1	74	21	110	782	12	2
<i>Triple Berry</i>	24oz.	570	3.5	0.5	6.9	108	1	94	21	110	782	12	2
Pomlicious	16oz.	390	3.5	0.5	2.9	72	1	62	21	110	782	12	2
<i>Pomegranate Cherry</i>	24oz.	450	3.5	0.5	2.9	88	1	78	21	110	782	12	2
Strawnana	16 oz.	470	3.5	0.5	4.9	86	1	74	21	110	782	12	2
<i>Strawberry Banana</i>	24 oz.	570	3.5	0.5	5.9	110	1	97	21	110	782	12	2
Malibu Mango	16oz.	660	3.5	0.5	2.9	135	1	125	21	122	788	12	2

Mango Peach	24oz.	810	3.5	0.5	2.9	172	1	162	21	126	790	12	2
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JUST FRUIT BLENDS

Classic fruit blends plus one S.50 essential & 20g of Protein

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Orange Push-Up	16oz.	460	3.5	0.5	0.9	83	0	73	20	0	92	10	0
<i>Orange Crème</i>	24oz.	560	3.5	0.5	0.9	107	0	96	20	0	122	10	0
Strawberry Banana Blast	16oz.	420	3.5	0.5	2.9	73	0	64	20	0	2	10	0
<i>Strawberry Banana</i>	24oz.	520	3.5	0.5	3.9	97	0	87	20	0	2	10	0
Pomegranate Paradise	16 oz.	340	3.5	0.5	0.9	59	0	52	20	0	2	10	0
<i>Pomegranate Cherry</i>	24 oz.	400	3.5	0.5	0.9	75	0	68	20	0	2	10	0
Mango Bliss	16oz.	610	3.5	0.5	0.9	122	0	115	20	12	8	10	0
<i>Mango Peach</i>	24oz.	760	3.5	0.5	0.9	159	0	152	20	16	10	10	0
Pina Colada Madness	16oz.	430	3.5	0.5	6.9	77	0	64	20	0	2	10	0
<i>Pina Colada</i>	24oz.	520	3.5	0.5	8.9	99	0	84	20	0	2	10	0
Passionfruit Orange Guava	16oz.	400	3.5	0.5	3.9	74	0	67	20	0	2	10	0
<i>Passionfruit Orange Guava</i>	24oz.	480	3.5	0.5	4.9	95	0	88	20	0	2	10	0
Triple Berry Sensation	16oz.	430	3.5	0.5	3.9	74	0	64	20	0	2	10	0
<i>Triple Berry</i>	24oz.	520	3.5	0.5	4.9	95	0	84	20	0	2	10	0
Super Strawberry	16oz.	460	3.5	0.5	3.9	83	0	73	20	0	2	10	0
<i>Strawberry</i>	24oz.	560	3.5	0.5	4.9	107	0	96	20	0	2	10	0

VALUE STACKS!

More supplements at a great value!

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Trim N' Tone	1 Serving	17	0	0	0	5.5	5.5	0	0	0	417	0	0
<i>(Fiber + Metabolism Boost)</i>													
Recharge	1 Serving	15	0	0	0	5	2	0	0	50	309	13	0
<i>(Energy + Multivitamin)</i>													
Stay Full	1 Serving	400	22	0	12	45	7	11	13	0	0	4	14
<i>(Peanut Butter + Granola)</i>													
Mega Gainer	1 Serving	160	3.5	0.5	0.9	11	0	4	20	0	2	10	0
<i>xtra 20g of Protein + Creatine)</i>													

CUSTOMIZE IT!

Individual boosts, supplements and add-ins

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Veggie Boost	1 oz	50	0	0	2	13	1	10	1	110	780	2	2
Glutamine	5g	14	0	0	0	0	0	0	4	0	0	0	0
Multivitamin	4.25g	5	0	0	0	3	2	0	0	50	209	13	0
BCAAs	4.25g	10	0	0	0	2	0	0	0	0	0	0	0
Energy Boost	4.25g	10	0	0	0	2	0	0	0	0	100	0	0
Creatine	3.75g	0	0	0	0	0	0	0	0	0	0	0	0
Fiber	5g	7	0	0	0	2.5	3.5	0	0	0	0	0	0
Metabolism Boost	4.25g	10	0	0	0	3	2	0	0	0	417	0	0
Chocolate	1 oz	100	0.5	0	0	23	0	22	0	0	0	0	4
Sugar Free Chocolate	1 oz	40	1	0.1	1	10	0	0	1	0	0	0	6

Pumpable Peanut Butter	1 oz	180	15	0	12	8	2	4	7	0	0	0	4
Low Fat Peanut Butter	10g	40	1	0	2	4	2	1	5	1	0	1	0
Mocha	1 Scoop	260	4	0	1	20	0	13	1	0	0	0	1
Granola	94cc	220	7	0	0	37	5	7	6	0	0	4	10
Vanilla Protein (20g)	94cc	160	3.5	0.5	1	11	0	4	20	0	2	10	0
Chocolate Protein (20g)	90cc	115	3	0.05	3	3	1	1	20	0	0	20	0
Smoothie Crème	25cc	75	2	0	1	15	0	13	0	0	0	0	0

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LIMITED TIME ONLY													
	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Energy Ice	2 oz.	160	0	0	1	40	0	40	0	0	0	0	0
	1 oz.	90	0	0	0	23	0	21	0	0	0	0	0
Green Apple	16oz.	468	5	1	1	88	0	74	20	0	2	10	0
	24oz.	595	6	1	2	118	0	101	20	0	2	10	0
	1 oz.	70	0	0	0	19	0	17	0	0	80	0	2
Lemon Ice	16oz.	408	5	1	1	76	0	62	20	0	242	10	6
	24oz.	515	6	1	2	102	0	85	20	0	322	10	8
	1 oz.	0	0	0	0	0	0	0	0	0	0	0	0
Peppermint Vanilla	16oz.	378	4	0	2	30	0	26	0	0	0	0	0
	24oz.	567	6	0	3	45	0	39	0	0	0	0	0
	1 oz.	50	0	0	0	14	0	14	0	0	0	0	0
Sweet Tea	16oz.	150	0	0	0	42	0	42	0	0	0	0	0
	24oz.	200	0	0	0	56	0	56	0	0	0	0	0
	1 oz.	110	1	0	2	26	0	23	1	0	0	4	0
Pumpkin Spice	16oz.	527.5	6	0.5	7.4	96.5	0	79.5	23	0	2	22	0
<i>Made with smoothie crème</i>	24oz.	675	7.5	0.5	9.9	130	0	109	24	0	2	26	0
<i>White Chocolate Sauce</i>	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
White Chocolate Peppermint	16oz.	565	7	0.5	9.9	102	0	84	23	0	2	22	0
	24oz.	675	7.5	0.5	12.9	127	0	106	24	0	2	26	0
<i>White Chocolate Sauce</i>	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
White Chocolate Mocha	16oz.	677.5	9.5	0.5	8.4	88.5	0	67.5	23	0	2	18	1
	24oz.	825	11	0.5	11.9	121	0	96	24	0	2	22	1
	1 oz.	60	0	0	0	14	0	14	0	0	0	0	0
Banana	16 oz.	340	3.5	0.5	0.9	53	0	46	20	0	2	10	0
	24 oz.	400	3.5	0.5	0.9	67	0	60	20	0	2	10	0
Fresh Banana (medium size)	118g	105	0	0	1	27	3	14	1	2	17	1	2