

HAWAIIAN HARVEST

Crushed Pineapple, Fiber-Rich Coconut
& Sliced Banana blended with 20g
Vanilla Whey Protein

MAINTAINS
BLOOD PRESSURE

PINEAPPLE

PROTEIN

COCONUT

BANANA

PROMOTES
HEART HEALTH



“HAWAIIAN HARVEST”

- 6 OZ DR. SMOOTHIE PINEAPPLE PARADISE
- PUREE/WATER MIX
- 4 FREEZE DRIED BANANA PIECES
- 1 SCP VANILLA WHEY PROTEIN
- 12 OZ ICE
- 2 TSP COCONUT FLAKES (PULSE IN THE END)

Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 25
<small>% Daily Value*</small>	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 63g	21%
Dietary Fiber 3g	12%
Sugars 52g	
Protein 21g	
Vitamin A 2%	• Vitamin C 60%
Calcium 2%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	