

# MANGO CRUSHER

Tropical Mangoes, Strawberries, Crushed Pineapple & Banana blended with 20g Vanilla Whey Protein



MANGOES

STRAWBERRIES

BANANA

PINEAPPLE

PROTEIN

BOOST  
ENERGY

POWERHOUSE OF  
ANTIOXIDANTS



# “MANGO CRUSHER”

- 6 OZ DR. SMOOTHIE MANGO TROPICS PUREE/WATER MIX
- 4 FREEZE DRIED BANANA PIECES
- 1/4 TSP LEMON EXTRACT OR FREEZE DRIED LEMON (OPTIONAL)
- 1 SCP VANILLA WHEY PROTEIN
- 12 OZ ICE
- 3-4 STRAWBERRIES (PULSE IN END)

<b>Nutrition Facts</b>			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b> 350	<b>Calories from Fat</b> 15		
<b>% Daily Value*</b>			
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 15mg			<b>1%</b>
<b>Total Carbohydrate</b> 65g			<b>22%</b>
Dietary Fiber	3g		<b>12%</b>
Sugars	53g		
<b>Protein</b> 21g			
Vitamin A 15%		Vitamin C 80%	
Calcium 4%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4