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# ELEVATE YOUR HEALTH

- ☛ Lower calories, carbs & sugars
- ☛ Cut half the fruit & replace with fiber-packed cauliflower
- ☛ Increase antioxidants & vitamins A & C



ASK TO  
☛ **ELEVATE**  
ANY SMOOTHIE  
OR BOWL FOR  
**FREE**



# Juices







## 02 | VISION | 16 OZ

### INGREDIENTS:

Apple • Carrot • Pineapple  
Lemon • Beet • Ginger

The ingredients in Vision are very high in the antioxidant pigment "carotenoids" - the precursor to Vitamin A and are known for boosting eye and skin health, and protecting your body from free-radical damage.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 15g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 52mg	<b>4%</b>
Iron 0.72mg	<b>4%</b>
Potassium 0mg	<b>0%</b>
Vitamin A	<b>210%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## 03 | DETOX | 16 OZ

### INGREDIENTS:

Filtered H<sub>2</sub>O • Lemon  
Agave • Activated Charcoal

Activated charcoal works by attracting and trapping toxins into its pores, and flushing them out in your digestive tract. Detox is one of our best selling juices!

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>80</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 15g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>

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## 04 | AWAKEN | 16 OZ

### INGREDIENTS:

Apple • Lemon • Ginger  
Cinnamon

Ginger is an anti-inflammatory root that has long been used as a treatment for a spectrum of gastrointestinal disorders due to its ability to activate our digestive enzymes. Lemon and cinnamon provide additional anti-inflammatory properties.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>110</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 285mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## 06 | ALIVE | 16 OZ

### INGREDIENTS:

Filtered H2O • Lemon  
Maple • Blue Spirulina • Cayenne

Alive contains a powerful antioxidant, phycoyanin, which not only gives the drink a beautiful blue hue but it combats free radicals which can damage body cells when present in high amounts. Cayenne pepper not only adds a kick of flavor, it can also boost metabolism, reduce inflammation and relieve congestion.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber	0g 0%
Total Sugars	13g
Includes 13g Added Sugars	26%
<b>Protein</b> 1g	2%
Vitamin D	0mcg 0%
Calcium	30mg 2%
Iron	0mg 0%
Potassium	81mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## 07 | BURN | 16 OZ

### INGREDIENTS:

Apple • Lime • Ginger  
Jalapeño

Known as the 'spicy-sister' of our Awaken juice, this juice is also great for stomach distress and nausea but the jalapeño also boosts metabolism and weight loss. This is a great pre-workout juice and recommended for those who love spicy flavors!

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber	1g 4%
Total Sugars	21g
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%
Vitamin D	0mcg 0%
Calcium	20mg 2%
Iron	1mg 6%
Potassium	285mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## 21 | GLOW | 16 OZ

### INGREDIENTS:

Apple • Cucumber • Kale  
Lemon • Spinach

The ingredients in Glow supply skin-friendly minerals such as magnesium, potassium, and silicon, and are great for someone looking for hydration, flushing out toxins or a plant-based protein.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber	1g 4%
Total Sugars	15g
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D	0mcg 0%
Calcium	67mg 6%
Iron	1mg 6%
Potassium	409mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## 23 | VITALITY | 16 OZ

### INGREDIENTS:

Zucchini • Pineapple • Kale  
Apple • Spinach

The ingredients in Vitality aid in immune system support, bone strength, and eye health while aiding digestion and fighting against infection. Vitality is a step up from Glow, but not as intense as Power.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 106mg	<b>8%</b>
Iron 1.5mg	<b>8%</b>
Potassium 625mg	<b>15%</b>

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## 24 | POWER | 16 OZ

### INGREDIENTS:

Cucumber • Chard • Broccoli  
Kale • Lime • Celery • Parsley

Packed with greens and high in fiber, Power is our “greenest” green juice we provide. It is naturally lower in calories, carbs and sugars while full of vitamin K, B1, magnesium, omega-3 fatty acids, and powerful antioxidants to help fight off free radicals. It is excellent for experienced juicers!

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</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> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 52mg	<b>4%</b>
Iron 1.26mg	<b>8%</b>
Potassium 0mg	<b>0%</b>
Vitamin A	<b>60%</b>
Vitamin C	<b>30%</b>

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## 25 | CELERY | 16 OZ

### INGREDIENTS:

Celery

Celery juice is incredibly hydrating meaning it aids in digestion and decreases bloating. Celery juice also contains a compound called flavonoids which provides several benefits such as electrolyte balance and decreased inflammation.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>30</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 110mg	<b>8%</b>
Iron 0.6mg	<b>4%</b>
Potassium 740mg	<b>15%</b>
Vitamin A	<b>45%</b>
Vitamin K	<b>70%</b>

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## 31 | IMMUNITY | 16 OZ

### INGREDIENTS:

Apple • Beet • Zucchini

Immunity is great for athletes! Its ingredients enhance oxygen delivery to your cells, giving you more energy more efficiently. Immunity is packed with protein and aids in free radical support. Bring on the beets!

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 20g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 392mg	<b>8%</b>

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## 32 | YOUTH | 16 OZ

### INGREDIENTS:

Carrot • Pineapple • Lime  
Turmeric

The ingredients in Youth provide powerful anti-inflammatory support with high antioxidant counts thanks to the powerful turmeric root. This juice also increases your body's production of antioxidant enzymes, making it a great all around juice and a great breakfast option.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>8 oz (237g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 55mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 649mg	<b>15%</b>

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# Mylks







## 11 | ALMOND MYLK | 8 OZ

### INGREDIENTS:

Filtered H<sub>2</sub>O • Almonds  
Flaxseed • Dates • Vanilla  
Cinnamon • Himalayan Salt

Our house-made mylks are truly pressed with love! The process includes 24 hours of soaking and sprouting our raw almonds to increase micronutrient content. Our mylks have no added sugars and feature natural protein and healthy fats that help curb cravings - making it a great meal replacement. We recommend including at least one mylk in all juice cleanses.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>8 ounces (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
<b>Total Fat</b> 18g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2.7mg	15%
Potassium 329mg	8%

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## 12 | CACAO MYLK | 8 OZ

### INGREDIENTS:

Filtered H<sub>2</sub>O • Almonds  
Flaxseed • Dates • Cacao  
Vanilla • Cinnamon  
Himalayan Salt

The ingredients in our Cacao Mylk naturally contain protein and healthy fats to help curb cravings. The added cacao powder features natural antioxidants while giving this mylk a creamy, chocolate flavor.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>8 ounces (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
<b>Total Fat</b> 18g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2.7mg	15%
Potassium 329mg	8%

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## 13 | COFFEE MYLK | 8 OZ

### INGREDIENTS:

Filtered H<sub>2</sub>O • Almonds  
Flaxseed • Dates  
House-Made Cold Brew Espresso  
Vanilla • Cinnamon  
Himalayan Salt

The ingredients in our Coffee Mylk naturally contain protein and healthy fats to help curb cravings, and the added house-made cold brew espresso gives it a smooth coffee flavor and caffeine kick.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>8 ounces (237g)</b>
Amount Per Serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
<b>Total Fat</b> 18g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2.7mg	15%
Potassium 329mg	8%

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# Shots







## THE CURE | 2.5 OZ

### INGREDIENTS:

Lemon • Ginger  
Filtered H<sub>2</sub>O • Cayenne

Our cold-fighting cure shot is a great option if you're feeling under the weather. The vitamin C boosts your immune system - helping you prevent sickness while aiding your body's natural immune defense system. The cayenne and ginger help reduce inflammation.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2.5 oz (71g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>15</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.05mg	<b>0%</b>
Potassium 75mg	<b>2%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## E3 LIVE | 2.5 OZ

### INGREDIENTS:

Coconut Water • E3 Live AFA

This shot combines electrolyte rich, raw coconut water and E3 Live AFA - a high quality powder form of AFA (100% Aphanizomenon flos-aquae), which is a certified organic, wild harvested nutrient dense aqua botanical superfood. It's the perfect shot for a boost of long-lasting energy and endurance while supporting the body's immune and digestive systems.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2.5 oz (71g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>15</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0.04mg	<b>0%</b>
Potassium 46mg	<b>0%</b>

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## ESPRESSO | 2.5 OZ

### INGREDIENTS:

House-Made Cold Brew  
Espresso

Locally roasted in New Orleans, LA, our espresso beans go through a 48-hour cold-brew process, giving a more concentrated flavor and caffeine content. Caffeine from coffee beans is known to enhance long-term memory while increasing attention and circulation.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2.5 oz (71g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>5</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 1mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 81mg	<b>2%</b>

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## WHEATGRASS | 2.5 OZ

### INGREDIENTS:

Filtered H<sub>2</sub>O  
Wheatgrass Juice Powder

Did you know that one ounce of wheatgrass contains the nutritional value equivalent to 2.5 lbs of vegetables?

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2.5 oz (71g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>0</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 30mg	<b>0%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Smoothies





## BERRY BOOST | 24 OZ

### INGREDIENTS:

Oat Milk • Banana • Blueberry  
Almond Butter • Reishi Mushroom

The Berry Boost smoothie contains reishi mushroom. Reishi has been nicknamed the "mushroom of immortality." It has many benefits including the ability to slow the aging process, detoxify the body, reduce blood pressure, eliminate inflammation, aid in the prevention of cancer, improve cognitive ability, and boost energy levels.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size 24 oz (734g)	
Amount Per Serving	
<b>Calories</b>	<b>570</b>
% Daily Value*	
<b>Total Fat</b> 20g	26%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	7%
<b>Total Carbohydrate</b> 94g	34%
Dietary Fiber 16g	57%
Total Sugars 50g	
Includes 5g Added Sugars	10%
<b>Protein</b> 12g	24%
Vitamin D 0.14mcg	0%
Calcium 10mg	0%
Iron 2mg	10%
Potassium 1400mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size 24 oz (803g)	
Amount Per Serving	
<b>Calories</b>	<b>540</b>
% Daily Value*	
<b>Total Fat</b> 21g	27%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 79g	29%
Dietary Fiber 16g	57%
Total Sugars 41g	
Includes 6g Added Sugars	12%
<b>Protein</b> 14g	28%
Vitamin D 0.16mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 1397mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## BLUE TART | 24 OZ

### INGREDIENTS:

Apple Juice • Pineapple  
Blue Spirulina

The "blue" in this smoothie comes from the Blue Spirulina, which is one of the most nutrient-dense superfoods in the world.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size 24 oz (681g)	
Amount Per Serving	
<b>Calories</b>	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 84g	31%
Dietary Fiber 5g	18%
Total Sugars 67g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.37mg	2%
Potassium 700mg	15%
Vitamin C	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size 24 oz (681g)	
Amount Per Serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 73g	27%
Dietary Fiber 5g	18%
Total Sugars 58g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	6%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.98mg	6%
Potassium 900mg	20%
Vitamin C	60%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## CHOCOLATE LOVE | 24 OZ

### INGREDIENTS:

Banana • Almond Milk  
Avocado • Cacao • Raw Honey  
Himalayan Salt

The natural, healthy fats paired with the brain boosting goodness from cacao make this a satisfying cup of Chocolate Love. The natural fat in avocado can lower blood pressure and cholesterol while also filling you up to stay satisfied, so this smoothie makes for a great meal replacement!

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size 24 oz (709g)	
Amount Per Serving	
<b>Calories</b>	<b>560</b>
% Daily Value*	
<b>Total Fat</b> 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 7g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	13%
<b>Total Carbohydrate</b> 114g	41%
Dietary Fiber 16g	57%
Total Sugars 70g	
Includes 31g Added Sugars	62%
<b>Protein</b> 9g	18%
Vitamin D 0mcg	0%
Calcium 580mg	45%
Iron 2mg	10%
Potassium 1600mg	35%
Vitamin C	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size 24 oz (700g)	
Amount Per Serving	
<b>Calories</b>	<b>390</b>
% Daily Value*	
<b>Total Fat</b> 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 7g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 560mg	24%
<b>Total Carbohydrate</b> 64g	23%
Dietary Fiber 14g	50%
Total Sugars 33g	
Includes 10g Added Sugars	20%
<b>Protein</b> 10g	20%
Vitamin D 0mcg	0%
Calcium 700mg	50%
Iron 2mg	10%
Potassium 1400mg	30%
Vitamin C	90%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





## CLASSIC | 24 OZ

### INGREDIENTS:

Apple Juice • Banana  
Strawberry

A tried and true favorite among all smoothie lovers is The Classic. This smoothie has just 3 simple ingredients and is high in vitamin C, which helps boost your immune system.



## CREAMY COLADA | 24 OZ

### INGREDIENTS:

Coconut Water • Almond Milk  
Banana • Pineapple  
Coconut

Do you like pina coladas? We sure do! This tasty, tropical smoothie will have you feeling like you are relaxing on the beach. The coconut water gives this a light and refreshing feel while the almond milk gives you a boost of healthy fats and protein. Try adding strawberries!



## GREEN PROTEIN | 24 OZ

### INGREDIENTS:

Almond Milk • Banana  
Peanut Butter • Spirulina  
Hemp Protein

Get a healthy dose of green protein with this top-selling smoothie! Between hemp protein and all-natural spirulina, it contains all the fixin's for post-workout recovery bliss. The added peanut butter makes this a great meal replacement with its plant-based fats and protein.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	24 oz (656g)
Amount Per Serving	
<b>Calories</b>	<b>370</b>
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 94g	34%
Dietary Fiber 9g	32%
Total Sugars 59g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.53mg	2%
Potassium 1000mg	20%
Vitamin C	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	24 oz (725g)
Amount Per Serving	
<b>Calories</b>	<b>330</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 62g	30%
Dietary Fiber 9g	32%
Total Sugars 55g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.87mg	4%
Potassium 1000mg	20%
Vitamin C	70%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	24 oz (667g)
Amount Per Serving	
<b>Calories</b>	<b>340</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 75g	27%
Dietary Fiber 7g	25%
Total Sugars 51g	
Includes 5g Added Sugars	10%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 360mg	30%
Iron 0.75mg	4%
Potassium 1100mg	25%
Vitamin C	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	24 oz (761g)
Amount Per Serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 66g	24%
Dietary Fiber 8g	29%
Total Sugars 47g	
Includes 6g Added Sugars	12%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 440mg	35%
Iron 1mg	6%
Potassium 1200mg	25%
Vitamin C	70%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	24 oz (709g)
Amount Per Serving	
<b>Calories</b>	<b>550</b>
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polysaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 107g	39%
Dietary Fiber 13g	46%
Total Sugars 58g	
Includes 8g Added Sugars	16%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 560mg	45%
Iron 3mg	15%
Potassium 1500mg	30%
Vitamin C	40%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	24 oz (791g)
Amount Per Serving	
<b>Calories</b>	<b>440</b>
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polysaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 73g	27%
Dietary Fiber 13g	46%
Total Sugars 40g	
Includes 10g Added Sugars	20%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 700mg	50%
Iron 3mg	15%
Potassium 1400mg	30%
Vitamin C	140%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## JAVA NUT | 24 OZ

### INGREDIENTS:

Banana • Oat Milk • Espresso  
Peanut Butter • Raw Honey  
Cacao Nibs

Coffee Fanatics! This smoothie features our house-made, cold brew espresso. The natural caffeine not only keeps you on your toes but can aid in weight loss and increase circulation throughout the body. Cacao powder adds natural antioxidants and the peanut butter provides protein and plant based-fats to help you feel satisfied all day - so this smoothie is a great meal replacement.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	24 oz (668g)
Amount Per Serving	
<b>Calories</b>	<b>680</b>
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 130g	47%
Dietary Fiber 15g	54%
Total Sugars 75g	
Includes 25g Added Sugars	50%
Protein 10g	20%
Vitamin D 0.05mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 1800mg	40%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	24 oz (717g)
Amount Per Serving	
<b>Calories</b>	<b>490</b>
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 74g	27%
Dietary Fiber 15g	54%
Total Sugars 33g	
Includes 2g Added Sugars	4%
Protein 13g	26%
Vitamin D 0.07mcg	0%
Calcium 80mg	6%
Iron 2mg	10%
Potassium 1800mg	40%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## MANGO-J | 24 OZ

### INGREDIENTS:

Orange Juice • Mango

Feeling a cold coming on? Get a healthy dose of vitamin C with this simple yet tasty smoothie. Not only is vitamin C good for your immune system, it also boosts your skin and hair health!

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	24 oz (794g)
Amount Per Serving	
<b>Calories</b>	<b>420</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 96g	36%
Dietary Fiber 6g	21%
Total Sugars 70g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.91mg	6%
Potassium 900mg	20%
Vitamin C	250%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	24 oz (850g)
Amount Per Serving	
<b>Calories</b>	<b>380</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 87g	32%
Dietary Fiber 7g	25%
Total Sugars 82g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 1500mg	30%
Vitamin C	380%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PB&J | 24 OZ

### INGREDIENTS:

Apple Juice • Banana  
Blueberry • Peanut Butter

This smoothie is a kid and adult favorite that will take you back to eating your PB&J sandwich in the school yard. It really does taste like the sandwich - but with the benefits of immune boosting Vitamin C and phycocyanins from whole blueberries. The peanut butter makes this a great meal replacement or post-workout option.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	24 oz (788g)
Amount Per Serving	
<b>Calories</b>	<b>580</b>
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 116g	42%
Dietary Fiber 14g	50%
Total Sugars 77g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.53mg	2%
Potassium 1200mg	25%
Vitamin C	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	24 oz (857g)
Amount Per Serving	
<b>Calories</b>	<b>550</b>
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 105g	38%
Dietary Fiber 14g	50%
Total Sugars 73g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.87mg	4%
Potassium 1200mg	25%
Vitamin C	70%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PLANT POWER | 24 OZ

### INGREDIENTS:

Almond Milk • Banana • Spinach  
Almond Butter • Maca

The name says it all for this great-tasting smoothie! The banana provides potassium while the maca boosts libido, endurance and mood regulation. The spinach boasts natural iron and the peanut butter contributes natural fats and protein. It's a great meal replacement or pre-workout smoothie.



## PROTEIN PUNCH | 24 OZ

### INGREDIENTS:

Oat Milk • Strawberry • Banana  
Raw Honey • Vegan Protein

We give the classic strawberry, banana smoothie a punch with our rice milk and 100% vegan protein. Naturally high in vitamin C and calcium while the cacao vegan protein blend gives you just the boost you need for a meal replacement or post-workout nourishment.



## TROPIKALE | 24 OZ

### INGREDIENTS:

Coconut Water • Pineapple  
Kale • Raw Honey

Let this refreshing drink transform your surroundings into a tropical paradise! Our coconut water is sourced directly from Thailand, harvested from young mature coconuts and provides natural electrolytes and sweetness. The pineapple is nutrient-packed with vitamin C while the fresh kale boasts plant-based protein- but we promise, you won't even know kale is there!



### ORIGINAL

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (658g)</b>
Amount Per Serving	
<b>Calories</b>	<b>510</b>
% Daily Value*	
<b>Total Fat</b> 14g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 95g	35%
Dietary Fiber 12g	43%
Total Sugars 51g	
Includes 7g Added Sugars	14%
<b>Protein</b> 11g	22%
Vitamin D 0mcg	0%
Calcium 500mg	40%
Iron 3mg	15%
Potassium 1600mg	35%
Vitamin C	80%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (651g)</b>
Amount Per Serving	
<b>Calories</b>	<b>390</b>
% Daily Value*	
<b>Total Fat</b> 14g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 250mg	11%
<b>Total Carbohydrate</b> 62g	23%
Dietary Fiber 10g	36%
Total Sugars 33g	
Includes 8g Added Sugars	16%
<b>Protein</b> 11g	22%
Vitamin D 0mcg	0%
Calcium 630mg	50%
Iron 3mg	15%
Potassium 1300mg	30%
Vitamin C	120%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ORIGINAL

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (745g)</b>
Amount Per Serving	
<b>Calories</b>	<b>520</b>
% Daily Value*	
<b>Total Fat</b> 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	13%
<b>Total Carbohydrate</b> 103g	37%
Dietary Fiber 10g	36%
Total Sugars 61g	
Includes 29g Added Sugars	58%
<b>Protein</b> 15g	30%
Vitamin D 0.16mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 1300mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (802g)</b>
Amount Per Serving	
<b>Calories</b>	<b>420</b>
% Daily Value*	
<b>Total Fat</b> 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 340mg	15%
<b>Total Carbohydrate</b> 69g	25%
Dietary Fiber 11g	39%
Total Sugars 31g	
Includes 7g Added Sugars	14%
<b>Protein</b> 17g	34%
Vitamin D 0.19mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 1400mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ORIGINAL

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (709g)</b>
Amount Per Serving	
<b>Calories</b>	<b>350</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 92g	33%
Dietary Fiber 7g	25%
Total Sugars 75g	
Includes 23g Added Sugars	46%
<b>Protein</b> 5g	10%
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0.83mg	4%
Potassium 1300mg	30%
Vitamin C	80%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (680g)</b>
Amount Per Serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 105mg	5%
<b>Total Carbohydrate</b> 55g	20%
Dietary Fiber 7g	25%
Total Sugars 41g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 1mg	6%
Potassium 1600mg	35%
Vitamin C	140%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Bowls





## AÇAÍ BERRY | 24 OZ

### INGREDIENTS:

Açaí • Almond Milk • Banana  
Raw Honey • GF Granola  
Blueberry



Açaí is an exotic relative of the blueberry and cranberry that is high in antioxidants and essential fatty acids while low in natural carbohydrates and sugars. Açaí boosts energy, supports the immune system, and increases circulation. Our açaí is certified organic, and wild-harvested from the Amazon rainforest of Brazil.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size 1 bowl (591g)	
Amount Per Serving	
<b>Calories</b>	<b>470</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 130mg	6%
<b>Total Carbohydrate</b> 105g	<b>38%</b>
Dietary Fiber 11g	39%
Total Sugars 64g	
Includes 28g Added Sugars	56%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 380mg	30%
Iron 3mg	15%
Potassium 1100mg	25%
Vitamin C	35%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size 1 bowl (631g)	
Amount Per Serving	
<b>Calories</b>	<b>340</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 190mg	8%
<b>Total Carbohydrate</b> 65g	<b>24%</b>
Dietary Fiber 11g	39%
Total Sugars 32g	
Includes 7g Added Sugars	14%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 510mg	40%
Iron 3mg	15%
Potassium 900mg	20%
Vitamin C	60%

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## AÇAÍ NUT | 24 OZ

### INGREDIENTS:

Açaí • Almond Milk • Banana  
Almond Butter • Raw Honey  
Chia Seeds • GF Granola



Our traditional Açaí bowl with nutty additions. The added almond butter and chia seeds provide plant based fats and protein to reduce inflammation while also making this a great meal replacement.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size 1 bowl (593g)	
Amount Per Serving	
<b>Calories</b>	<b>630</b>
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 130mg	6%
<b>Total Carbohydrate</b> 109g	<b>40%</b>
Dietary Fiber 17g	61%
Total Sugars 62g	
Includes 28g Added Sugars	56%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 380mg	30%
Iron 2mg	10%
Potassium 1100mg	25%
Vitamin C	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size 1 bowl (628g)	
Amount Per Serving	
<b>Calories</b>	<b>470</b>
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 190mg	8%
<b>Total Carbohydrate</b> 67g	<b>24%</b>
Dietary Fiber 15g	54%
Total Sugars 30g	
Includes 7g Added Sugars	14%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 510mg	40%
Iron 3mg	15%
Potassium 900mg	20%
Vitamin C	60%

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## GREEN | 24 OZ

### INGREDIENTS:

Almond Milk • Banana  
Spinach • Raw Honey  
Spirulina • GF Granola  
Coconut



Spirulina is a blue-green algae and is considered one of the most nutritious food sources known to man! It has been shown to reduce cholesterol, and increase energy and metabolism.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	1 bowl (497g)
Amount Per Serving	
<b>Calories</b>	<b>430</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 120mg	5%
<b>Total Carbohydrate 96g</b>	<b>35%</b>
Dietary Fiber 8g	29%
Total Sugars 61g	
Includes 29g Added Sugars	58%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 2mg	10%
Potassium 1200mg	25%
Vitamin C	20%

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### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	1 bowl (537g)
Amount Per Serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 180mg	8%
<b>Total Carbohydrate 57g</b>	<b>21%</b>
Dietary Fiber 8g	29%
Total Sugars 29g	
Includes 8g Added Sugars	16%
<b>Protein 9g</b>	<b>18%</b>
Vitamin D 0mcg	0%
Calcium 420mg	30%
Iron 2mg	10%
Potassium 1200mg	25%
Vitamin C	80%

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## PITAYA | 24 OZ

### INGREDIENTS:

Pitaya (Dragonfruit) • Banana  
Almond Milk • Raw Honey  
GF Granola • Blueberry  
Coconut



The beautiful pitaya fruit is packed with vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), calcium, iron, phosphorus, prebiotics, and fiber. Pitaya bowls help decrease inflammation, support digestion with high fiber, and is heart healthy.

### ORIGINAL

Nutrition Facts	
1 servings per container	
Serving size	1 bowl (517g)
Amount Per Serving	
<b>Calories</b>	<b>460</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 105mg	5%
<b>Total Carbohydrate 100g</b>	<b>36%</b>
Dietary Fiber 10g	36%
Total Sugars 65g	
Includes 29g Added Sugars	58%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 3mg	15%
Potassium 900mg	20%
Vitamin C	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
Serving size	1 bowl (557g)
Amount Per Serving	
<b>Calories</b>	<b>330</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
<b>Total Carbohydrate 61g</b>	<b>22%</b>
Dietary Fiber 10g	36%
Total Sugars 34g	
Includes 8g Added Sugars	16%
<b>Protein 8g</b>	<b>16%</b>
Vitamin D 0mcg	0%
Calcium 420mg	30%
Iron 4mg	20%
Potassium 900mg	20%
Vitamin C	70%

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# Hot Fueled Lattes







## CACAO FUELED LATTE | 16 OZ

### INGREDIENTS:

House Blend Coffee • Maple  
Coconut Butter • Cacao  
Brain Octane (MCT Oil)

The ingredients in our Cacao Coffee aid with long-term memory retention while increasing attention and circulation. Cacao Coffee has energy-boosting properties and helps aid in weight loss.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>16 oz (469g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.61mg	4%
Potassium 300mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## CHAI FUELED LATTE | 16 OZ

### INGREDIENTS:

Filtered H2O • Maple • Chai Spice  
Coconut Butter  
Brain Octane (MCT Oil)

Our masala chai spice blend is a combination of spices including ginger, cardamom, cinnamon, fennel, black pepper, and clove. Chai spice's benefits include its anti-inflammatory effects and its high levels of antioxidants. It also aids in digestion and is commonly used as an Ayurvedic medicine.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>16 oz (478g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 18g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.03mg	0%
Potassium 60mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## FUELED LATTE | 16 OZ

### INGREDIENTS:

House Blend Coffee • Maple  
Coconut Butter  
Brain Octane (MCT Oil)

Our Brain Octane (MCT oil) is 18x more potent than coconut oil and delivers brain-boosting caprylic fatty acids into the body! These fatty acids are thought to be responsible for cognitive energy, focus, and concentration, while reducing "brain fog."

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>16 oz (465g)</b>
<b>Amount Per Serving</b>	<b>170</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 18g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.07mg	0%
Potassium 300mg	6%

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## MATCHA FUELED LATTE | 16 OZ

### INGREDIENTS:

Filtered H2O • Maple  
Coconut Butter • Matcha  
Brain Octane (MCT Oil)

The ingredients in our Matcha Latte boost metabolism, detoxify the body, and create an "alert calm" boost of energy that will last throughout the day due to the amino acid L-theanine. Matcha is also rich in fiber, chlorophyll, and vitamins.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>16 oz (469g)</b>
<b>Amount Per Serving</b>	<b>170</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.03mg	0%
Potassium 200mg	4%

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# Frozen Fueled Lattes







## FROZEN CHAI | 24 OZ

### INGREDIENTS:

Almond Milk • Maple • Chai Spice  
Almond Butter • Brain Octane (MCT) Oil  
Non-Dairy Coconut Whip

Chai, Chai, Chai! Did you know that chai is famous for helping with digestion, immune support and basic aches & pains along with giving you a great boost of energy? You should chai ours, today!

Nutrition Facts	
1 servings per container	
Serving size	24 oz (762g)
Amount Per Serving	
<b>Calories</b>	<b>330</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 450mg	20%
<b>Total Carbohydrate</b> 44g	16%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 38g	
Includes 38g Added Sugars	76%
<b>Protein</b> 5g	10%
Vitamin D 0mcg	0%
Calcium 1360mg	100%
Iron 2mg	10%
Potassium 60mg	2%

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## FROZEN MATCHA | 24 OZ

### INGREDIENTS:

Almond Milk • Maple • Almond Butter  
Matcha • Brain Octane (MCT) Oil  
Spirulina • Non-Dairy Coconut Whip

Matcha Green Tea is great for brainpower! It also helps with your liver and has been linked to cancer prevention. This latte also contains spirulina, a blue-green algae that is a complete protein containing all 9 essential amino acids. This frozen latte will give you the energy boost you need to get through your day!

Nutrition Facts	
1 servings per container	
Serving size	24 oz (757g)
Amount Per Serving	
<b>Calories</b>	<b>360</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 16g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 460mg	20%
<b>Total Carbohydrate</b> 48g	17%
Dietary Fiber 3g	11%
<b>Total Sugars</b> 38g	
Includes 38g Added Sugars	76%
<b>Protein</b> 8g	16%
Vitamin D 0mcg	0%
Calcium 1360mg	100%
Iron 2mg	10%
Potassium 200mg	4%

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## FROZEN MOCHA | 24 OZ

### INGREDIENTS:

Almond Milk  
House-Made Cold Brew Espresso  
Maple • Almond Butter • Cacao  
Cinnamon • Non-Dairy Coconut Whip

This latte is a plant-powered treat made to enhance long-term memory retention while increasing attention and circulation. Plus we add a serving of raw, natural, cacao powder to boost magnesium, calm the mind, and increase brain function.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (710g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 3g	11%
<b>Total Sugars</b> 28g	
Includes 28g Added Sugars	56%
<b>Protein</b> 5g	10%
Vitamin D 0mcg	0%
Calcium 740mg	60%
Iron 2mg	10%
Potassium 500mg	10%

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## FROZEN ORIGINAL | 24 OZ

### INGREDIENTS:

Almond Milk  
House-Made Cold Brew Espresso  
Maple • Almond Butter • Cinnamon  
Non-Dairy Coconut Whip

Our Frozen Coffee is a great morning snack or a pick-me-up during the day. The ingredients in our Frozen Coffee enhance long-term memory retention while increasing attention and circulation.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>24 oz (703g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 270mg	12%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 28g	
Includes 28g Added Sugars	56%
<b>Protein</b> 4g	8%
Vitamin D 0mcg	0%
Calcium 730mg	60%
Iron 0.85mg	4%
Potassium 400mg	8%

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# Toast







## ALMOND BUTTER BERRY

### INGREDIENTS:

Gluten-Free, Vegan Bread  
Almond Butter • Strawberries  
Blueberries • Cinnamon • Maple

Almond butter takes it up a notch when it comes to adding vitamins and minerals to your day. High in vitamin E, calcium and iron - it is the perfect addition to any toast.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2 Slices (170g)</b>
Amount Per Serving	
<b>Calories</b>	<b>370</b>
% Daily Value*	
<b>Total Fat</b> 14g	18%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	16%
<b>Total Carbohydrate</b> 58g	21%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 15g Added Sugars	30%
<b>Protein</b> 8g	16%
Vitamin D 0mg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 100mg	2%

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## AVOCADO

### INGREDIENTS:

Gluten-Free, Vegan Bread  
Avocado • Nutritional Yeast  
Himalayan Salt

Avocados are a superfood! They are packed with healthy fats to help prevent heart disease. These fats also keep us full for longer periods of time.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2 Slices (130g)</b>
Amount Per Serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 6g Added Sugars	12%
<b>Protein</b> 5g	10%
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 300mg	6%
Vitamin C	6%

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## PEANUT BUTTER BANANA

### INGREDIENTS:

Gluten-Free, Vegan Bread  
Peanut Butter • Banana  
Hemp Seeds • Raw Honey

Classic peanut butter, but dressed up. Peanut butter packs protein and healthy fats into a flavor that is comfort food. You can't go wrong here.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2 Slices (166g)</b>
Amount Per Serving	
<b>Calories</b>	<b>420</b>
% Daily Value*	
<b>Total Fat</b> 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 420mg	18%
<b>Total Carbohydrate</b> 68g	25%
Dietary Fiber 6g	21%
Total Sugars 25g	
Includes 18g Added Sugars	36%
<b>Protein</b> 10g	20%
Vitamin D 0mg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 200mg	4%

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## SPICY AVOCADO

### INGREDIENTS:

Gluten-Free, Vegan Bread  
Avocado • Chili Garlic Sauce

Chili garlic sauce adds a kick to just regular plain avocado toast. Avocados are a superfood! They are packed with healthy fats to help prevent heart disease. These fats also keep us full for longer periods of time.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>2 Slices (143g)</b>
Amount Per Serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 690mg	30%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 6g Added Sugars	12%
<b>Protein</b> 4g	8%
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 300mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# *Sandwiches*





**ORIGINAL****INGREDIENTS:**

Gluten-Free English Muffin  
JUST Egg • Beyond Breakfast Sausage  
Violife Provolone



A plant powered twist on the traditional sausage, egg, and cheese biscuit! The original sandwich provides 20g of plant powered protein as well as beta carotene and vitamin B12 from our smoked provolone vegan cheese.

**Nutrition Facts**

1 servings per container	
Serving size 1 Sandwich (202g)	
Amount Per Serving	
Calories	440
% Daily Value*	
<b>Total Fat</b> 21g	27%
Saturated Fat 9g	45%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1090mg	47%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
<b>Protein</b> 20g	40%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 3mg	15%
Potassium 200mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**SPICY****INGREDIENTS:**

Gluten-Free English Muffin  
JUST Egg • Beyond Breakfast Sausage  
Avocado • Chili Garlic Sauce  
Himalayan Salt



Chili garlic sauce kicks the flavors of the sandwich up a notch! A filling 20g of protein plus healthy omega fats from the avocado keep you satiated for longer periods of time.

**Nutrition Facts**

1 servings per container	
Serving size 1 Sandwich (198g)	
Amount Per Serving	
Calories	390
% Daily Value*	
<b>Total Fat</b> 17g	22%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1190mg	52%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
<b>Protein</b> 20g	40%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 3mg	15%
Potassium 300mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**MAPLE****INGREDIENTS:**

Gluten-Free English Muffin  
JUST Egg • Beyond Breakfast Sausage  
House-Made Date Butter  
Himalayan Salt



The maple version satisfies your sweet tooth with it's savory combination. Natural sweetness from dates provide selenium, magnesium, fiber and antioxidants that make this a satisfying sandwich for any time of day.

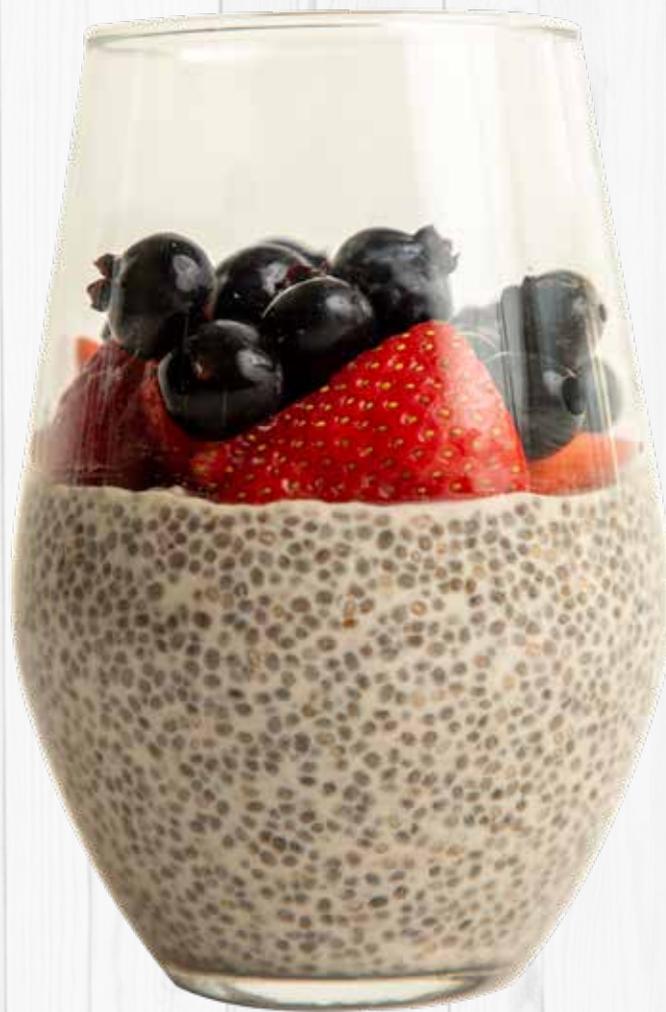
**Nutrition Facts**

1 servings per container	
Serving size 1 Sandwich (188g)	
Amount Per Serving	
Calories	390
% Daily Value*	
<b>Total Fat</b> 17g	22%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 960mg	42%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
<b>Protein</b> 20g	40%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 3mg	15%
Potassium 300mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Grab-N-Go





## CHIA SEED PUDDING



### INGREDIENTS:

Chia Seeds • Almond Milk  
 Vanilla • Maple • Cinnamon  
 Strawberries • Blueberries  
 GF Granola

Chia seeds are one of the most nutritious foods on the planet! They are loaded with omega-3 fatty acids, fiber, protein, and various micro nutrients. The sweet maple flavor and granola topping make this the perfect grab-and-go snack or breakfast.

### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>12 oz Cup (178g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	14%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 8g	29%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Sugar Alcohol 0g	
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 370mg	30%
Iron 3mg	15%
Potassium 300mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*Seasonal*





## HEAT | 16 OZ

**CATEGORY:** JUICE

**INGREDIENTS:**

Watermelon • Lime

Serrano Pepper • Himalayan Salt

Our limited time watermelon Heat juice features a spicy-spin on your typical watermelon juice, with the perfect blend of antioxidant-rich watermelon and immune boosting serrano pepper so that you get refreshment but with a kick! Perfect for spice-lovers and those looking for a refreshing summer drink.



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	8 oz (294g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.78mg	4%
Potassium 300mg	6%
Vitamin C	35%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## HYDRATE | 16 OZ

**CATEGORY:** JUICE

**INGREDIENTS:**

Watermelon • Pineapple

Coconut H2O • Lemon

Our limited time watermelon Hydrate juice is our most refreshing juice with the perfect blend of hydrating coconut water and antioxidant-rich watermelon - with a hint of sweetness from the pineapple. This tropical treat is perfect for all levels of juicers and those looking for a refreshing summer sip.



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	8 oz (235g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.48mg	2%
Potassium 300mg	6%
Vitamin C	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## PUMPKIN SPICE SMOOTHIE | 24 OZ

### INGREDIENTS:

Oat Milk • Pumpkin  
Pumpkin Spice • Banana  
Almond Milk • Maple  
Almond Butter • Cinnamon

Fall into the season with this smoothie that tastes like you are enjoying a slice of Pumpkin Pie. It packs over one serving of vegetables and because of beta-carotene found in pumpkin, this smoothie contains Vitamin A and C which are great for immune boosting effects and also eye and skin health/protection. Not to mention, beta-carotene has been linked to cancer prevention!



### ORIGINAL

Nutrition Facts	
1 servings per container	
<b>Serving Size</b>	<b>24 ounces (753 g)</b>
Amount per serving	
<b>Calories</b>	<b>460</b>
% Daily Value *	
<b>Total Fat 8g</b>	<b>10%</b>
Saturated Fat 1g	4%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 97g</b>	<b>35%</b>
Dietary Fiber 12g	41%
Total Sugars 53g	
Includes 7g Added Sugars	15%
<b>Protein 8g</b>	<b>16%</b>
Vitamin D 0.11mcg	0%
Calcium 240mg	18%
Iron 1mg	8%
Potassium 1200mg	26%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
<b>Serving Size</b>	<b>24 ounces (862 g)</b>
Amount per serving	
<b>Calories</b>	<b>390</b>
% Daily Value *	
<b>Total Fat 9g</b>	<b>12%</b>
Saturated Fat 1g	4%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 270mg</b>	<b>12%</b>
<b>Total Carbohydrate 70g</b>	<b>26%</b>
Dietary Fiber 13g	46%
Total Sugars 32g	
Includes 8g Added Sugars	17%
<b>Protein 11g</b>	<b>21%</b>
Vitamin D 0.14mcg	0%
Calcium 270mg	21%
Iron 2mg	13%
Potassium 1400mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## FROZEN PUMPKIN SPICE LATTE | 24 OZ

### INGREDIENTS:

Oat Milk • Espresso • Pumpkin  
Pumpkin Spice • Almond Butter  
Almond Milk • Maple • Cinnamon

Does your heart beat strong for pumpkin spice? Ours does! We've added a heaping scoop of antioxidants and healthy fats to keep that blood flowing the way it should. Almond butter is rich in Vitamin E, monounsaturated fat, and iron. These nutrients are essential in controlling blood sugar, cholesterol, and red blood cell count.



### ORIGINAL

Nutrition Facts	
1 servings per container	
<b>Serving Size</b>	<b>24oz (928 g)</b>
Amount per serving	
<b>Calories</b>	<b>430</b>
% Daily Value *	
<b>Total Fat 20g</b>	<b>26%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 410mg</b>	<b>18%</b>
<b>Total Carbohydrate 60g</b>	<b>22%</b>
Dietary Fiber 6g	21%
Total Sugars 39g	
Includes 35g Added Sugars	69%
<b>Protein 8g</b>	<b>17%</b>
Vitamin D 0.08mcg	0%
Calcium 980mg	75%
Iron 3mg	18%
Potassium 700mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## APPLE PIE SMOOTHIE BOWL

### INGREDIENTS:

Apple Juice • Pumpkin Pie Spice  
Cinnamon • Vanilla Extract  
Almond Butter • Granola  
Pea Protein • Banana • Pecans  
Honey



Apple pie - but with a protein packed twist! With hints of apple pie spice and crisp granola, this delectable bowl will satisfy your fall favorite cravings while delivering a meal-worthy dose of protein, fiber and healthy fats.

### ORIGINAL

Nutrition Facts	
1 servings per container	
<b>Serving Size</b>	<b>20 ounces (461 g)</b>
Amount per serving	
<b>Calories</b>	<b>520</b>
% Daily Value *	
<b>Total Fat 12g</b>	<b>15%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 92g</b>	<b>33%</b>
Dietary Fiber 9g	34%
Total Sugars 56g	
Includes 8g Added Sugars	16%
<b>Protein 17g</b>	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3mg	17%
Potassium 1200mg	25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### ELEVATED

Nutrition Facts	
1 servings per container	
<b>Serving Size</b>	<b>20 ounces (568 g)</b>
Amount per serving	
<b>Calories</b>	<b>450</b>
% Daily Value *	
<b>Total Fat 12g</b>	<b>15%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 83g</b>	<b>30%</b>
Dietary Fiber 11g	40%
Total Sugars 50g	
Includes 2g Added Sugars	5%
<b>Protein 8g</b>	<b>17%</b>
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 1400mg	29%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## HARVEST TOAST

### INGREDIENTS:

Vegan GF Bread • Pumpkin  
Almond Butter • Pecans  
Maple • Pumpkin Pie Spice



Warm up your senses and appetite with our new fall favorite, the harvest toast! Gluten free bread is toasted to perfection, and is stacked with a spread of pumpkin goodness, drizzled almond butter, crunchy pecans and topped with a sprinkle of maple syrup.

### ORIGINAL

Nutrition Facts	
1 servings per container	
<b>Serving Size</b>	<b>2 slices (172 g)</b>
Amount per serving	
<b>Calories</b>	<b>460</b>
% Daily Value *	
<b>Total Fat 24g</b>	<b>30%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>16%</b>
<b>Total Carbohydrate 61g</b>	<b>22%</b>
Dietary Fiber 7g	24%
Total Sugars 21g	
Includes 18g Added Sugars	36%
<b>Protein 9g</b>	<b>18%</b>
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	14%
Potassium 200mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# INGREDIENT INDEX

## A

**Activated Charcoal:** This powerful black charcoal works to adsorb toxins (as opposed to absorb) meaning it's full of negatively charged ions which attract positive elements such as heavy metals and toxins, binding to the charcoal like a magnet and exiting the body. Charcoal has millions of tiny pores that can capture, bind, and remove toxins. Used in many things today from teeth whitening to filtering water to saving people's lives from toxicity emergencies.

**Açaí (ah-sigh-ee) berry:** An exotic relative of the blueberry and cranberry that is high in antioxidants and essential fatty acids. Acai boosts energy, supports the immune system, and increases circulation. This wonder berry enhances beauty and anti-aging with its known anti-inflammatory and high antioxidant properties. Acai also has a wide variety of healthy nutrients but is especially high in vitamin A, vitamin C, and dietary fiber known to promote overall good health. Acai is also great for promoting a healthy waist line by controlling appetite hormones, increasing energy, and aiding in many metabolic functions and heart health. Our acai berries are organic, wild-harvested, and sourced locally in Brazil ensuring we have the best quality acai berries for our bowls.

**Almonds:** The health benefits of almonds are extensive, and they are frequently used as a healthy solution for relief from constipation, respiratory disorders, coughs, heart disorders, anemia, and diabetes. It also helps in maintenance of healthy hair, skin care (psoriasis) and dental care.

**Apples:** This popular fruit is a great source of cancer-fighting antioxidants that help to prevent inflammation in the body. This heart-healthy fruit is also naturally high in fiber that will help to lower cholesterol, improve digestion, and is a great source of vitamin C.

# INGREDIENT INDEX

## B

**Banana:** This popular pre-workout ingredient provides a quick source of energy. It contains 12% of your Daily Value of potassium and is high in fiber to support digestive health. Our bananas are specially sourced to our stores, then we hand-peel each banana, and flash-freeze every batch to ensure the best consistency and quality for our products!

**Beet:** This beautifully colored root helps to enhance athletic performance because it contains a compound called nitric oxide (NO) which helps relax and widen blood vessels to allow more oxygen to be delivered to the cells and tissues in the body.

**Blueberry:** This fiber-rich food is one of the best sources of antioxidants in the world because of its blue color. Some benefits of blueberries include a high antioxidant content, cancer fighting properties, brain health, decreases inflammation, supports digestion with high fiber, and is heart healthy.

**Blue Spirulina:** A powdered superfood extract from micro-algae containing more protein than any other organism. Its amino acid profile is almost entirely the same as that of the human body, which is why its consumption is so beneficial to our health. This stunning blue pigment contains live, active compounds. It is a proprietary, certified organic and chemical free extract of *Arthrospira platensis* (Spirulina). It is made up primarily of Phycocyanin, a powerful antioxidant which can quench free radicals and has been shown to be a potent natural COX-2 inhibitor, effective in alleviating chronic inflammation. The bioactive compounds have been shown to reduce inflammation.

**Brain Octane (MCT) Oil:** A unique new supplement that claims to be 18x more potent than coconut oil and quicker at delivering brain-boosting caprylic fatty acids into your body. Caprylic fatty acids are thought to be responsible for cognitive energy, focus, concentration, and reduced "brain fog."

**Broccoli:** The health benefits of this popular cruciferous vegetable are endless. Benefits include decreased blood pressure, decreased cholesterol, cancer prevention, improved teeth/gum/bone health, detoxification, liver protection, increased wound healing, balanced pH levels, improved fertility and hormonal functions, and increased metabolism.

# INGREDIENT INDEX

## B

**Brown Rice Protein:** At 24 grams of protein per serving, brown rice protein powder has many benefits for health and fitness, for all diets and lifestyles. It provides a convenient source of protein for vegetarians and others who follow restricted diets. Being allergen-friendly, it may also make an excellent choice for individuals with dairy, soy and/or gluten allergies. Like other protein sources, brown rice protein can assist in weight loss or weight management, with the advantage of being very low fat and low calorie.

## C

**Raw Cacao:** The purest form of raw chocolate, cacao is one of the highest natural sources of magnesium and antioxidants. Two tablespoons contain 50% of the recommended daily fiber and 4g of protein. Enhance your mood and brain function with the best chocolate in the world.

**Carrot:** This antioxidant-rich root vegetable contains a powerhouse of beta-carotene that converts to vitamin A in the body. The beautifying benefits of beta-carotene include eye and skin health, free-radical prevention (which can damage body cells when present in high amounts), and is even where the carrot gets its beautiful orange color.

**Cauliflower:** As a member of the cruciferous vegetable family, cauliflower contains high amounts of phytochemicals, essential vitamins, minerals, fiber, carotenoids, and phenolic compounds. These phenolic compounds are the key players in cancer prevention and treatment properties that cauliflower possesses.

**Cayenne:** This powerful pepper is an anti-irritant, anti-fungal, anti-allergen digestive aid that promotes heart health and supports weight loss.

**Celery:** Celery has high amounts of antioxidants, beneficial enzymes, vitamin C, vitamin K, vitamin B6 (pyridoxine), and folate making this ingredient a natural diuretic and anti-hypertensive mediator. Celery is full of fiber that helps to aid in digestive health and weight loss.

**Chai tea:** Chai has been enjoyed for many years in the Eastern culture, and has a reputation for bringing a warm, comfortable feeling to the mind. It is

# INGREDIENT INDEX

made using a combination of spices and tea such as black tea, ginger, cardamom, cinnamon, fennel, black pepper, and clove. Benefits include anti-inflammatory effects, high antioxidant load, and aiding in digestion. It's commonly used as an Ayurvedic medicine.

**Chard:** This highly nutrient-dense leafy green vegetable is full of free radical-fighting antioxidants because of its multicolored stalks. Some key antioxidants in chard include polyphenols, carotenoids, and betalain that help to ward off inflammation in the body.

**Chia Seed:** This tiny superfood packs quite a punch with its abundant omega fatty acids, protein, antioxidants, and skin and hair health benefits. Great for energy boosts, stabilizing blood sugar, aiding digestion, lowering cholesterol, and superb heart health. High in fiber, low in carbs and calories.

**Coconut Water:** This water comes from a young coconut before it matures into coconut milk. Coconut water is naturally high in electrolytes (i.e. potassium, magnesium, calcium and sodium), making it a lower-calorie/lower-sugar alternative to sports drinks.

**Coffee:** Coffee is one of the highest sources of antioxidants consumed in the United States, making it a popular morning staple. This energy-boosting ingredient has been shown to promote a longer lifespan when consumed in moderation, and helps with circulation.

**Cucumber:** Cucumbers are known to be hydrating for the body and help naturally slow aging.

## D

**Dates:** This deliciously sweet and balanced fruit is credited with aiding in various intestinal symptoms while also providing a heavy dose of vitamins, minerals, and fiber.

# INGREDIENT INDEX

## E

**E3Live AFA:** E3AFA is the world's most nutritional, highest quality powder form of AFA (100% Aphanizomenon flos-aquae, Latin for “invisible flower of the water”) — a certified organic wild harvested Nutrient Dense Aqua Botanical™ considered by world renowned health authorities to be nature's most beneficial superfood.

**Espresso:** This brain-boosting morning ritual can help to enhance the process of memory consolidation which can in turn, improve long-term memory. Our espresso is crafted in-house utilizing a special small-batch, cold-brewing method from locally sourced organic coffee beans to ensure the best quality coffee for our products.

## F

**Flaxseeds:** This tiny seed contains an abundance of omega-3 and omega-6 fatty acids plus alpha-linolenic acid (ALA) which improves joint mobility, balances glucose levels, and encourages heart health. Flaxseeds have been linked to health benefits such as improved digestive function and a reduced risk of heart disease, type 2 diabetes and cancer.

## G

**Ginger:** This anti-inflammatory root has long been used as treatment for a spectrum of gastrointestinal disorders, general stomach distress, and nausea. Great for Osteoarthritis, motion sickness, menstrual pain, Alzheimer's disease, and provides a calming internal heat.

**Goji Berry:** This “super berry” has an antioxidant value (ORAC) of 4,310, which makes this berry one of the highest antioxidant-rich foods in the world. This berry also contains 18 amino acids, essential alpha-linolenic acid (ALA), linoleic acid, and a range of phytochemicals including beta-carotene, lycopene, lutein, zeaxanthin, and polysaccharides.

# INGREDIENT INDEX

## H

**Raw Hemp Protein:** Hemp is a plant-based, minimally processed, high fiber, protein source due to its exceptionally high quality, complete amino acid structure. It is a readily digestible supplement packing in 7g of protein and 7g of fiber with each of our servings.

**Hemp Seed Hearts:** This non-psychoactive and nutrient-dense seed is the shelled "heart" part that then becomes edible and nutritious. Hemp hearts contain an essential building block for many bodily functions called Gamma-linolenic acid (GLA). The benefits of hemp hearts include decreased joint inflammation, digestive health, and hair/skin/nail support.

**Himalayan Salt:** This miracle salt contains all of the 84 elements found in your body. It enables the water content to regulate throughout the body which promotes healthy pH balance in your cells, particularly in the brain.

**Raw Honey:** Honey has anti-bacterial, anti-inflammatory, and antiseptic properties. It has been used for thousands of years for healing and rejuvenation. Our organic, unfiltered, certified pure honey can help alleviate allergies and soothe digestion.

## J

**Jalapeño Pepper:** This spicy ingredient contains a special, natural plant compound called capsaicin, that helps aid in metabolism and weight loss. It also helps to prevent bacterial overgrowth and aids in pain management.

## K

**Kale:** This cancer-fighting cruciferous leafy green vegetable is the king of greens. The health benefits of kale are endless due to the compounds called glucosinolates found in cruciferous vegetables. The benefits from glucosinolates include anti-inflammatory, anti-viral, anti-bacterial properties. Kale inactivates carcinogens, provides antioxidants, and helps aid in detoxification.

# INGREDIENT INDEX

## L

**Lemon:** This fruit is more than just the slice in your water, it has many health and beautifying benefits that will keep you looking and feeling younger. It is known to enhance immunity with vitamin C, heart health, prevents kidney stones, increases iron absorption, boosts skin health, and aids in weight loss.

**Lime:** Similar to the benefits of its cousin, the lemon, the lime helps to boost immunity, enhance weight loss, and maximizes iron absorption.

## M

**Maca root:** This wonder root is rich in vitamin B, C, and E in addition to its abundance of calcium, zinc, magnesium, phosphorus, and amino acids. Maca is widely acknowledged for its magical libido enhancing capabilities. In women, it can help in the regulation and relief of menstrual/menopause symptoms.

**Mango:** This tropical fruit is filled with minerals, fiber, vitamins and antioxidants that can help to lower heart disease risk and boost brain health.

**Maple:** This timeless syrup is considered to be a better option given the low calorie count, as compared to honey. The health benefits of maple can be attributed to the presence of various vitamins and minerals that are present in it. As well, it contains over 63 antioxidants that can help delay or prevent diseases caused by free radicals, such as cancer or diabetes. Maple syrup features high levels of zinc and manganese, keeping the heart healthy and boosting the immune system.

**Matcha Tea:** This powdered tea is made from grounded green tea leaves traditionally used in a Japanese ceremony. This tea contains a high amount of the potent antioxidant called Epigallocatechin gallate (EGCG) that helps to fight free radicals in the body to slow the aging process. Matcha also boosts metabolism to burn calories; detoxifies effectively and naturally; creates an "alert calm" boost of energy that will last throughout the day due to the amino acid L-theanine; and is rich in fiber, chlorophyll and vitamins.

# INGREDIENT INDEX

## O

**Oranges:** This citrus fruit is considered one of the best sources of immune-boosting vitamin C and antioxidants. Benefits of oranges also include improvements to skin health, brain function, heart health, and fiber to improve digestion.

## P

**Parsley:** This herb is more than just the décor on your dinner plate, it acts as a heavy metal detoxifier and internal body deodorant. Parsley contains a high source of flavonoids, which act as antioxidants in plants, that help to fight disease and oxidative stress.

**Pea Protein:** It turns out that the humble pea is a power-packed, veggie protein source that's worth your attention, especially if you have specific food allergies or sensitivities. If you exercise on a regular basis, pea protein helps provide both a pre-workout energy boost and improved post-workout muscle recovery. It has a complete array of amino acids, including high levels of branched-chain amino acids (BCAAs).

**Peanut Butter:** This popular nut is loaded with potassium, high in fiber, heart healthy, and provides a great source of omega-6 polyunsaturated fatty acids.

**Pineapple:** This fruit is filled with vitamin C and contains gut-loving enzymes such as bromelain that help to fight inflammation and ward off diseases.

**Pitaya (Dragon Fruit):** This avant-garde fruit has a deep pink colored flesh that is known as "Dragon Fruit" to many. This beautiful fruit's micronutrient content is packed with vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), calcium, iron, phosphorus, prebiotics, and fiber.

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## R

**Reishi Mushroom:** Used for thousands of years in Chinese medicine, this powerful tree mushroom's benefits include their ability to slow the aging process, detoxify the body, reduce blood pressure, eliminate inflammation, aid in the prevention of cancer, improve cognitive ability, and boost energy.

## S

**Spirulina:** This blue-green algae is considered one of the most nutritious food sources known to man. It is a complete protein containing all essential amino acids, a healthy dose of B-vitamins and iron and has been reported to reduce cholesterol, and increase energy and metabolism.

**Spinach:** This phytonutrient-dense green is packed with heart-healthy fiber and cancer fighting antioxidants that will increase your immunity and support the digestive system. Spinach is also a great plant-based source of bioavailable iron when paired with vitamin C.

**Strawberry:** Strawberries are filled with antioxidants, vitamin A, vitamin C, folate, manganese, and flavonoids to improve cognitive health and decrease risk of cancer.

## T

**Turmeric:** This beautiful golden-colored healing root is known to fight inflammation, aid in the prevention of cancer, reduce depression, increase skin health, and is a natural alternative to non-steroidal anti-inflammatory drugs (NSAIDs).

## V

**Vanilla:** As one of the most popular spices in the world, vanilla helps to calm the mind, and helps to reduce anxiety. Vanilla also contains potent antioxidants and is antimicrobial.

# INGREDIENT INDEX

**Vegan Protein:** Fuel your muscles with our organic, gluten-free, vegan protein blend of hemp, rice, and pea proteins! Easily digestible, sprouted rice proteins increase your overall nutrient absorption, and the arginine in pea protein is key to liver, skin, joint, and muscle health! The hint of organic cacao adds more than extra flavor - it's shown to improve circulation and blood sugar response.

## W

**Wheatgrass:** This vital green deeply cleanses the blood, increases circulation, and improves the lymph system. One ounce of wheatgrass contains the nutritional value equivalent to 2.5 lbs of vegetables.

## Z

**Zucchini:** Zucchini is very low in calories while being very nutrient-dense. Benefits of consuming zucchini include liver detoxification, rich heart-healthy source of antioxidants, and fiber to improve digestion.