



Healthy Indulgences

When Cold Stone Creamery® became part of the Kahala family of brands, the opportunity to expand and offer new products from a variety of concepts was overwhelming. This was especially true in regard to the NrGize Lifestyle Cafe. Taking inspiration from this much loved smoothie concept, Cold Stone Creamery® has tapped into the world of better-for-you smoothies and frozen yogurt that the fitness buffs of California have been enjoying for years.

The smoothies in the Cold Stone NrGize line are made with fresh fruit and optional boosts, making them a great meal replacement option. And most exciting, is the addition of a new NrGize Tart & Tangy Yogurt, the first hard-packed tart yogurt product to be introduced nationally. Fat-free and with just 25 calories per ounce, NrGize Lifestyle Yogurt is incredibly good for you, while also having an extremely addicting taste profile. This unique frozen dessert can be combined with fruits and nuts for a delicious low calorie alternative.

NrGize Smoothies (all made with fresh fruit and crushed ice)

- **Banana Banana**
- **Banana Strawberry**
- **Raspberry Banana**
- **Blueberry Banana**
- **Pineapple Coconut Orange**
- **Strawberry Mango**
- **Mango Pineapple**
- **Blueberry Pineapple**

NrGize Lifestyle Yogurt

- **Tart & Tangy** – Non-fat and contains just 25 calories per ounce and naturally occurring probiotic cultures

Cold Stone Signature Smoothies

These smoothies have been reformulated and now contain between 15 to 40 percent fewer calories

- **Strawberry Bananza™** - Strawberries, Banana & Orange Juice
- **Man-Go Bananas™** - Mango Puree & Banana
- **Citrus Sunsation™** - Pineapple, Lemon Juice & Orange Juice
- **2 to Mango™** - Mango Puree & Pineapple
- **On the Yogo™** - Strawberries & Mango
- **Berry Trinity™** - Raspberries, Strawberries & Blueberries
- **Berry Lemony™** - Raspberries, Strawberries & Lemon

NrGize Nutritional Supplements

We offer four different nutritional supplements (one supplement is free with your NrGize Lifestyle Smoothie order):

- **Energy** – A balanced blend of Taurine, Arginine, Green Tea Extract, and Ginseng that has been known to aid in:
 - Dispelling fatigue
 - Boosting energy
 - Sharpening awareness
 - Improving focus
- **Anti-Stress** – A balanced mixture of calming herb extracts that has been known to aid in:
 - Relieving stress
 - Improving focus
 - Reducing anxiety
- **Antioxidant** – A blend that combines the antioxidant power of Green Tea along with Vitamin C, Echinacea, and Ginko Biloba that has been known to aid in:
 - Maintaining overall well being
 - Supporting the immune system
 - Strengthening the body's natural defenses
- **Protein** – A powerful blend of Whey protein and vitamins that has been known to aid in:
 - Building lean muscle
 - Improving strength and fitness