


# Smoothie Nutritional Statement

	Serving Weight (g)	Size	Calories	Calories from Fat			Total Fat (g)	% of Daily Value*	Saturated Fat (g)	% of Daily Value*	Trans Fat (g)	Cholesterol (mg)	% of Daily Value*	Sodium (mg)	% of Daily Value*	Total Carbohydrate (g)	% of Daily Value*	Dietary Fiber (g)	% of Daily Value*	Sugars (g)	Protein (g)	Vitamin A (% daily value)*	Vitamin C (% daily value)*	Calcium (% daily value)*	Iron (% daily value)*
				Total Fat (g)	% of Daily Value*	Saturated Fat (g)																			
<b>Sinless</b>																									
2 to Mango™	496	Like it	220	0	0	0%	0	0%	0.0	0	0%	25	1%	55	18%	1	4%	43	0	35	15	2	2		
2 to Mango™	652	Love it	270	5	0	0%	0	0%	0.0	0	0%	30	1%	63	21%	2	8%	49	1	35	15	4	2		
2 to Mango™	711	Gotta Have it	250	5	0	0%	0	0%	0.0	0	0%	30	1%	67	22%	2	8%	53	1	35	20	4	2		
Berry Lemony™	480	Like it	150	5	0.5	1%	0	0%	0.0	0	0%	20	1%	39	13%	3	12%	30	1	2	35	8	2		
Berry Lemony™	691	Love it	200	10	1	2%	0	0%	0.0	0	0%	35	1%	50	17%	5	20%	35	2	2	50	15	4		
Berry Lemony™	770	Gotta Have it	210	10	1.5	2%	0	0%	0.0	0	0%	35	1%	54	18%	6	24%	37	2	2	60	15	4		
Berry Trinity™	523	Like it	110	10	1	2%	0	0%	0.0	0	0%	25	1%	28	9%	6	24%	15	2	2	40	15	4		
Berry Trinity™	749	Love it	160	15	1.5	2%	0	0%	0.0	0	0%	35	1%	41	14%	9	36%	21	2	4	50	25	6		
Berry Trinity™	878	Gotta Have it	210	20	2	3%	0	0%	0.0	0	0%	35	1%	52	17%	11	44%	28	3	4	70	30	6		
Citrus Sunation™	529	Like it	190	0	0	0%	0	0%	0.0	0	0%	40	2%	48	16%	1	4%	42	0	0	60	2	2		
Citrus Sunation™	718	Love it	220	0	0	0%	0	0%	0.0	0	0%	55	2%	57	19%	1	4%	49	0	0	80	2	2		
Citrus Sunation™	810	Gotta Have it	250	0	0	0%	0	0%	0.0	0	0%	60	3%	64	21%	2	8%	56	0	0	100	2	2		
Man-Go Bananas™	480	Like it	240	5	0	0%	0	0%	0.0	0	0%	20	1%	59	20%	2	8%	42	1	35	8	2	0		
Man-Go Bananas™	670	Love it	300	5	0.5	0%	0	0%	0.0	0	0%	30	1%	75	25%	4	16%	49	1	35	15	2	2		
Man-Go Bananas™	704	Gotta Have it	300	5	0.5	0%	0	0%	0.0	0	0%	30	1%	75	25%	4	16%	49	1	35	15	2	2		
On The YoGo™	511	Like it	210	10	1	2%	0	0%	0.0	0	0%	20	1%	54	18%	2	8%	40	1	35	25	2	0		
On The YoGo™	687	Love it	240	15	1.5	2%	0	0%	0.0	0	0%	35	1%	60	20%	3	12%	43	1	35	40	4	0		
On The YoGo™	766	Gotta Have it	250	15	1.5	2%	0	0%	0.0	0	0%	35	1%	64	21%	3	12%	46	1	35	50	4	0		
Strawberry Bananza™	548	Like it	140	10	1	2%	0	0%	0.0	0	0%	30	1%	37	12%	4	16%	24	2	0	70	4	0		
Strawberry Bananza™	783	Love it	220	15	1.5	2%	0	0%	0.0	0	0%	45	2%	57	19%	6	24%	34	3	2	90	4	2		
Strawberry Bananza™	862	Gotta Have it	240	20	2	3%	0	0%	0.0	0	0%	45	2%	61	20%	7	28%	37	3	2	110	6	2		
<b>Lifestyle</b>																									
Banana Banana	465	Like it	340	30	3.5	5%	2.5	12%	0.0	0	0%	150	6%	78	26%	5	20%	46	3	2	25	2	8		
Banana Banana	655	Love it	510	50	5	8%	4	20%	0.0	0	0%	250	10%	117	39%	7	28%	70	4	4	35	2	10		
Banana Banana	689	Gotta Have it	510	50	5	8%	4	20%	0.0	0	0%	250	10%	117	39%	7	28%	70	4	4	35	2	10		
Banana Strawberry	482	Like it	280	35	4	6%	2	10%	0.0	0	0%	150	6%	64	21%	4	16%	40	3	0	45	4	6		
Banana Strawberry	672	Love it	450	50	6	9%	3.5	18%	0.0	0	0%	250	10%	102	34%	6	24%	64	4	2	60	4	10		
Banana Strawberry	706	Gotta Have it	450	50	6	9%	3.5	18%	0.0	0	0%	250	10%	102	34%	6	24%	64	4	2	60	4	10		
Blueberry Banana	392	Like it	250	30	3	5%	2	10%	0.0	0	0%	150	6%	57	19%	3	12%	36	2	2	10	2	6		
Blueberry Banana	582	Love it	430	45	5	8%	3.5	18%	0.0	0	0%	250	10%	95	32%	5	20%	59	3	2	20	2	10		
Blueberry Banana	616	Gotta Have it	430	45	5	8%	3.5	18%	0.0	0	0%	250	10%	95	32%	5	20%	59	3	2	20	2	10		
Blueberry Pineapple	383	Like it	230	25	3	5%	2	10%	0.0	0	0%	150	6%	49	16%	2	8%	34	1	0	10	2	6		
Blueberry Pineapple	539	Love it	360	45	5	8%	3.5	18%	0.0	0	0%	250	10%	78	26%	3	12%	53	2	0	15	2	10		
Blueberry Pineapple	613	Gotta Have it	380	45	5	8%	3.5	18%	0.0	0	0%	250	10%	83	28%	3	12%	57	2	0	25	2	10		
Raspberry Banana	452	Like it	290	25	3	5%	2	10%	0.0	0	0%	150	6%	65	22%	6	24%	38	2	4	10	20	10		
Raspberry Banana	642	Love it	460	45	5	8%	3.5	18%	0.0	0	0%	250	10%	104	35%	8	32%	61	4	4	20	20	15		
Raspberry Banana	676	Gotta Have it	460	45	5	8%	3.5	18%	0.0	0	0%	250	10%	104	35%	8	32%	61	4	4	20	20	15		
Mango Pineapple	496	Like it	390	25	3	5%	2	10%	0.0	0	0%	150	6%	90	30%	1	4%	67	1	35	15	2	6		
Mango Pineapple	627	Love it	510	45	5	8%	3.5	18%	0.0	0	0%	250	10%	115	38%	2	8%	83	2	35	15	2	10		
Mango Pineapple	686	Gotta Have it	520	45	5	8%	3.5	18%	0.0	0	0%	250	10%	118	39%	2	8%	86	2	35	20	2	10		
Mango Strawberry	511	Like it	380	35	3.5	5%	2	10%	0.0	0	0%	150	6%	89	30%	2	8%	65	2	35	25	2	6		
Mango Strawberry	687	Love it	520	50	6	9%	3.5	18%	0.0	0	0%	250	10%	118	39%	3	12%	84	3	35	40	4	8		
Mango Strawberry	787	Gotta Have it	600	50	6	9%	3.5	18%	0.0	0	0%	250	10%	139	46%	3	12%	101	3	50	40	4	8		
Pineapple Coconut Orange	486	Like it	370	110	12	18%	11	55%	0.0	0	0%	170	7%	64	21%	3	12%	47	2	0	60	2	8		
Pineapple Coconut Orange	617	Love it	490	130	14	22%	12	60%	0.0	0	0%	270	11%	90	30%	3	12%	64	3	0	60	2	10		
Pineapple Coconut Orange	691	Gotta Have it	600	220	24	37%	21	105%	0.0	0	0%	280	12%	96	32%	6	24%	67	4	0	70	2	15		
Strawberry Raspberry	458	Like it	250	35	3.5	5%	2	10%	0.0	0	0%	150	6%	55	18%	4	16%	35	2	0	40	10	6		
Strawberry Raspberry	669	Love it	400	50	6	9%	3.5	18%	0.0	0	0%	250	10%	89	30%	6	24%	56	3	2	50	15	10		
Strawberry Raspberry	783	Gotta Have it	440	60	6	9%	3.5	18%	0.0	0	0%	250	10%	98	33%	8	32%	61	4	2	60	25	15		
<b>Supplements</b>																									
**Nrgize Whey Protein Supplement	15	1 packet	60	7.5	1	--	0.5	--	0.0	10	4%	25	1%	4	1%	2	10%	1	10	33	55	25	35		
**Nrgize Energy Supplement	4	1 packet	4	--	0	0%	0	0%	0.0	--	--	0	0%	2	--	2	10%	0	0	--	--	--	--		
**Nrgize Anti-Stress	4	1 packet	4	--	0	0%	0	0%	0.0	--	--	0	0%	2	--	2	10%	0	0	--	--	--	--		
**Nrgize Antioxidant/Immune Supplement	4	1 packet	4	--	0	0%	0	0%	0.0	--	--	0	0%	2	--	2	10%	0	0	--	--	--	--		

\* Percentage Daily Values are based on a 2,000 calorie diet.

The Nutritional Information Cold Stone Creamery has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

\*\*These boosts have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cures, any disease but rather as a dietary supplement intended only for nutritional support to a well balanced diet of food. Please consult your physician before starting any supplement program, especially if you are pregnant, nursing or taking medication. These products are not recommended for children.