Dairy Smoothies

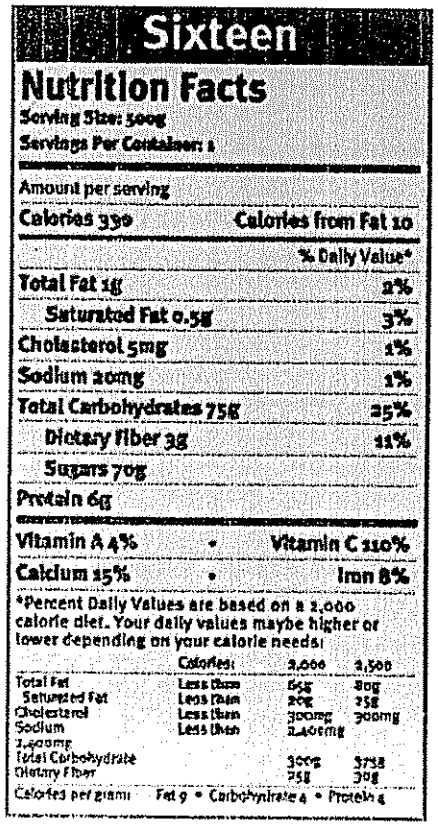
Aloha Pineapple
Ingredients: Pineapple Juice (from concentrate), Natural Flavor, Malic Acid, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides, Locust Bean Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Strawberries, Frozen Bananas, Ice.

Mango-a-go-go
Ingredients: Pear Juice (from concentrate), White Grape Juice (from concentrate), Passionfruit Juice (from concentrate), Orange Juice (from concentrate), Mango Puree, Natural Flavor, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides, Locust Bean Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Mangos, Ice.

Razzmatazz
Ingredients: White Grape Juice(from concentrate), Pear Juice(from concentrate), Raspberry Juice(from concentrate), Natural Flavor, Malic Acid, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides), Locust Bean, Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Strawberries, Frozen Bananas, Ice.

Caribbean Passion
Ingredients: Pear Juice(from concentrate), White Grape Juice(from concentrate), Passionfruit Juice(from concentrate), Orange Juice(from concentrate), Mango Puree, Natural Flavor, Nonfat Milk, Sugar, Corn Syrup, Cream, Pineapple, Whey, Citric Acid, Stabilizer (Mono and Diglycerides), Locust Bean, Gum, Dextrose, Guar Gum, Pectin), Citric Acid, Natural Flavor, Frozen Strawberries, Frozen Peaches, Ice.

Aloha Pineapple



Sixteen

Nutrition Facts

Serving Size: 500g
Servings Per Container: 1

Amount per serving

Calories 330	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	1%
Sodium 20mg	1%
Total Carbohydrates 75g	25%
Dietary Fiber 3g	11%
Sugars 70g	
Protein 6g	

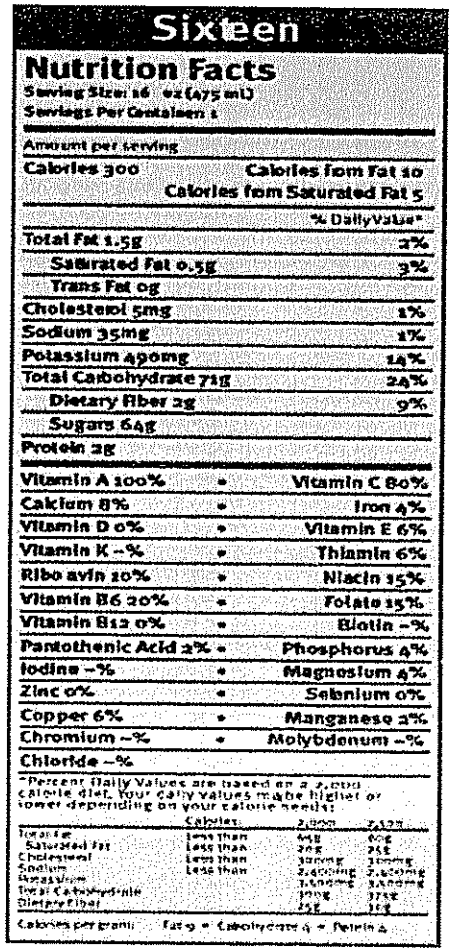
Vitamin A 4%	Vitamin C 110%
Calcium 15%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	
2,400mg			
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Mango-A-Go-Go



Sixteen

Nutrition Facts

Serving Size: 16 oz (475 ml)
Servings Per Container: 1

Amount per serving

Calories 300	Calories from Fat 10
	Calories from Saturated Fat 5
	% DailyValue*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 35mg	1%
Potassium 490mg	14%
Total Carbohydrate 71g	24%
Dietary Fiber 2g	9%
Sugars 64g	
Protein 2g	

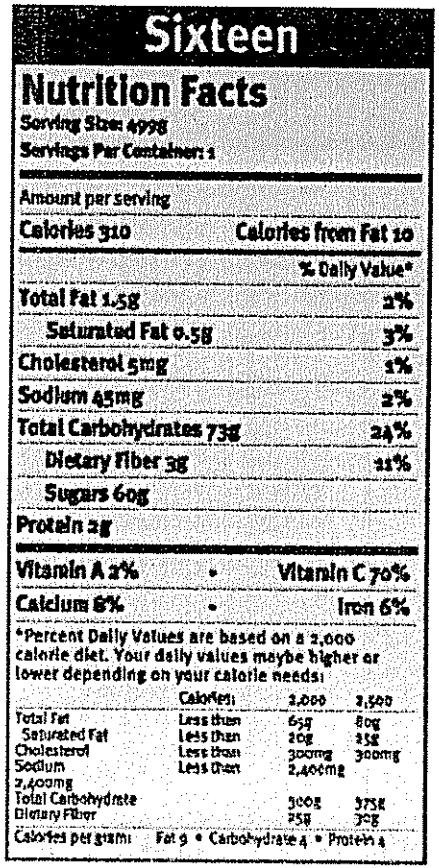
Vitamin A 100%	•	Vitamin C 80%	
Calcium 8%	•	Iron 4%	
Vitamin D 0%	•	Vitamin E 6%	
Vitamin K –%	•	Thiamin 6%	
Riboflavin 20%	•	Niacin 15%	
Vitamin B6 20%	•	Folate 15%	
Vitamin B12 0%	•	Biotin –%	
Pantothenic Acid 2%	•	Phosphorus 4%	
Iodine –%	•	Magnesium 4%	
Zinc 0%	•	Selenium 0%	
Copper 6%	•	Manganese 2%	
Chromium –%	•	Molybdenum –%	
Chloride –%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Razzmatazz



Sixteen

Nutrition Facts

Serving Size: 499g
Servings Per Container: 1

Amount per serving

Calories 310	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	1%
Sodium 45mg	2%
Total Carbohydrates 73g	24%
Dietary Fiber 3g	11%
Sugars 60g	
Protein 2g	

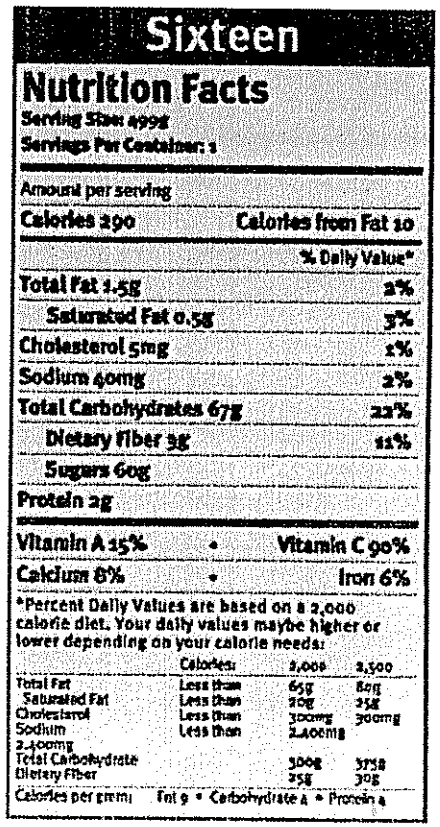
Vitamin A 2%	Vitamin C 70%
Calcium 8%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	
2,400mg			
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Caribbean Passion



Sixteen

Nutrition Facts

Serving Size: 499g
Servings Per Container: 1

Amount per serving

Calories 290	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	1%
Sodium 40mg	2%
Total Carbohydrates 67g	22%
Dietary Fiber 3g	11%
Sugars 60g	
Protein 2g	

Vitamin A 15%	Vitamin C 90%
Calcium 8%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	
2,400mg			
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Jamba Juice blends are 100% natural. We do not add any processed sugar or flavor-enhancing additives to our juices.