

# Planet Smoothie®

## Blasted with Benefits 2019 Window 1 Smoothies Nutritional Facts

### 16 oz

Nutrition Facts	
Serving Size (386g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 6g	
Vitamin A 6%	Vitamin C 8%
Calcium 20%	Iron 2%

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

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

### Fat Burner Fit

### 22 oz

Nutrition Facts	
Serving Size (529g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 62g	21%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 8g	
Vitamin A 8%	Vitamin C 8%
Calcium 25%	Iron 2%

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

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

### 32 oz

Nutrition Facts	
Serving Size (757g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 97g	32%
Dietary Fiber 6g	24%
Sugars 25g	
Protein 13g	
Vitamin A 10%	Vitamin C 15%
Calcium 45%	Iron 2%

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

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

### 44 oz

Nutrition Facts	
Serving Size (1053g)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 119g	40%
Dietary Fiber 7g	28%
Sugars 28g	
Protein 16g	
Vitamin A 10%	Vitamin C 15%
Calcium 50%	Iron 2%

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

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

### Immune Defense

Nutrition Facts	
Serving Size (448g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 63g	21%
Dietary Fiber 3g	12%
Sugars 45g	
Protein 1g	
Vitamin A 0%	Vitamin C 130%
Calcium 4%	Iron 2%

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

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

Nutrition Facts	
Serving Size (654g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 85g	28%
Dietary Fiber 4g	16%
Sugars 61g	
Protein 1g	
Vitamin A 0%	Vitamin C 170%
Calcium 4%	Iron 4%

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

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

Nutrition Facts	
Serving Size (892g)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 120g	40%
Dietary Fiber 5g	20%
Sugars 89g	
Protein 1g	
Vitamin A 0%	Vitamin C 260%
Calcium 6%	Iron 4%

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

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

Nutrition Facts	
Serving Size (1302g)	
Servings Per Container	
Amount Per Serving	
Calories 540	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 165g	55%
Dietary Fiber 7g	28%
Sugars 122g	
Protein 2g	
Vitamin A 2%	Vitamin C 350%
Calcium 8%	Iron 6%

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

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

### Power Protein

Nutrition Facts	
Serving Size (423g)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 49g	16%
Dietary Fiber 5g	20%
Sugars 20g	
Protein 22g	
Vitamin A 4%	Vitamin C 15%
Calcium 15%	Iron 4%

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

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

Nutrition Facts	
Serving Size (597g)	
Servings Per Container	
Amount Per Serving	
Calories 450	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 210mg	9%
Total Carbohydrate 66g	22%
Dietary Fiber 7g	28%
Sugars 26g	
Protein 26g	
Vitamin A 4%	Vitamin C 15%
Calcium 20%	Iron 6%

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

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

Nutrition Facts	
Serving Size (820g)	
Servings Per Container	
Amount Per Serving	
Calories 640	Calories from Fat 240
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 310mg	13%
Total Carbohydrate 96g	32%
Dietary Fiber 11g	44%
Sugars 39g	
Protein 33g	
Vitamin A 6%	Vitamin C 25%
Calcium 30%	Iron 10%

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

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

Nutrition Facts	
Serving Size (1179g)	
Servings Per Container	
Amount Per Serving	
Calories 840	Calories from Fat 310
% Daily Value*	
Total Fat 35g	54%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 400mg	17%
Total Carbohydrate 130g	43%
Dietary Fiber 14g	56%
Sugars 51g	
Protein 40g	
Vitamin A 8%	Vitamin C 35%
Calcium 40%	Iron 10%

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

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

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