


Acai and Hemp Seed Promotion Product Information

	Weight (g)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Nutritional Information												
Hempire State of Mind, Acai Bowl	444	600	13	1	0	0	130	116	7	69	2	6
Hempire State of Mind, Dragon Fruit Bowl	444	480	7	1	0	0	10	98	7	54	2	9
Hempire State of Mind, Half and Half Bowl	444	540	10	1	0	0	70	107	7	62	2	7
Add-in, Hemp Seeds, 10cc scoop	10	60	5	0.5	0	0	0	1	0	0	0	4
Heavenly Chocolate Hazelnut, Acai Bowl	478	750	18	4	0	0	150	142	8	87	5	6
Heavenly Chocolate Hazelnut, Dragon Fruit Bowl	478	630	12	4	0	0	35	124	8	72	5	9
Heavenly Chocolate Hazelnut, Half and Half Bowl	478	690	15	4	0	0	95	133	8	80	5	7

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calories needs vary.

Allergens												
	SOY	EGG	MILK	PEANUT	WHEAT	TREE NUTS	SESAME	FISH	SHELLFISH			
Hempire State of Mind, Acai Bowl					X	X						
Hempire State of Mind, Dragon Fruit Bowl					X	X						
Hempire State of Mind, Half and Half Bowl					X	X						
Add-in, Hemp Seeds												
Heavenly Chocolate Hazelnut, Acai Bowl	X		X		X	X						
Heavenly Chocolate Hazelnut, Dragon Fruit Bowl	X		X		X	X						
Heavenly Chocolate Hazelnut, Half and Half Bowl	X		X		X	X						

Your health is of the utmost concern to us. Please be aware that Planet Smoothie® products may contain traces of allergens (soy, egg, milk, peanut, wheat, tree nuts, sesame, fish, shellfish) or foods causing common food sensitivities from a manufacturing facility and preparation on site. Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

The Allergen information Planet Smoothie® 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, custom orders, self-service orders and regional menu variations.

Ingredient Statement	
Hempire State of Mind, Acai Bowl	SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, Less than 0.2% of: Flavor Fruit & Vegetable Juice [for Color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES, HEMP SEEDS.
Hempire State of Mind, Dragon Fruit Bowl	SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [For Color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES, HEMP SEEDS.
Hempire State of Mind, Half and Half Bowl	SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, Less than 0.2% of: Flavor Fruit & Vegetable Juice [for Color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [For Color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], BLUEBERRIES, HEMP SEEDS.
Add-in, Hemp Seeds	Hemp Seeds.

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Ingredient Statement	
Heavenly Chocolate Hazelnut, Acai Bowl	SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, Less than 0.2% of: Flavor Fruit & Vegetable Juice [for Color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.
Heavenly Chocolate Hazelnut, Dragon Fruit Bowl	SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [For Color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.
Heavenly Chocolate Hazelnut, Half & Half Bowl	SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, Less than 0.2% of: Flavor Fruit & Vegetable Juice [for Color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [For Color], Less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.
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