



Retro Blends Nutritional Information (Power of Fruit Product Line SKINNY Recipes)

Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
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SIGNATURE BLENDS

Chocolate blends made with 20g of Protein

The Dirty Peanut <i>Chocolate Peanut Butter</i>	16oz.	432.5	19.5	0.05	15.5	41.5	3	33.5	27	0	0	20	8
	24oz.	570	21	0.05	16	72	3	62	27	0	0	20	12
Mocha Peanut Butter <i>Mocha Peanut Butter</i>	16oz.	592.5	23	0.05	16.5	38.5	3	24.5	28	0	0	20	5
	24oz.	630	24	0.05	17	46	3	31	28	0	0	20	5
Mudslide Latte <i>Mocha</i>	16 oz.	412.5	8	0.05	4.5	30.5	1	20.5	21	0	0	20	1
	24 oz.	450	9	0.05	5	38	1	27	21	0	0	20	1
Berried In Chocolate <i>Chocolate & Strawberry</i>	16oz.	387.5	4.5	0.05	3.5	60.5	1	56.5	20	0	0	20	10
	24oz.	570	6	0.05	4	100	1	94	20	0	0	20	16
Elvis' Return <i>Chocolate & Banana</i>	16oz.	297.5	5	0.15	4.5	47.5	1	28.5	21	0	0	20	12
	24oz.	340	7	0.25	6	56	1	28	22	0	0	20	16
Malibu Chocolate <i>Chocolate & Pina Colada</i>	16oz.	372.5	6	0.05	6.5	63.5	1	50.5	23	0	45	20	10
	24oz.	550	8	0.05	8	104	1	86	24	0	60	20	16

BURNER BLENDS

Includes Fat Burner & 20g of Protein (Nutritional Information is calculated using vanilla protein)

Tropical Bombshell <i>Pina Colada & Banana</i>	16oz.	285	4.5	0.5	2.9	43	2	25	22	0	449	10	6
	24oz.	330	3.5	0.5	0.9	54	2	39	20	505	605	10	6
Belly Buster <i>Strawberry Banana</i>	16oz.	275	3.5	0.5	0.9	41	2	25	20	0	419	10	6
	24oz.	310	3.5	0.5	0.9	50	2	32	20	0	419	10	8
Orange Peeler <i>Orange Crème</i>	16 oz.	290	3.5	0.5	0.9	44	2	31	20	480	599	10	6
	24 oz.	330	3.5	0.5	0.9	54	2	40	20	640	659	10	8
Berry Berry Good <i>Triple Berry</i>	16oz.	305	3.5	0.5	0.9	41	2	31	20	0	419	10	6
	24oz.	350	3.5	0.5	0.9	50	2	40	20	0	419	10	8
Pomegranate Bliss <i>Pomegranate Cherry</i>	16oz.	290	3.5	0.5	0.9	44	2	31	20	135	449	10	0
	24oz.	330	3.5	0.5	0.9	54	2	40	20	180	459	10	0
Slim Sally <i>Raspberry Banana</i>	16oz.	275	3.5	0.5	0.9	41	2	25	20	0	419	10	2
	24oz.	310	3.5	0.5	0.9	50	2	32	20	0	419	10	2
Wonder Twins <i>Mango Peach</i>	16oz.	290	3.5	0.5	0.9	44	2	28	20	75	437	10	0
	24oz.	330	3.5	0.5	0.9	54	2	36	20	100	443	10	0

MUSCLE BLENDS

Includes Glutamine & 20g-40g of Protein

The Strawnana Pounder <i>Strawberry Banana + 40g of Protein</i>	n/a												
	24oz.	584	9	1	2.8	82	0	56	44	0	4	20	10
The Kingpin <i>Triple Berry</i>	16oz.	309	3.5	0.5	0.9	38	0	31	24	0	2	10	6
	24oz.	354	3.5	0.5	0.9	47	0	40	24	0	2	10	8
Twisted Strawberry <i>Strawberry Banana</i>	16 oz.	279	3.5	0.5	0.9	38	0	25	24	0	2	10	6
	24 oz.	314	3.5	0.5	0.9	47	0	32	24	0	2	10	8
Purple People Eater <i>Raspberry Banana</i>	16oz.	279	3.5	0.5	0.9	38	0	25	24	0	2	10	2
	24oz.	314	3.5	0.5	0.9	47	0	32	24	0	2	10	2
In The Tropics <i>Pina Colada & Banana</i>	16oz.	289	4.5	0.5	2.9	40	0	25	26	0	32	10	6
	24oz.	329	5	0.5	3.9	50	0	32	27	0	47	10	8
The Fat Boy <i>Mocha Peanut Butter with 40g of Protein</i>	n/a												
	24oz.	829	26	0.1	19.5	85	4	69.5	51.5	0	0	40	12.5
Mocha Mania <i>Mocha</i>	16oz.	426.5	8	0.05	4.5	30.5	1	20.5	25	0	0	20	1
	24oz.	724	13	0.05	6	58	1	40	26	0	0	20	2

The Incredible Bulk <i>Peanut Butter Chocolate</i>	16oz.	446.5	19.5	0.05	15.5	41.5	3	33.5	31	0	0	20	8
	24oz.	584	21	0.05	16	72	3	62	31	0	0	20	12

Peanut Butter Power <i>Peanut Butter</i>	16oz.	391.5	19.5	0.5	13.4	26.5	2	14.5	31	0	2	10	4
	24oz.	609	35.5	0.5	25.9	42	4	25	38	0	2	10	8

The King Kong <i>Chocolate with 40g of Protein</i>	n/a												
	24oz.	519	9	0.1	7	67	2	59	44	0	0	40	8

VEGGIE BLENDS

Includes a Veggie Boost & 20g of Protein

Yo Yo Berry <i>Triple Berry</i>	16oz.	345	3.5	0.5	2.9	51	1	41	21	110	782	12	8
	24oz.	390	3.5	0.5	2.9	60	1	50	21	110	782	12	10

Pomicious <i>Pomegranate Cherry</i>	16oz.	330	3.5	0.5	2.9	54	1	41	21	245	812	12	2
	24oz.	370	3.5	0.5	2.9	64	1	50	21	290	822	12	2

Straw-A-Delic <i>Strawberry Banana</i>	16 oz.	315	3.5	0.5	2.9	51	1	35	21	110	782	12	8
	24 oz.	350	3.5	0.5	2.9	60	1	42	21	110	782	12	10

Malibu Mango <i>Mango Peach</i>	16oz.	330	3.5	0.5	2.9	54	1	38	21	185	800	12	2
	24oz.	370	3.5	0.5	2.9	64	1	46	21	210	806	12	2

JUST FRUIT BLENDS

Classic fruit blends include 20g of Protein

Orange Push-Up <i>Orange Crème</i>	16oz.	280	3.5	0.5	0.9	41	0	31	20	480	182	10	6
	24oz.	320	3.5	0.5	0.9	51	0	40	20	640	242	10	8

Strawberry Banana Blast <i>Strawberry Banana</i>	16oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	6
	24oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	8

Pomegranate Paradise <i>Pomegranate Cherry</i>	16 oz.	280	3.5	0.5	0.9	41	0	31	20	135	32	10	0
	24 oz.	320	3.5	0.5	0.9	51	0	40	20	180	42	10	0

Tropical Bliss <i>Mango Peach</i>	16oz.	280	3.5	0.5	0.9	41	0	28	20	75	20	10	0
	24oz.	320	3.5	0.5	0.9	51	0	36	20	100	26	10	0

Pina Colada Madness <i>Pina Colada</i>	16oz.	280	5	0.5	3.9	41	0	25	23	0	47	10	6
	24oz.	320	5.5	0.5	4.9	51	0	32	24	0	62	10	8

All That Razz <i>Raspberry Banana</i>	16oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	2
	24oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	2

Triple Berry Sensation <i>Triple Berry</i>	16oz.	295	3.5	0.5	0.9	38	0	31	20	0	2	10	6
	24oz.	340	3.5	0.5	0.9	47	0	40	20	0	2	10	8

VALUE STACKS!

More supplements at a great value!

Slim N' Trim <i>(Fat Burner & BCAAs)</i>	1 Serving	20	0	0	0	5	2	0	0	0	417	0	0
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Muscle Recovery <i>(BCAAs & Glutamine)</i>	1 Serving	24	0	0	0	2	0	0	4	0	0	0	0
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Daily Health <i>(Multivitamin & Veggie Boost)</i>	1 Serving	55	0	0	2	16	3	10	1	160	989	15	2
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Jump Start <i>(Energy Boost & Veggie Boost)</i>	1 Serving	60	0	0	2	15	1	10	1	110	880	2	2
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Mega Gainer <i>(Creatine & BCAAs)</i>	1 Serving	10	0	0	0	2	0	0	0	0	0	0	0
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Breakfast Pack <i>(Multivitamin & Granola)</i>	1 Serving	225	7	0	0	40	7	7	6	50	209	17	10
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CUSTOMIZE IT!

Individual boosts, supplements and add-ins

Veggie Boost	1 oz	50	0	0	2	13	1	10	1	110	780	2	2
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Glutamine	5g	14	0	0	0	0	0	0	4	0	0	0	0
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Multivitamin	4.25g	5	0	0	0	0	3	2	0	0	50	209	13	0
BCAAs	4.25g	10	0	0	0	0	2	0	0	0	0	0	0	0
Energy Boost	4.25g	10	0	0	0	0	2	0	0	0	0	100	0	0
Creatine	3.75g	0	0	0	0	0	0	0	0	0	0	0	0	0
Fiber	5g	7	0	0	0	0	2.5	3.5	0	0	0	0	0	0
Fat Burner	4.25g	10	0	0	0	0	3	2	0	0	0	417	0	0
Chocolate	1 oz	100	0.5	0	0	0	23	0	22	0	0	0	0	4
Sugar Free Chocolate	1 oz	40	1	0.1	1	10	0	0	0	1	0	0	0	6
Pumpable Peanut Butter	1 oz	180	15	0	12	8	2	4	7	0	0	0	0	4
Low Fat Peanut Butter	10g	40	1	0	2	4	2	1	5	1	0	0	1	0
Mocha	1 Scoop	260	4	0	1	20	0	13	1	0	0	0	0	1
Granola	94cc	220	7	0	0	37	5	7	6	0	0	0	4	10
Vanilla Protein (20g)	94cc	160	3.5	0.5	1	11	0	4	20	0	2	10	0	0
Chocolate Protein (20g)	90cc	115	3	0.05	3	3	1	1	20	0	0	20	0	0
Smoothie Crème	25cc	75	2	0	1	15	0	13	0	0	0	0	0	0

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LIMITED TIME ONLY

Energy Ice	2 oz.	160	0	0	1	40	0	40	0	0	0	0	0	0
	1 oz.	80	0	0	0	23	0	21	0	0	0	0	0	0
Green Apple	16oz.	468	5	1	1	88	0	74	20	0	2	10	0	0
	24oz.	595	6	1	2	118	0	101	20	0	2	10	0	0
	1 oz.	70	0	0	0	19	0	17	0	0	80	0	2	0
Lemon Ice	16oz.	408	5	1	1	76	0	62	20	0	242	10	6	0
	24oz.	515	6	1	2	102	0	85	20	0	322	10	8	0
	1 oz.	0	0	0	0	0	0	0	0	0	0	0	0	0
Peppermint Vanilla	16oz.	378	4	0	2	30	0	26	0	0	0	0	0	0
	24oz.	567	6	0	3	45	0	39	0	0	0	0	0	0
	1 oz.	50	0	0	0	14	0	14	0	0	0	0	0	0
Sweet Tea	16oz.	150	0	0	0	42	0	42	0	0	0	0	0	0
	24oz.	200	0	0	0	56	0	56	0	0	0	0	0	0
	1 oz.	110	1	0	2	26	0	23	1	0	0	4	0	0
Pumpkin Spice	16oz.	527.5	6	0.5	7.4	96.5	0	79.5	23	0	2	22	0	0
<i>Made with smoothie crème</i>	24oz.	675	7.5	0.5	9.9	130	0	109	24	0	2	26	0	0
<i>White Chocolate Sauce</i>	1 oz	110	1	0	3	25	0	22	1	0	0	4	0	0
White Chocolate Peppermint	16oz.	565	7	0.5	9.9	102	0	84	23	0	2	22	0	0
	24oz.	675	7.5	0.5	12.9	127	0	106	24	0	2	26	0	0
<i>White Chocolate Sauce</i>	1 oz	110	1	0	3	25	0	22	1	0	0	4	0	0
White Chocolate Mocha	16oz.	677.5	9.5	0.5	8.4	88.5	0	67.5	23	0	2	18	1	0
	24oz.	825	11	0.5	11.9	121	0	96	24	0	2	22	1	0
	1 oz	35	0	0	0	9	0	7	0	0	0	0	2	0
Banana	16 oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	6	0
	24 oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	8	0
Fresh Banana (medium size)	118g	105	0	0	1	27	3	14	1	2	17	1	2	0

INDIVIDUAL FRUIT FLAVORS

Triple Berry	1 oz	45	0	0	0	9	0	9	0	0	0	0	0	2
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Strawberry	1 oz	35	0	0	0	9	0	7	0	0	0	0	2
Banana	1 oz	35	0	0	0	9	0	7	0	0	0	0	2
Mango Peach	1 oz	40	0	0	0	10	0	8	0	25	6	0	0
Pina Colada	1 oz	40	0.5	0	1	10	0	7	1	0	15	0	2
Orange Crème	1 oz	40	0	0	0	10	0	9	0	160	60	0	2
Raspberry	1oz	35	0	0	0	9	0	7	0	0	0	0	0
Pomegranate Cherry	1 oz	40	0	0	0	10	0	9	0	45	10	0	0

BCAA FLAVORS

Watermelon	1 oz	0	0	0	0	0	0	0	0	0	0	0	0
Blue Raspberry	1 oz	0	0	0	0	0	0	0	0	0	0	0	0
Fruit Punch	1 oz	0	0	0	0	0	0	0	0	0	0	0	0
Grape	1 oz	0	0	0	0	0	0	0	0	0	0	0	0
Pineapple	1 oz	0	0	0	0	0	0	0	0	0	0	0	0
Mango	1 oz	0	0	0	0	0	0	0	0	0	0	0	0

AMINO BLENDS

BCAA slushies!

Rainbow Sherbet	16oz.	80	0	0	0	20	0	18	0	320	120	0	4
<i>Orange Crème With Watermelon Aminos</i>	24oz.	80	0	0	0	20	0	18	0	320	120	0	4
Berry Bombscicle	16oz.	90	0	0	0	18	0	18	0	0	0	0	4
<i>Triple Berry With Blue Raspberry Aminos</i>	24oz.	90	0	0	0	18	0	18	0	0	0	0	4
Cherry Punch	16 oz.	80	0	0	0	20	0	18	0	90	20	0	0
<i>Pomegranate Cherry With Fruit Punch Aminos</i>	24 oz.	80	0	0	0	20	0	18	0	90	20	0	0
Razzy Grape	16oz.	70	0	0	0	18	0	14	0	0	0	0	0
<i>Raspberry With Grape Aminos</i>	24oz.	70	0	0	0	18	0	14	0	0	0	0	0
Pina Colada	16oz.	80	1	0	2	20	0	14	2	0	30	0	4
<i>Pina Colada With Pineapple Aminos</i>	24oz.	80	1	0	2	20	0	14	2	0	30	0	4
Tropical Mango	16oz.	70	0	0	0	18	0	14	0	0	0	0	4
<i>Strawberry With Mango Aminos</i>	24oz.	70	0	0	0	18	0	14	0	0	0	0	4