



Retro Blends Nutritional Information (Power of Fruit Product Line)

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	16oz.	432.5	19.5	0.05	15.5	41.5	3	33.5	27	0	0	20	8
Chocolate Peanut Butter	24oz.	570	21	0.05	16	72	3	62	27	0	0	20	12

The Dirty Peanut made with sugar free chocolate and low fat peanut butter: (16oz.) 232 calories, (24oz.) 290 calories

Mocha Peanut Butter	16oz.	592.5	23	0.05	16.5	38.5	3	24.5	28	0	0	20	5
Mocha Peanut Butter	24oz.	630	24	0.05	17	46	3	31	28	0	0	20	5

Mocha Peanut Butter made with low fat peanut butter: (16oz.) 452.5 calories, (24oz.) 490 calories

Mudslide Latte	16 oz.	412.5	8	0.05	4.5	30.5	1	20.5	21	0	0	20	1
Mocha	24 oz.	450	9	0.05	5	38	1	27	21	0	0	20	1

Berried In Chocolate	16oz.	387.5	4.5	0.05	3.5	60.5	1	56.5	20	0	0	20	10
Chocolate & Strawberry	24oz.	570	6	0.05	4	100	1	94	20	0	0	20	16

Berried In Chocolate made with sugar free chocolate: (16oz.) 327.5 calories, (24oz.) 510 calories

Elvis' Return	16oz.	357.5	4.5	0.05	3.5	60.5	1	50.5	20	0	0	20	10
Chocolate & Banana	24oz.	460	6	0.05	4	82	1	72	20	0	0	20	12

Elvis' Return made with sugar free chocolate: (16oz.) 297.5 calories, (24oz.) 340 calories

Malibu Chocolate	16oz.	372.5	6	0.05	6.5	63.5	1	50.5	23	0	45	20	10
Chocolate & Pina Colada	24oz.	550	8	0.05	8	104	1	86	24	0	60	20	16

Malibu Chocolate made with sugar free chocolate: (16oz.) 312.5 calories, (24oz.) 430 calories

BURNER BLENDS

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

Tropical Bombshell	16oz.	285	4.5	0.5	2.9	43	2	25	22	0	449	10	6
Pina Colada & Banana	24oz.	330	3.5	0.5	0.9	54	2	39	20	505	605	10	6

Belly Buster	16oz.	275	3.5	0.5	0.9	41	2	25	20	0	419	10	6
Strawberry Banana	24oz.	310	3.5	0.5	0.9	50	2	32	20	0	419	10	8

Orange Peeler	16 oz.	290	3.5	0.5	0.9	44	2	31	20	480	599	10	6
Orange Crème	24 oz.	330	3.5	0.5	0.9	54	2	40	20	640	659	10	8

Berry Berry Good	16oz.	305	3.5	0.5	0.9	41	2	31	20	0	419	10	6
Triple Berry	24oz.	350	3.5	0.5	0.9	50	2	40	20	0	419	10	8

Pomegranate Bliss	16oz.	290	3.5	0.5	0.9	44	2	31	20	135	449	10	0
Pomegranate Cherry	24oz.	330	3.5	0.5	0.9	54	2	40	20	180	459	10	0

Slim Sally	16oz.	275	3.5	0.5	0.9	41	2	25	20	0	419	10	2
Raspberry Banana	24oz.	310	3.5	0.5	0.9	50	2	32	20	0	419	10	2

Wonder Twins	16oz.	290	3.5	0.5	0.9	44	2	28	20	75	437	10	0
Mango Peach	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	n/a												
Strawberry Banana + 40g of Protein	24oz.	584	9	1	2.8	82	0	56	44	0	4	20	10

The Kingpin	16oz.	309	3.5	0.5	0.9	38	0	31	24	0	2	10	6
Triple Berry	24oz.	354	3.5	0.5	0.9	47	0	40	24	0	2	10	8

Twisted Strawberry	16 oz.	279	3.5	0.5	0.9	38	0	25	24	0	2	10	6
Strawberry Banana	24 oz.	314	3.5	0.5	0.9	47	0	32	24	0	2	10	8

Purple People Eater	16oz.	279	3.5	0.5	0.9	38	0	25	24	0	2	10	2
Raspberry Banana	24oz.	314	3.5	0.5	0.9	47	0	32	24	0	2	10	2

Daily Health	1 Serving	55	0	0	2	16	3	10	1	160	989	15	2
<i>(Multivitamin & Veggie Boost)</i>													
Jump Start	1 Serving	60	0	0	2	15	1	10	1	110	880	2	2
<i>(Energy Boost & Veggie Boost)</i>													
Mega Gainer	1 Serving	10	0	0	0	2	0	0	0	0	0	0	0
<i>(Creatine & BCAAs)</i>													
Breakfast Pack	1 Serving	225	7	0	0	40	7	7	6	50	209	17	10
<i>(Multivitamin & Granola)</i>													

CUSTOMIZE IT!

Individual boosts, supplements and add-ins

Veggie Boost	1 oz	50	0	0	2	13	1	10	1	110	780	2	2
Glutamine	5g	14	0	0	0	0	0	0	4	0	0	0	0
Multivitamin	4.25g	5	0	0	0	3	2	0	0	50	209	13	0
BCAAs	4.25g	10	0	0	0	2	0	0	0	0	0	0	0
Energy Boost	4.25g	10	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
Fiber	5g	7	0	0	0	2.5	3.5	0	0	0	0	0	0
Fat Burner	4.25g	10	0	0	0	3	2	0	0	0	417	0	0
Chocolate	1 oz	100	0.5	0	0	23	0	22	0	0	0	0	4
Sugar Free Chocolate	1 oz	40	1	0.1	1	10	0	0	1	0	0	0	6
Pumpable Peanut Butter	1 oz	180	15	0	12	8	2	4	7	0	0	0	4
Low Fat Peanut Butter	10g	40	1	0	2	4	2	1	5	1	0	1	0
Mocha	1 Scoop	260	4	0	1	20	0	13	1	0	0	0	1
Granola	94cc	220	7	0	0	37	5	7	6	0	0	4	10
Vanilla Protein (20g)	94cc	160	3.5	0.5	1	11	0	4	20	0	2	10	0
Chocolate Protein (20g)	90cc	115	3	0.05	3	3	1	1	20	0	0	20	0
Smoothie Crème	25cc	75	2	0	1	15	0	13	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
	1 oz.	90	0	0	0	23	0	21	0	0	0	0	0
Green Apple	16oz.	468	5	1	1	88	0	74	20	0	2	10	0
	24oz.	595	6	1	2	118	0	101	20	0	2	10	0
	1 oz.	70	0	0	0	19	0	17	0	0	80	0	2
Lemon Ice	16oz.	408	5	1	1	76	0	62	20	0	242	10	6
	24oz.	515	6	1	2	102	0	85	20	0	322	10	8
	1 oz.	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

24oz.	567	6	0	3	45	0	39	0	0	0	0	0
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1 oz.	50	0	0	0	14	0	14	0	0	0	0	0
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Sweet Tea	16oz.	150	0	0	0	42	0	42	0	0	0	0
	24oz.	200	0	0	0	56	0	56	0	0	0	0

1 oz.	110	1	0	2	26	0	23	1	0	0	4	0
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Pumpkin Spice	16oz.	527.5	6	0.5	7.4	96.5	0	79.5	23	0	2	22	0
<i>Made with smoothie crème</i>	24oz.	675	7.5	0.5	9.9	130	0	109	24	0	2	26	0

White Chocolate Sauce	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
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White Chocolate Peppermint	16oz.	565	7	0.5	9.9	102	0	84	23	0	2	22	0
	24oz.	675	7.5	0.5	12.9	127	0	106	24	0	2	26	0

White Chocolate Sauce	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
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White Chocolate Mocha	16oz.	677.5	9.5	0.5	8.4	88.5	0	67.5	23	0	2	18	1
	24oz.	825	11	0.5	11.9	121	0	96	24	0	2	22	1

1 oz.	35	0	0	0	9	0	7	0	0	0	0	2
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Banana	16 oz.	265	3.5	0.5	0.9	38	0	25	20	0	2	10	6
	24 oz.	300	3.5	0.5	0.9	47	0	32	20	0	2	10	8

Fresh Banana (medium size)	118g	105	0	0	1	27	3	14	1	2	17	1	2
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