



# Chia Bliss Smoothie

with Coconut Sugar from the Philippines, Kiwi, Pineapple, Blueberry, and Apple 71250

## Nutrition Facts

Serving Size 1 packet (30g)  
Servings Per Container 7

Amount Per Serving

**Calories** 110 **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** less than 5mg **0%**

**Sodium** 45mg **2%**

**Potassium** 380mg **11%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 4g **16%**

Sugars 6g

**Protein** 11g **22%**

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 25%

Vitamin D 20% • Vitamin E 20%

Vitamin K 20% • Thiamin 20%

Riboflavin 20% • Niacin 20%

Vitamin B6 20% • Folate 25%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 20% • Magnesium 25%

Zinc 20% • Selenium 25%

Copper 20% • Manganese 20%

Chromium 20% • Molybdenum 20%

\*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Whey protein isolate, milk protein isolate, maltodextrin, chicory root inulin, pea protein isolate, kiwi powder, blueberry powder, organic coconut sugar\*, chia seeds, organic apple powder\*, pineapple powder, honey, sunflower lecithin, guar gum, lemon juice concentrate, gum arabic, xanthan gum, natural flavors, carrageenan, stevia extract, nonfat milk, bacillus coagulans GBI-30 6086.

**Vitamins and Minerals:** Potassium chloride, potassium phosphate, calcium carbonate, magnesium oxide, vitamin E acetate, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, biotin, vitamin A palmitate, potassium iodide, niacinamide (vitamin B3), chromium chloride, calcium pantothenate (vitamin B5), phytonadione (vitamin K1), sodium molybdate, sodium selenite, cyanocobalamin (vitamin B12), manganese sulfate, copper sulfate, folic acid, cholecalciferol (vitamin D3), thiamine mononitrate (vitamin B1), pyridoxine hydrochloride, riboflavin (vitamin B2).

\*10% organic ingredients

**CONTAINS: MILK AND COCONUT.**

For more information, the ingredient label on the package is always the best source for that specific item.

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**FINAL**

1 of 1