



Nutrition Facts (Per 8 oz Serving)

Based on a total batch yield of approximately 64–72 oz.

Nutrient	Amount (Approx.)	Benefits
Calories	~110–125 kcal	Sustained energy from complex carbs & seeds
Total Carbs	~22–25g	Fuel for brain and body
Dietary Fiber	~4–5g	High Fiber: Supports digestion and fullness
Sugars	~15–18g	Lower sugar profile than berry blends
Protein	~2–3g	Boosted by Hemp, Chia, and Flax seeds
Total Fat	~2.5g	Healthy Omega-3s for heart & brain health
Vitamin C	~90–100% DV	Immunity: High from Kiwi, Pineapple & Greens
Vitamin A	~120% DV	Eye & Skin Health: Huge boost from Carrots & Kale
Potassium	~400mg	Electrolytes for hydration & muscle function
Anti-Inflammatory	Superior	Ginger, Cilantro, Parsley, and Cayenne

16 OZ SERVING

- FRUIT: 1.5 SERVINGS
- VEGGIES: 2 SERVINGS

32 OZ SERVING

- FRUIT: 3 SERVINGS
- VEGGIES: 4 SERVINGS

CKS 32 OZ = ~3
FRUIT SERVINGS

BASED ON USDA GUIDELINES:
1 SERVING = ~½ CUP FRESH FRUIT
OR VEGGIES.



SERVING SIZE SUGGESTIONS:

- 8 OZ "DAILY BOOST" - PERFECT FOR A QUICK METABOLIC "RESET."
- 16 OZ "MEAL COMPANION" - IDEAL FOR A LIGHT LUNCH OR HEAVY POST-WORKOUT RECOVERY.
- 32 OZ "DEEP CLEANSE" - PROVIDES ROUGHLY 6-7 SERVINGS OF FRUITS AND VEGGIES!

100% natural
DV = DAILY VALUE BASED ON 2,000 CALORIE DIET