

Apple Cranberry MP

Number of Servings: 71.36 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	204.43
Calories from Fat (kcal)	0.76
Calories from SatFat (kcal)	0.13
Protein (g)	0.13
Carbohydrates (g)	53.35
Total Dietary Fiber (g)	1.2
Total Soluble Fiber (g)	0.11
Dietary Fiber (2016) (g)	1.2
Soluble Fiber (2016) (g)	
Total Sugars (g)	51.34
Added Sugar (g)	46.63
Monosaccharides (g)	3.64
Disaccharides (g)	0.9
Other Carbs (g)	0.81
Fat (g)	0.08
Saturated Fat (g)	0.01
Mono Fat (g)	0
Poly Fat (g)	0.02
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	43.02
Vitamin A - IU (IU)	27.4
Vitamin A - RAE (mcg)	1.37
Carotenoid RE (RE)	2.74
Retinol RE (RE)	0
Beta-Carotene (mcg)	11.5
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.04
Vitamin B3 - Niacin Equiv (mg)	0.05
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0
Biotin (mcg)	0.55
Vitamin C (mg)	4.44
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.08
Folate (mcg)	2.3
Folate, DFE (mcg DFE)	2.3
Vitamin K (mcg)	0.93
Pantothenic Acid (mg)	0.03
Calcium (mg)	2.85
Chromium (mcg)	0.39
Copper (mg)	0.01
Fluoride (mg)	0
Iodine (mcg)	
Iron (mg)	0.07
Magnesium (mg)	2.43
Manganese (mg)	0.03
Molybdenum (mcg)	
Phosphorus (mg)	5.07
Potassium (mg)	50.65
Selenium (mcg)	0.01
Sodium (mg)	0.48
Zinc (mg)	0.02
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.02
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.7

**Arnold Palmer 2 MP**

Number of Servings: 252.62 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	84.72
Calories from Fat (kcal)	0.31
Calories from SatFat (kcal)	0.05
Protein (g)	0.05
Carbohydrates (g)	22.06
Total Dietary Fiber (g)	0.04
Total Soluble Fiber (g)	0.02
Dietary Fiber (2016) (g)	0.04
Soluble Fiber (2016) (g)	0
Total Sugars (g)	21.39
Added Sugar (g)	21.03
Monosaccharides (g)	0.3
Disaccharides (g)	21.09
Other Carbs (g)	0.63
Fat (g)	0.03
Saturated Fat (g)	0.01
Mono Fat (g)	0
Poly Fat (g)	0
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	88.29
Vitamin A - IU (IU)	0.87
Vitamin A - RAE (mcg)	0.04
Carotenoid RE (RE)	0.09
Retinol RE (RE)	0
Beta-Carotene (mcg)	0.14
Vitamin B1 (mg)	0
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.01
Vitamin B3 - Niacin Equiv (mg)	0.01
Vitamin B6 (mg)	0.01
Vitamin B12 (mcg)	0
Biotin (mcg)	0.04
Vitamin C (mg)	5.61
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.02
Folate (mcg)	2.9
Folate, DFE (mcg DFE)	2.9
Vitamin K (mcg)	0
Pantothenic Acid (mg)	0.02
Calcium (mg)	3.33
Chromium (mcg)	0.11
Copper (mg)	0.01
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.02
Magnesium (mg)	1.62
Manganese (mg)	0
Molybdenum (mcg)	
Phosphorus (mg)	1.16
Potassium (mg)	39.1
Selenium (mcg)	0.14
Sodium (mg)	3.36
Zinc (mg)	0.02
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0
Alcohol (g)	0
Caffeine (mg)	71.25
Choline (mg)	0.74

**Avocado Lime 2 MP**

Number of Servings: 30.63 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	211.45
Calories from Fat (kcal)	86.62
Calories from SatFat (kcal)	12.56
Protein (g)	1.35
Carbohydrates (g)	32.39
Total Dietary Fiber (g)	4.43
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	4.43
Soluble Fiber (2016) (g)	0
Total Sugars (g)	24.59
Added Sugar (g)	24.03
Monosaccharides (g)	0.48
Disaccharides (g)	0.08
Other Carbs (g)	3.37
Fat (g)	9.62
Saturated Fat (g)	1.4
Mono Fat (g)	6.43
Poly Fat (g)	1.19
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	55.35
Vitamin A - IU (IU)	99.82
Vitamin A - RAE (mcg)	4.99
Carotenoid RE (RE)	9.98
Retinol RE (RE)	0
Beta-Carotene (mcg)	43.09
Vitamin B1 (mg)	0.05
Vitamin B2 (mg)	0.09
Vitamin B3 (mg)	1.15
Vitamin B3 - Niacin Equiv (mg)	1.43
Vitamin B6 (mg)	0.17
Vitamin B12 (mcg)	0
Biotin (mcg)	2.36
Vitamin C (mg)	8.97
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	1.38
Folate (mcg)	53.95
Folate, DFE (mcg DFE)	53.95
Vitamin K (mcg)	13.83
Pantothenic Acid (mg)	0.92
Calcium (mg)	9.01
Chromium (mcg)	0
Copper (mg)	0.13
Fluoride (mg)	0
Iodine (mcg)	1.31
Iron (mg)	0.37
Magnesium (mg)	19.67
Manganese (mg)	0.09
Molybdenum (mcg)	
Phosphorus (mg)	35.24
Potassium (mg)	327.63
Selenium (mcg)	0.27
Sodium (mg)	23.73
Zinc (mg)	0.43
Omega 3 Fatty Acid (g)	0.08
Omega 6 Fatty Acid (g)	1.1
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	9.73

**Balsamic Fig MP**

Number of Servings: 23.12 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	230.29
Calories from Fat (kcal)	136.13
Calories from SatFat (kcal)	86.34
Protein (g)	1.59
Carbohydrates (g)	23.51
Total Dietary Fiber (g)	1.35
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	1.35
Soluble Fiber (2016) (g)	0
Total Sugars (g)	21.8
Added Sugar (g)	10.88
Monosaccharides (g)	2.09
Disaccharides (g)	12.04
Other Carbs (g)	0.05
Fat (g)	15.13
Saturated Fat (g)	9.59
Mono Fat (g)	3.81
Poly Fat (g)	0.72
Trans Fatty Acid (g)	0.51
Cholesterol (mg)	46.93
Water (g)	70.47
Vitamin A - IU (IU)	678.99
Vitamin A - RAE (mcg)	174.1
Carotenoid RE (RE)	11.84
Retinol RE (RE)	168.19
Beta-Carotene (mcg)	69.9
Vitamin B1 (mg)	0.04
Vitamin B2 (mg)	0.1
Vitamin B3 (mg)	0.22
Vitamin B3 - Niacin Equiv (mg)	0.72
Vitamin B6 (mg)	0.07
Vitamin B12 (mcg)	0.07
Biotin (mcg)	0.59
Vitamin C (mg)	1.78
Vitamin D - IU (IU)	26.16
Vitamin D - mcg (mcg)	0.66

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.43
Folate (mcg)	4.81
Folate, DFE (mcg DFE)	4.81
Vitamin K (mcg)	3.52
Pantothenic Acid (mg)	0.35
Calcium (mg)	46.98
Chromium (mcg)	0.07
Copper (mg)	0.04
Fluoride (mg)	0
Iodine (mcg)	6.25
Iron (mg)	0.3
Magnesium (mg)	12.29
Manganese (mg)	0.08
Molybdenum (mcg)	
Phosphorus (mg)	32.94
Potassium (mg)	162.73
Selenium (mcg)	1.41
Sodium (mg)	14.39
Zinc (mg)	0.18
Omega 3 Fatty Acid (g)	0.07
Omega 6 Fatty Acid (g)	0.63
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	9.17

**Blackberry Lemon Rose**

Number of Servings: 136.79 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	86.59
Calories from Fat (kcal)	0.68
Calories from SatFat (kcal)	0.07
Protein (g)	0.16
Carbohydrates (g)	22.45
Total Dietary Fiber (g)	0.42
Total Soluble Fiber (g)	0.02
Dietary Fiber (2016) (g)	0.42
Soluble Fiber (2016) (g)	0
Total Sugars (g)	21.34
Added Sugar (g)	20.59
Monosaccharides (g)	0.67
Disaccharides (g)	20.67
Other Carbs (g)	0.69
Fat (g)	0.08
Saturated Fat (g)	0.01
Mono Fat (g)	0
Poly Fat (g)	0.02
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	90.58
Vitamin A - IU (IU)	16.93
Vitamin A - RAE (mcg)	0.85
Carotenoid RE (RE)	1.69
Retinol RE (RE)	0
Beta-Carotene (mcg)	9.71
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.06
Vitamin B3 - Niacin Equiv (mg)	0.06
Vitamin B6 (mg)	0.01
Vitamin B12 (mcg)	0
Biotin (mcg)	0.08
Vitamin C (mg)	7.78
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.11
Folate (mcg)	5.08
Folate, DFE (mcg DFE)	5.08
Vitamin K (mcg)	1.48
Pantothenic Acid (mg)	0.04
Calcium (mg)	5.41
Chromium (mcg)	0.1
Copper (mg)	0.02
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.07
Magnesium (mg)	3.15
Manganese (mg)	0.05
Molybdenum (mcg)	
Phosphorus (mg)	2.93
Potassium (mg)	29.03
Selenium (mcg)	0.17
Sodium (mg)	3.21
Zinc (mg)	0.06
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.02
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.45

**Blood Orange MP**

Number of Servings: 79.68 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	141.23
Calories from Fat (kcal)	0.07
Calories from SatFat (kcal)	0.01
Protein (g)	0.61
Carbohydrates (g)	35.05
Total Dietary Fiber (g)	1.17
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	1.17
Soluble Fiber (2016) (g)	0
Total Sugars (g)	31.55
Added Sugar (g)	25.4
Monosaccharides (g)	0.06
Disaccharides (g)	0.01
Other Carbs (g)	2.33
Fat (g)	0.01
Saturated Fat (g)	0
Mono Fat (g)	0
Poly Fat (g)	0
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	2.83
Vitamin A - IU (IU)	30.3
Vitamin A - RAE (mcg)	1.52
Carotenoid RE (RE)	3.03
Retinol RE (RE)	0
Beta-Carotene (mcg)	0.03
Vitamin B1 (mg)	0
Vitamin B2 (mg)	0
Vitamin B3 (mg)	0
Vitamin B3 - Niacin Equiv (mg)	0
Vitamin B6 (mg)	0
Vitamin B12 (mcg)	0
Biotin (mcg)	0.01
Vitamin C (mg)	31.91
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0
Folate (mcg)	0.61
Folate, DFE (mcg DFE)	0.61
Vitamin K (mcg)	0
Pantothenic Acid (mg)	0
Calcium (mg)	6.21
Chromium (mcg)	
Copper (mg)	0
Fluoride (mg)	
Iodine (mcg)	
Iron (mg)	0.11
Magnesium (mg)	0.18
Manganese (mg)	0
Molybdenum (mcg)	
Phosphorus (mg)	0.24
Potassium (mg)	105.56
Selenium (mcg)	0
Sodium (mg)	9.07
Zinc (mg)	0
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	0.16

**Blueberry Jalapeno MP**

Number of Servings: 126.5 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	90.21
Calories from Fat (kcal)	0.5
Calories from SatFat (kcal)	0.05
Protein (g)	0.12
Carbohydrates (g)	23.3
Total Dietary Fiber (g)	0.36
Total Soluble Fiber (g)	0.04
Dietary Fiber (2016) (g)	0.36
Soluble Fiber (2016) (g)	0
Total Sugars (g)	22.49
Added Sugar (g)	20.99
Monosaccharides (g)	1.46
Disaccharides (g)	21.02
Other Carbs (g)	0.45
Fat (g)	0.06
Saturated Fat (g)	0.01
Mono Fat (g)	0.01
Poly Fat (g)	0.02
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	89.81
Vitamin A - IU (IU)	13.72
Vitamin A - RAE (mcg)	0.69
Carotenoid RE (RE)	1.37
Retinol RE (RE)	0
Beta-Carotene (mcg)	7.63
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.07
Vitamin B3 - Niacin Equiv (mg)	0.08
Vitamin B6 (mg)	0.01
Vitamin B12 (mcg)	0
Biotin (mcg)	0.01
Vitamin C (mg)	3.14
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.1
Folate (mcg)	1.57
Folate, DFE (mcg DFE)	1.57
Vitamin K (mcg)	2.81
Pantothenic Acid (mg)	0.02
Calcium (mg)	3.54
Chromium (mcg)	0.11
Copper (mg)	0.02
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.05
Magnesium (mg)	1.85
Manganese (mg)	0.05
Molybdenum (mcg)	
Phosphorus (mg)	2.06
Potassium (mg)	15.58
Selenium (mcg)	0.15
Sodium (mg)	3.39
Zinc (mg)	0.03
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.01
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.03

**Blueberry Lime Mint MP**

Number of Servings: 157.51 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	78.39
Calories from Fat (kcal)	0.59
Calories from SatFat (kcal)	0.07
Protein (g)	0.24
Carbohydrates (g)	20.64
Total Dietary Fiber (g)	0.47
Total Soluble Fiber (g)	0.03
Dietary Fiber (2016) (g)	0.47
Soluble Fiber (2016) (g)	0
Total Sugars (g)	18.38
Added Sugar (g)	16.86
Monosaccharides (g)	1.39
Disaccharides (g)	16.99
Other Carbs (g)	1.76
Fat (g)	0.07
Saturated Fat (g)	0.01
Mono Fat (g)	0.01
Poly Fat (g)	0.03
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	92.27
Vitamin A - IU (IU)	83.71
Vitamin A - RAE (mcg)	4.19
Carotenoid RE (RE)	8.37
Retinol RE (RE)	0
Beta-Carotene (mcg)	10.65
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.1
Vitamin B3 - Niacin Equiv (mg)	0.12
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0
Biotin (mcg)	
Vitamin C (mg)	8.35
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.12
Folate (mcg)	4.73
Folate, DFE (mcg DFE)	4.73
Vitamin K (mcg)	2.32
Pantothenic Acid (mg)	0.05
Calcium (mg)	9.17
Chromium (mcg)	0.08
Copper (mg)	0.02
Fluoride (mg)	0.04
Iodine (mcg)	
Iron (mg)	0.25
Magnesium (mg)	4.18
Manganese (mg)	0.06
Molybdenum (mcg)	
Phosphorus (mg)	5.61
Potassium (mg)	43.92
Selenium (mcg)	0.14
Sodium (mg)	3.64
Zinc (mg)	0.06
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.01
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.87



**Cactus Pear Agave MP**

Number of Servings: 113.82 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	83.47
Calories from Fat (kcal)	1.76
Calories from SatFat (kcal)	0.1
Protein (g)	0.15
Carbohydrates (g)	20.53
Total Dietary Fiber (g)	0.64
Total Soluble Fiber (g)	0.02
Dietary Fiber (2016) (g)	0.6
Soluble Fiber (2016) (g)	0
Total Sugars (g)	16.77
Added Sugar (g)	16.73
Monosaccharides (g)	16.76
Disaccharides (g)	0.01
Other Carbs (g)	2.14
Fat (g)	0.2
Saturated Fat (g)	0.01
Mono Fat (g)	0.01
Poly Fat (g)	0.04
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	92.15
Vitamin A - IU (IU)	46.46
Vitamin A - RAE (mcg)	2.37
Carotenoid RE (RE)	0.81
Retinol RE (RE)	0
Beta-Carotene (mcg)	27.84
Vitamin B1 (mg)	0.03
Vitamin B2 (mg)	0.05
Vitamin B3 (mg)	0.25
Vitamin B3 - Niacin Equiv (mg)	0.25
Vitamin B6 (mg)	0.07
Vitamin B12 (mcg)	0
Biotin (mcg)	
Vitamin C (mg)	7.11
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.25
Folate (mcg)	8.57
Folate, DFE (mcg DFE)	8.57
Vitamin K (mcg)	5.55
Pantothenic Acid (mg)	0
Calcium (mg)	11.78
Chromium (mcg)	
Copper (mg)	0.02
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.07
Magnesium (mg)	14.97
Manganese (mg)	0
Molybdenum (mcg)	
Phosphorus (mg)	4.46
Potassium (mg)	39.35
Selenium (mcg)	0.52
Sodium (mg)	4.66
Zinc (mg)	0.03
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.03
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	3.38

Canary Melon MP

Number of Servings: 93.63 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.02
Calories (kcal)	100.32	Folate (mcg)	17.09
Calories from Fat (kcal)	1.16	Folate, DFE (mcg DFE)	17.09
Calories from SatFat (kcal)	0.31	Vitamin K (mcg)	2.53
Protein (g)	0.48	Pantothenic Acid (mg)	0.14
Carbohydrates (g)	25.88	Calcium (mg)	5.39
Total Dietary Fiber (g)	0.71	Chromium (mcg)	0
Total Soluble Fiber (g)	0	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.71	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	
Total Sugars (g)	24.92	Iron (mg)	0.15
Added Sugar (g)	17.77	Magnesium (mg)	8.88
Monosaccharides (g)	4.97	Manganese (mg)	0.02
Disaccharides (g)	2.17	Molybdenum (mcg)	
Other Carbs (g)	0.25	Phosphorus (mg)	9.8
Fat (g)	0.13	Potassium (mg)	201.5
Saturated Fat (g)	0.03	Selenium (mcg)	0.61
Mono Fat (g)	0	Sodium (mg)	18.83
Poly Fat (g)	0.05	Zinc (mg)	0.08
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0.03
Cholesterol (mg)	0	Omega 6 Fatty Acid (g)	0.02
Water (g)	80.73	Alcohol (g)	0
Vitamin A - IU (IU)	43.76	Caffeine (mg)	0
Vitamin A - RAE (mcg)	2.19	Choline (mg)	6.76
Carotenoid RE (RE)	4.38		
Retinol RE (RE)	0		
Beta-Carotene (mcg)	26.19		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.01		
Vitamin B3 (mg)	0.37		
Vitamin B3 - Niacin Equiv (mg)	0.44		
Vitamin B6 (mg)	0.08		
Vitamin B12 (mcg)	0		
Biotin (mcg)	0.01		
Vitamin C (mg)	16.7		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		

**Cantaloupe Basil MP**

Number of Servings: 89.04 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.05
Calories (kcal)	94.07	Folate (mcg)	19.26
Calories from Fat (kcal)	1.57	Folate, DFE (mcg DFE)	19.26
Calories from SatFat (kcal)	0.42	Vitamin K (mcg)	2.29
Protein (g)	0.77	Pantothenic Acid (mg)	0.1
Carbohydrates (g)	23.84	Calcium (mg)	8.25
Total Dietary Fiber (g)	0.77	Chromium (mcg)	
Total Soluble Fiber (g)		Copper (mg)	0.04
Dietary Fiber (2016) (g)	0.77	Fluoride (mg)	0
Soluble Fiber (2016) (g)		Iodine (mcg)	3.67
Total Sugars (g)	23.07	Iron (mg)	0.19
Added Sugar (g)	16.35	Magnesium (mg)	11
Monosaccharides (g)	2.96	Manganese (mg)	0.04
Disaccharides (g)	3.75	Molybdenum (mcg)	
Other Carbs (g)	0	Phosphorus (mg)	13.75
Fat (g)	0.17	Potassium (mg)	244.84
Saturated Fat (g)	0.05	Selenium (mcg)	0.37
Mono Fat (g)	0	Sodium (mg)	14.67
Poly Fat (g)	0.07	Zinc (mg)	0.17
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0.04
Cholesterol (mg)	0	Omega 6 Fatty Acid (g)	0.03
Water (g)	82.67	Alcohol (g)	0
Vitamin A - IU (IU)	3101.27	Caffeine (mg)	0
Vitamin A - RAE (mcg)	155.06	Choline (mg)	6.97
Carotenoid RE (RE)	310.13		
Retinol RE (RE)	0		
Beta-Carotene (mcg)	1852.32		
Vitamin B1 (mg)	0.04		
Vitamin B2 (mg)	0.02		
Vitamin B3 (mg)	0.67		
Vitamin B3 - Niacin Equiv (mg)	0.7		
Vitamin B6 (mg)	0.07		
Vitamin B12 (mcg)	0		
Biotin (mcg)			
Vitamin C (mg)	33.65		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		

Cherry MP

Number of Servings: 68.2 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	230.3
Calories from Fat (kcal)	8.41
Calories from SatFat (kcal)	0.02
Protein (g)	1.68
Carbohydrates (g)	53.9
Total Dietary Fiber (g)	10.92
Total Soluble Fiber (g)	0.01
Dietary Fiber (2016) (g)	10.92
Soluble Fiber (2016) (g)	0
Total Sugars (g)	37.62
Added Sugar (g)	32.37
Monosaccharides (g)	5.18
Disaccharides (g)	0.06
Other Carbs (g)	5.35
Fat (g)	0.93
Saturated Fat (g)	0
Mono Fat (g)	0
Poly Fat (g)	0
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	38.07
Vitamin A - IU (IU)	91.96
Vitamin A - RAE (mcg)	4.38
Carotenoid RE (RE)	9.2
Retinol RE (RE)	0
Beta-Carotene (mcg)	49.14
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.1
Vitamin B3 (mg)	0.35
Vitamin B3 - Niacin Equiv (mg)	0.35
Vitamin B6 (mg)	0.11
Vitamin B12 (mcg)	0
Biotin (mcg)	0.02
Vitamin C (mg)	5.08
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.2
Folate (mcg)	2.16
Folate, DFE (mcg DFE)	2.16
Vitamin K (mcg)	11.51
Pantothenic Acid (mg)	0.22
Calcium (mg)	33.05
Chromium (mcg)	
Copper (mg)	0.1
Fluoride (mg)	
Iodine (mcg)	
Iron (mg)	0.38
Magnesium (mg)	15.05
Manganese (mg)	0.23
Molybdenum (mcg)	
Phosphorus (mg)	36.97
Potassium (mg)	212.25
Selenium (mcg)	0.01
Sodium (mg)	2.78
Zinc (mg)	0.18
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	6.11

Cherry Lime MP

Number of Servings: 168.63 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	98.19
Calories from Fat (kcal)	3.11
Calories from SatFat (kcal)	0.02
Protein (g)	0.69
Carbohydrates (g)	24.19
Total Dietary Fiber (g)	3.99
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	3.99
Soluble Fiber (2016) (g)	0
Total Sugars (g)	17.95
Added Sugar (g)	15.75
Monosaccharides (g)	2.08
Disaccharides (g)	15.87
Other Carbs (g)	2.25
Fat (g)	0.35
Saturated Fat (g)	0
Mono Fat (g)	0
Poly Fat (g)	0.01
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	87.87
Vitamin A - IU (IU)	43.77
Vitamin A - RAE (mcg)	2.11
Carotenoid RE (RE)	4.38
Retinol RE (RE)	0
Beta-Carotene (mcg)	24.15
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.04
Vitamin B3 (mg)	0.15
Vitamin B3 - Niacin Equiv (mg)	0.16
Vitamin B6 (mg)	0.05
Vitamin B12 (mcg)	0
Biotin (mcg)	0
Vitamin C (mg)	7.65
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.12
Folate (mcg)	2.58
Folate, DFE (mcg DFE)	2.58
Vitamin K (mcg)	4.25
Pantothenic Acid (mg)	0.1
Calcium (mg)	16.63
Chromium (mcg)	0.08
Copper (mg)	0.05
Fluoride (mg)	0.04
Iodine (mcg)	0
Iron (mg)	0.16
Magnesium (mg)	7.59
Manganese (mg)	0.09
Molybdenum (mcg)	0
Phosphorus (mg)	16.15
Potassium (mg)	99.98
Selenium (mcg)	0.12
Sodium (mg)	3.82
Zinc (mg)	0.09
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	3.21

**Coconut Cherry MP**

Number of Servings: 133.66 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	121.31
Calories from Fat (kcal)	20.04
Calories from SatFat (kcal)	15.88
Protein (g)	0.63
Carbohydrates (g)	25.72
Total Dietary Fiber (g)	3.33
Total Soluble Fiber (g)	0.06
Dietary Fiber (2016) (g)	3.33
Soluble Fiber (2016) (g)	0
Total Sugars (g)	21.59
Added Sugar (g)	19.87
Monosaccharides (g)	1.33
Disaccharides (g)	19.89
Other Carbs (g)	0.8
Fat (g)	2.23
Saturated Fat (g)	1.76
Mono Fat (g)	0.08
Poly Fat (g)	0.02
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	84.55
Vitamin A - IU (IU)	24.76
Vitamin A - RAE (mcg)	1.18
Carotenoid RE (RE)	2.48
Retinol RE (RE)	0
Beta-Carotene (mcg)	13.35
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.03
Vitamin B3 (mg)	0.12
Vitamin B3 - Niacin Equiv (mg)	0.16
Vitamin B6 (mg)	0.03
Vitamin B12 (mcg)	0
Biotin (mcg)	
Vitamin C (mg)	1.79
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.07
Folate (mcg)	2.1
Folate, DFE (mcg DFE)	2.1
Vitamin K (mcg)	2.96
Pantothenic Acid (mg)	0.08
Calcium (mg)	11.89
Chromium (mcg)	0.1
Copper (mg)	0.06
Fluoride (mg)	0.05
Iodine (mcg)	0.06
Iron (mg)	0.25
Magnesium (mg)	6.59
Manganese (mg)	0.15
Molybdenum (mcg)	1.75
Phosphorus (mg)	16.42
Potassium (mg)	77.52
Selenium (mcg)	0.72
Sodium (mg)	4.97
Zinc (mg)	0.12
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.02
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	2.35

**Cranberry Lemonade**

Number of Servings: 157.27 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	76.75
Calories from Fat (kcal)	0.5
Calories from SatFat (kcal)	0.08
Protein (g)	0.08
Carbohydrates (g)	20.16
Total Dietary Fiber (g)	0.62
Total Soluble Fiber (g)	0.03
Dietary Fiber (2016) (g)	0.62
Soluble Fiber (2016) (g)	0
Total Sugars (g)	18.02
Added Sugar (g)	16.89
Monosaccharides (g)	0.49
Disaccharides (g)	16.99
Other Carbs (g)	1.53
Fat (g)	0.06
Saturated Fat (g)	0.01
Mono Fat (g)	0
Poly Fat (g)	0
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	88.2
Vitamin A - IU (IU)	15.06
Vitamin A - RAE (mcg)	0.75
Carotenoid RE (RE)	1.51
Retinol RE (RE)	0
Beta-Carotene (mcg)	0.23
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.02
Vitamin B3 - Niacin Equiv (mg)	0.02
Vitamin B6 (mg)	0.01
Vitamin B12 (mcg)	0
Biotin (mcg)	0.07
Vitamin C (mg)	10.65
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.03
Folate (mcg)	4.65
Folate, DFE (mcg DFE)	4.65
Vitamin K (mcg)	0
Pantothenic Acid (mg)	0.03
Calcium (mg)	3.37
Chromium (mcg)	0.08
Copper (mg)	0.01
Fluoride (mg)	0.04
Iodine (mcg)	
Iron (mg)	0.08
Magnesium (mg)	2
Manganese (mg)	0.04
Molybdenum (mcg)	
Phosphorus (mg)	1.86
Potassium (mg)	24.31
Selenium (mcg)	0.12
Sodium (mg)	2.81
Zinc (mg)	0.02
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.19

**Cranberry Orange MP**

Number of Servings: 121.68 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	124.57
Calories from Fat (kcal)	0.42
Calories from SatFat (kcal)	0.05
Protein (g)	0.16
Carbohydrates (g)	32.14
Total Dietary Fiber (g)	0.83
Total Soluble Fiber (g)	0.01
Dietary Fiber (2016) (g)	0.83
Soluble Fiber (2016) (g)	0
Total Sugars (g)	30.1
Added Sugar (g)	27.35
Monosaccharides (g)	0
Disaccharides (g)	0
Other Carbs (g)	1.21
Fat (g)	0.05
Saturated Fat (g)	0.01
Mono Fat (g)	0.01
Poly Fat (g)	0.01
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	65.09
Vitamin A - IU (IU)	66.5
Vitamin A - RAE (mcg)	3.32
Carotenoid RE (RE)	6.65
Retinol RE (RE)	0
Beta-Carotene (mcg)	7.73
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.09
Vitamin B3 - Niacin Equiv (mg)	0.1
Vitamin B6 (mg)	0.01
Vitamin B12 (mcg)	0
Biotin (mcg)	0.12
Vitamin C (mg)	14.07
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.01
Folate (mcg)	7.03
Folate, DFE (mcg DFE)	7.03
Vitamin K (mcg)	0.02
Pantothenic Acid (mg)	0.04
Calcium (mg)	3.63
Chromium (mcg)	0.21
Copper (mg)	0.01
Fluoride (mg)	0.02
Iodine (mcg)	0.47
Iron (mg)	0.12
Magnesium (mg)	2.93
Manganese (mg)	0.06
Molybdenum (mcg)	
Phosphorus (mg)	3.98
Potassium (mg)	46.88
Selenium (mcg)	0.02
Sodium (mg)	1.64
Zinc (mg)	0.02
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.01
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.45



dog pops mp final

Number of Servings: 656.5 (56.7 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value
Gram Weight (g)	56.7
Calories (kcal)	29.27
Calories from Fat (kcal)	4.55
Calories from SatFat (kcal)	0.97
Protein (g)	4.2
Carbohydrates (g)	1.72
Total Dietary Fiber (g)	0.25
Total Soluble Fiber (g)	0.05
Dietary Fiber (2016) (g)	0.25
Soluble Fiber (2016) (g)	0
Total Sugars (g)	0.31
Added Sugar (g)	0
Monosaccharides (g)	0.1
Disaccharides (g)	0.21
Other Carbs (g)	0.52
Fat (g)	0.51
Saturated Fat (g)	0.11
Mono Fat (g)	0.13
Poly Fat (g)	0.09
Trans Fatty Acid (g)	0
Cholesterol (mg)	13.11
Water (g)	49.99
Vitamin A - IU (IU)	1072.63
Vitamin A - RAE (mcg)	54.98
Carotenoid RE (RE)	106.72
Retinol RE (RE)	1.62
Beta-Carotene (mcg)	580.17
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.04
Vitamin B3 (mg)	1.82
Vitamin B3 - Niacin Equiv (mg)	2.7
Vitamin B6 (mg)	0.16
Vitamin B12 (mcg)	0.04
Biotin (mcg)	0.17
Vitamin C (mg)	0.29
Vitamin D - IU (IU)	0.18
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.14
Folate (mcg)	2.77
Folate, DFE (mcg DFE)	2.77
Vitamin K (mcg)	0.52
Pantothenic Acid (mg)	0.32
Calcium (mg)	4.24
Chromium (mcg)	0.03
Copper (mg)	0.02
Fluoride (mg)	0.02
Iodine (mcg)	
Iron (mg)	0.11
Magnesium (mg)	7.9
Manganese (mg)	0.05
Molybdenum (mcg)	0.35
Phosphorus (mg)	43.38
Potassium (mg)	85.04
Selenium (mcg)	4.33
Sodium (mg)	13.55
Zinc (mg)	0.16
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.08
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	15.48

**Grapefruit MP**

Number of Servings: 81.2 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	137.51
Calories from Fat (kcal)	0.72
Calories from SatFat (kcal)	0.1
Protein (g)	0.38
Carbohydrates (g)	35.1
Total Dietary Fiber (g)	0.08
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	0.01
Soluble Fiber (2016) (g)	
Total Sugars (g)	28.25
Added Sugar (g)	28.18
Monosaccharides (g)	0.06
Disaccharides (g)	0.01
Other Carbs (g)	0.12
Fat (g)	0.08
Saturated Fat (g)	0.01
Mono Fat (g)	0.01
Poly Fat (g)	0.02
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	68.48
Vitamin A - IU (IU)	321.4
Vitamin A - RAE (mcg)	16.07
Carotenoid RE (RE)	32.14
Retinol RE (RE)	0
Beta-Carotene (mcg)	0.03
Vitamin B1 (mg)	0.03
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.15
Vitamin B3 - Niacin Equiv (mg)	0.15
Vitamin B6 (mg)	0.03
Vitamin B12 (mcg)	0
Biotin (mcg)	0.74
Vitamin C (mg)	28.9
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.03
Folate (mcg)	7.9
Folate, DFE (mcg DFE)	7.9
Vitamin K (mcg)	0
Pantothenic Acid (mg)	0.14
Calcium (mg)	6.75
Chromium (mcg)	
Copper (mg)	0.02
Fluoride (mg)	
Iodine (mcg)	
Iron (mg)	0.15
Magnesium (mg)	8.94
Manganese (mg)	0.01
Molybdenum (mcg)	
Phosphorus (mg)	11.19
Potassium (mg)	121.36
Selenium (mcg)	0
Sodium (mg)	0.76
Zinc (mg)	0.04
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.01
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	0.15

**Green Tea MP**

Number of Servings: 142.73 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.05
Calories (kcal)	73.78	Folate (mcg)	5.48
Calories from Fat (kcal)	0.77	Folate, DFE (mcg DFE)	5.48
Calories from SatFat (kcal)	0.15	Vitamin K (mcg)	0
Protein (g)	0.15	Pantothenic Acid (mg)	0.04
Carbohydrates (g)	19.28	Calcium (mg)	4.21
Total Dietary Fiber (g)	0.14	Chromium (mcg)	0.08
Total Soluble Fiber (g)	0.04	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.14	Fluoride (mg)	0.05
Soluble Fiber (2016) (g)	0	Iodine (mcg)	
Total Sugars (g)	17.62	Iron (mg)	0.05
Added Sugar (g)	16.92	Magnesium (mg)	3.57
Monosaccharides (g)	0.54	Manganese (mg)	0.01
Disaccharides (g)	17.03	Molybdenum (mcg)	
Other Carbs (g)	1.52	Phosphorus (mg)	3.13
Fat (g)	0.09	Potassium (mg)	53.95
Saturated Fat (g)	0.02	Selenium (mcg)	0.15
Mono Fat (g)	0.01	Sodium (mg)	3.49
Poly Fat (g)	0.01	Zinc (mg)	0.03
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0
Cholesterol (mg)	0	Omega 6 Fatty Acid (g)	0.01
Water (g)	92.48	Alcohol (g)	0
Vitamin A - IU (IU)	1.54	Caffeine (mg)	24.52
Vitamin A - RAE (mcg)	0.08	Choline (mg)	2.22
Carotenoid RE (RE)	0.15		
Retinol RE (RE)	0		
Beta-Carotene (mcg)	0.26		
Vitamin B1 (mg)	0.01		
Vitamin B2 (mg)	0.01		
Vitamin B3 (mg)	0.05		
Vitamin B3 - Niacin Equiv (mg)	0.05		
Vitamin B6 (mg)	0.02		
Vitamin B12 (mcg)	0		
Biotin (mcg)	0.08		
Vitamin C (mg)	10.08		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		

**grilled pineapple mp final**

Number of Servings: 205.96 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	94.32
Calories from Fat (kcal)	8.43
Calories from SatFat (kcal)	5.03
Protein (g)	0.29
Carbohydrates (g)	22.46
Total Dietary Fiber (g)	0.69
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	0.69
Soluble Fiber (2016) (g)	0
Total Sugars (g)	20.68
Added Sugar (g)	15.88
Monosaccharides (g)	1.99
Disaccharides (g)	18.68
Other Carbs (g)	1.09
Fat (g)	0.95
Saturated Fat (g)	0.56
Mono Fat (g)	0.26
Poly Fat (g)	0.05
Trans Fatty Acid (g)	0.04
Cholesterol (mg)	2.36
Water (g)	89.43
Vitamin A - IU (IU)	63.9
Vitamin A - RAE (mcg)	9.33
Carotenoid RE (RE)	3.93
Retinol RE (RE)	7.36
Beta-Carotene (mcg)	23.08
Vitamin B1 (mg)	0.04
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.25
Vitamin B3 - Niacin Equiv (mg)	0.3
Vitamin B6 (mg)	0.06
Vitamin B12 (mcg)	0
Biotin (mcg)	0.15
Vitamin C (mg)	23.67
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.05
Folate (mcg)	8.98
Folate, DFE (mcg DFE)	8.98
Vitamin K (mcg)	0.45
Pantothenic Acid (mg)	0.11
Calcium (mg)	11.94
Chromium (mcg)	0.07
Copper (mg)	0.06
Fluoride (mg)	0.03
Iodine (mcg)	
Iron (mg)	0.18
Magnesium (mg)	6.85
Manganese (mg)	0.45
Molybdenum (mcg)	
Phosphorus (mg)	4.62
Potassium (mg)	61.47
Selenium (mcg)	0.19
Sodium (mg)	38.05
Zinc (mg)	0.07
Omega 3 Fatty Acid (g)	0.02
Omega 6 Fatty Acid (g)	0.03
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	3.07

**Hibiscus Lemonade MP**

Number of Servings: 140.77 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	83.18
Calories from Fat (kcal)	0.56
Calories from SatFat (kcal)	0.09
Protein (g)	0.09
Carbohydrates (g)	21.68
Total Dietary Fiber (g)	0.16
Total Soluble Fiber (g)	0.04
Dietary Fiber (2016) (g)	0.16
Soluble Fiber (2016) (g)	0
Total Sugars (g)	20.43
Added Sugar (g)	18.87
Monosaccharides (g)	0.54
Disaccharides (g)	18.98
Other Carbs (g)	1.09
Fat (g)	0.06
Saturated Fat (g)	0.01
Mono Fat (g)	0
Poly Fat (g)	0.01
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	91.23
Vitamin A - IU (IU)	1.56
Vitamin A - RAE (mcg)	0.08
Carotenoid RE (RE)	0.16
Retinol RE (RE)	0
Beta-Carotene (mcg)	0.26
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.02
Vitamin B3 - Niacin Equiv (mg)	0.02
Vitamin B6 (mg)	0.01
Vitamin B12 (mcg)	0
Biotin (mcg)	0.08
Vitamin C (mg)	10.06
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.04
Folate (mcg)	5.2
Folate, DFE (mcg DFE)	5.2
Vitamin K (mcg)	0
Pantothenic Acid (mg)	0.03
Calcium (mg)	5.49
Chromium (mcg)	0.09
Copper (mg)	0.01
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.03
Magnesium (mg)	2.23
Manganese (mg)	0
Molybdenum (mcg)	
Phosphorus (mg)	2.08
Potassium (mg)	27.16
Selenium (mcg)	0.14
Sodium (mg)	3.79
Zinc (mg)	0.02
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.33

**Mango Vanilla MP**

Number of Servings: 145.81 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	87.85
Calories from Fat (kcal)	0.96
Calories from SatFat (kcal)	0.23
Protein (g)	0.24
Carbohydrates (g)	22.6
Total Dietary Fiber (g)	0.44
Total Soluble Fiber (g)	0.25
Dietary Fiber (2016) (g)	0.44
Soluble Fiber (2016) (g)	0
Total Sugars (g)	21.96
Added Sugar (g)	18.21
Monosaccharides (g)	1.85
Disaccharides (g)	20.12
Other Carbs (g)	0.19
Fat (g)	0.11
Saturated Fat (g)	0.03
Mono Fat (g)	0.04
Poly Fat (g)	0.02
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	90.28
Vitamin A - IU (IU)	300.46
Vitamin A - RAE (mcg)	15.02
Carotenoid RE (RE)	30.05
Retinol RE (RE)	0
Beta-Carotene (mcg)	177.73
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.19
Vitamin B3 - Niacin Equiv (mg)	0.25
Vitamin B6 (mg)	0.03
Vitamin B12 (mcg)	0
Biotin (mcg)	
Vitamin C (mg)	10.83
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.25
Folate (mcg)	12.14
Folate, DFE (mcg DFE)	12.14
Vitamin K (mcg)	1.18
Pantothenic Acid (mg)	0.06
Calcium (mg)	5.53
Chromium (mcg)	0.09
Copper (mg)	0.04
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.06
Magnesium (mg)	3.62
Manganese (mg)	0.02
Molybdenum (mcg)	
Phosphorus (mg)	4.23
Potassium (mg)	49.79
Selenium (mcg)	0.28
Sodium (mg)	3.11
Zinc (mg)	0.04
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.01
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	2.23

**Nectarine Basil**

Number of Servings: 76.93 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	137.4
Calories from Fat (kcal)	2.21
Calories from SatFat (kcal)	0.18
Protein (g)	0.8
Carbohydrates (g)	35.1
Total Dietary Fiber (g)	1.27
Total Soluble Fiber (g)	0.42
Dietary Fiber (2016) (g)	1.27
Soluble Fiber (2016) (g)	
Total Sugars (g)	32.98
Added Sugar (g)	27.04
Monosaccharides (g)	2.25
Disaccharides (g)	3.63
Other Carbs (g)	0.84
Fat (g)	0.25
Saturated Fat (g)	0.02
Mono Fat (g)	0.07
Poly Fat (g)	0.08
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	68.05
Vitamin A - IU (IU)	247.04
Vitamin A - RAE (mcg)	12.35
Carotenoid RE (RE)	24.7
Retinol RE (RE)	0
Beta-Carotene (mcg)	111.56
Vitamin B1 (mg)	0.03
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.84
Vitamin B3 - Niacin Equiv (mg)	0.9
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0
Biotin (mcg)	0.01
Vitamin C (mg)	5.24
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.58
Folate (mcg)	4.35
Folate, DFE (mcg DFE)	4.35
Vitamin K (mcg)	1.64
Pantothenic Acid (mg)	0.14
Calcium (mg)	4.65
Chromium (mcg)	
Copper (mg)	0.06
Fluoride (mg)	
Iodine (mcg)	
Iron (mg)	0.21
Magnesium (mg)	6.88
Manganese (mg)	0.04
Molybdenum (mcg)	
Phosphorus (mg)	19.58
Potassium (mg)	152.71
Selenium (mcg)	0
Sodium (mg)	0.03
Zinc (mg)	0.13
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.08
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	4.77

**Pineapple Coconut**

Number of Servings: 100.99 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	185.93
Calories from Fat (kcal)	59.21
Calories from SatFat (kcal)	51.59
Protein (g)	0.99
Carbohydrates (g)	34.13
Total Dietary Fiber (g)	1.25
Total Soluble Fiber (g)	
Dietary Fiber (2016) (g)	0.76
Soluble Fiber (2016) (g)	
Total Sugars (g)	31.21
Added Sugar (g)	24.71
Monosaccharides (g)	2.08
Disaccharides (g)	3.22
Other Carbs (g)	1.29
Fat (g)	6.58
Saturated Fat (g)	5.73
Mono Fat (g)	0.21
Poly Fat (g)	0.07
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	63.47
Vitamin A - IU (IU)	31.55
Vitamin A - RAE (mcg)	1.58
Carotenoid RE (RE)	3.16
Retinol RE (RE)	0
Beta-Carotene (mcg)	19.04
Vitamin B1 (mg)	0.05
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.41
Vitamin B3 - Niacin Equiv (mg)	0.54
Vitamin B6 (mg)	0.07
Vitamin B12 (mcg)	0
Biotin (mcg)	0.16
Vitamin C (mg)	26.15
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.16
Folate (mcg)	12.93
Folate, DFE (mcg DFE)	12.93
Vitamin K (mcg)	0.38
Pantothenic Acid (mg)	0.15
Calcium (mg)	11.18
Chromium (mcg)	
Copper (mg)	0.11
Fluoride (mg)	
Iodine (mcg)	
Iron (mg)	0.99
Magnesium (mg)	16.97
Manganese (mg)	0.67
Molybdenum (mcg)	
Phosphorus (mg)	26.23
Potassium (mg)	109.48
Selenium (mcg)	0.81
Sodium (mg)	4.7
Zinc (mg)	0.19
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.07
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	4.93



**Pineapple Ginger MP**

Number of Servings: 142.47 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	85.81
Calories from Fat (kcal)	0.3
Calories from SatFat (kcal)	0.03
Protein (g)	0.15
Carbohydrates (g)	22.27
Total Dietary Fiber (g)	0.37
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	0.37
Soluble Fiber (2016) (g)	0
Total Sugars (g)	21.2
Added Sugar (g)	18.64
Monosaccharides (g)	1.01
Disaccharides (g)	20.18
Other Carbs (g)	0.7
Fat (g)	0.03
Saturated Fat (g)	0
Mono Fat (g)	0
Poly Fat (g)	0.01
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	90.82
Vitamin A - IU (IU)	16.07
Vitamin A - RAE (mcg)	0.8
Carotenoid RE (RE)	1.61
Retinol RE (RE)	0
Beta-Carotene (mcg)	9.69
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.13
Vitamin B3 - Niacin Equiv (mg)	0.15
Vitamin B6 (mg)	0.03
Vitamin B12 (mcg)	0
Biotin (mcg)	0.08
Vitamin C (mg)	12.96
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.01
Folate (mcg)	4.86
Folate, DFE (mcg DFE)	4.86
Vitamin K (mcg)	0.19
Pantothenic Acid (mg)	0.06
Calcium (mg)	5.88
Chromium (mcg)	0.09
Copper (mg)	0.04
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.09
Magnesium (mg)	4
Manganese (mg)	0.24
Molybdenum (mcg)	
Phosphorus (mg)	2.46
Potassium (mg)	31.87
Selenium (mcg)	0.14
Sodium (mg)	3.17
Zinc (mg)	0.04
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.01
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	1.58

Raspberry Lemonade MP

Number of Servings: 148.27 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	78.47
Calories from Fat (kcal)	0.94
Calories from SatFat (kcal)	0.1
Protein (g)	0.17
Carbohydrates (g)	20.47
Total Dietary Fiber (g)	0.52
Total Soluble Fiber (g)	0.04
Dietary Fiber (2016) (g)	0.52
Soluble Fiber (2016) (g)	0
Total Sugars (g)	18.84
Added Sugar (g)	17.91
Monosaccharides (g)	0.81
Disaccharides (g)	18.03
Other Carbs (g)	1.11
Fat (g)	0.1
Saturated Fat (g)	0.01
Mono Fat (g)	0.01
Poly Fat (g)	0.03
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	92.51
Vitamin A - IU (IU)	3.75
Vitamin A - RAE (mcg)	0.19
Carotenoid RE (RE)	0.38
Retinol RE (RE)	0
Beta-Carotene (mcg)	1.07
Vitamin B1 (mg)	0.01
Vitamin B2 (mg)	0.01
Vitamin B3 (mg)	0.06
Vitamin B3 - Niacin Equiv (mg)	0.06
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0
Biotin (mcg)	0.2
Vitamin C (mg)	11.36
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.1
Folate (mcg)	6.38
Folate, DFE (mcg DFE)	6.38
Vitamin K (mcg)	0.54
Pantothenic Acid (mg)	0.05
Calcium (mg)	5.3
Chromium (mcg)	0.09
Copper (mg)	0.02
Fluoride (mg)	0.05
Iodine (mcg)	
Iron (mg)	0.08
Magnesium (mg)	3.63
Manganese (mg)	0.05
Molybdenum (mcg)	
Phosphorus (mg)	3.97
Potassium (mg)	36.18
Selenium (mcg)	0.15
Sodium (mg)	3.05
Zinc (mg)	0.05
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.02
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	2.11

**Roasted Peaches**

Number of Servings: 184.49 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	122.47
Calories from Fat (kcal)	1.84
Calories from SatFat (kcal)	0.15
Protein (g)	0.73
Carbohydrates (g)	31.41
Total Dietary Fiber (g)	1.15
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	1.15
Soluble Fiber (2016) (g)	
Total Sugars (g)	30.13
Added Sugar (g)	23.68
Monosaccharides (g)	2.76
Disaccharides (g)	3.69
Other Carbs (g)	0.13
Fat (g)	0.2
Saturated Fat (g)	0.02
Mono Fat (g)	0.05
Poly Fat (g)	0.07
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	72.97
Vitamin A - IU (IU)	256.68
Vitamin A - RAE (mcg)	12.83
Carotenoid RE (RE)	25.67
Retinol RE (RE)	0
Beta-Carotene (mcg)	127.49
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.64
Vitamin B3 - Niacin Equiv (mg)	0.77
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0
Biotin (mcg)	0.17
Vitamin C (mg)	6.47
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.58
Folate (mcg)	3.81
Folate, DFE (mcg DFE)	3.81
Vitamin K (mcg)	2.05
Pantothenic Acid (mg)	0.12
Calcium (mg)	4.92
Chromium (mcg)	
Copper (mg)	0.05
Fluoride (mg)	0
Iodine (mcg)	2.36
Iron (mg)	0.2
Magnesium (mg)	7.28
Manganese (mg)	0.05
Molybdenum (mcg)	
Phosphorus (mg)	16
Potassium (mg)	152.89
Selenium (mcg)	0.08
Sodium (mg)	0.03
Zinc (mg)	0.14
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.07
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	4.97

**Spicy Pineapple MP**

Number of Servings: 69.4 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	108.54
Calories from Fat (kcal)	0.85
Calories from SatFat (kcal)	0.06
Protein (g)	0.43
Carbohydrates (g)	28.34
Total Dietary Fiber (g)	1.1
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	1.1
Soluble Fiber (2016) (g)	0
Total Sugars (g)	25.71
Added Sugar (g)	17.98
Monosaccharides (g)	3.03
Disaccharides (g)	4.69
Other Carbs (g)	1.53
Fat (g)	0.09
Saturated Fat (g)	0.01
Mono Fat (g)	0.01
Poly Fat (g)	0.03
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	78.48
Vitamin A - IU (IU)	45.91
Vitamin A - RAE (mcg)	2.3
Carotenoid RE (RE)	4.59
Retinol RE (RE)	0
Beta-Carotene (mcg)	27.7
Vitamin B1 (mg)	0.06
Vitamin B2 (mg)	0.03
Vitamin B3 (mg)	0.39
Vitamin B3 - Niacin Equiv (mg)	0.46
Vitamin B6 (mg)	0.09
Vitamin B12 (mcg)	0
Biotin (mcg)	0.23
Vitamin C (mg)	37.72
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.02
Folate (mcg)	14.19
Folate, DFE (mcg DFE)	14.19
Vitamin K (mcg)	0.55
Pantothenic Acid (mg)	0.17
Calcium (mg)	10.63
Chromium (mcg)	
Copper (mg)	0.09
Fluoride (mg)	0.01
Iodine (mcg)	
Iron (mg)	0.23
Magnesium (mg)	9.58
Manganese (mg)	0.73
Molybdenum (mcg)	
Phosphorus (mg)	6.41
Potassium (mg)	86.52
Selenium (mcg)	0.08
Sodium (mg)	1.21
Zinc (mg)	0.1
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.02
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	4.36

**Strawberry MP**

Number of Servings: 154.33 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	132.77
Calories from Fat (kcal)	2.03
Calories from SatFat (kcal)	0.11
Protein (g)	0.5
Carbohydrates (g)	34.1
Total Dietary Fiber (g)	1.46
Total Soluble Fiber (g)	0.32
Dietary Fiber (2016) (g)	1.46
Soluble Fiber (2016) (g)	
Total Sugars (g)	31.93
Added Sugar (g)	28.3
Monosaccharides (g)	3.27
Disaccharides (g)	0.35
Other Carbs (g)	0.72
Fat (g)	0.23
Saturated Fat (g)	0.01
Mono Fat (g)	0.03
Poly Fat (g)	0.11
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	69.03
Vitamin A - IU (IU)	8.89
Vitamin A - RAE (mcg)	0.44
Carotenoid RE (RE)	0.89
Retinol RE (RE)	0
Beta-Carotene (mcg)	5.1
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.28
Vitamin B3 - Niacin Equiv (mg)	0.38
Vitamin B6 (mg)	0.04
Vitamin B12 (mcg)	0
Biotin (mcg)	0.81
Vitamin C (mg)	43.88
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.21
Folate (mcg)	18.06
Folate, DFE (mcg DFE)	18.06
Vitamin K (mcg)	1.59
Pantothenic Acid (mg)	0.1
Calcium (mg)	11.78
Chromium (mcg)	
Copper (mg)	0.04
Fluoride (mg)	0
Iodine (mcg)	6.51
Iron (mg)	0.3
Magnesium (mg)	9.61
Manganese (mg)	0.28
Molybdenum (mcg)	
Phosphorus (mg)	17.63
Potassium (mg)	114.26
Selenium (mcg)	0.29
Sodium (mg)	0.76
Zinc (mg)	0.1
Omega 3 Fatty Acid (g)	0.05
Omega 6 Fatty Acid (g)	0.07
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	4.3

**Strawberry Lemonade MP**

Number of Servings: 155.67 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.07
Calories (kcal)	75.15	Folate (mcg)	7.57
Calories from Fat (kcal)	0.83	Folate, DFE (mcg DFE)	7.57
Calories from SatFat (kcal)	0.1	Vitamin K (mcg)	0.26
Protein (g)	0.16	Pantothenic Acid (mg)	0.05
Carbohydrates (g)	19.63	Calcium (mg)	5.32
Total Dietary Fiber (g)	0.31	Chromium (mcg)	0.09
Total Soluble Fiber (g)	0.09	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.31	Fluoride (mg)	0.04
Soluble Fiber (2016) (g)	0	Iodine (mcg)	1.07
Total Sugars (g)	18.24	Iron (mg)	0.08
Added Sugar (g)	17.06	Magnesium (mg)	3.57
Monosaccharides (g)	1.02	Manganese (mg)	0.05
Disaccharides (g)	17.22	Molybdenum (mcg)	
Other Carbs (g)	1.08	Phosphorus (mg)	4.75
Fat (g)	0.09	Potassium (mg)	42.83
Saturated Fat (g)	0.01	Selenium (mcg)	0.17
Mono Fat (g)	0.01	Sodium (mg)	2.96
Poly Fat (g)	0.02	Zinc (mg)	0.04
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0.01
Cholesterol (mg)	0	Omega 6 Fatty Acid (g)	0.01
Water (g)	93.36	Alcohol (g)	0
Vitamin A - IU (IU)	2.84	Caffeine (mg)	0
Vitamin A - RAE (mcg)	0.14	Choline (mg)	1.88
Carotenoid RE (RE)	0.28		
Retinol RE (RE)	0		
Beta-Carotene (mcg)	1.07		
Vitamin B1 (mg)	0.01		
Vitamin B2 (mg)	0.01		
Vitamin B3 (mg)	0.07		
Vitamin B3 - Niacin Equiv (mg)	0.08		
Vitamin B6 (mg)	0.02		
Vitamin B12 (mcg)	0		
Biotin (mcg)	0.2		
Vitamin C (mg)	16.12		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		

strawberry mango mp final

Number of Servings: 219.34 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	121.15
Calories from Fat (kcal)	2.64
Calories from SatFat (kcal)	0.46
Protein (g)	0.64
Carbohydrates (g)	31.02
Total Dietary Fiber (g)	1.46
Total Soluble Fiber (g)	0.6
Dietary Fiber (2016) (g)	1.46
Soluble Fiber (2016) (g)	
Total Sugars (g)	29.15
Added Sugar (g)	20.86
Monosaccharides (g)	4.77
Disaccharides (g)	3.53
Other Carbs (g)	0.41
Fat (g)	0.29
Saturated Fat (g)	0.05
Mono Fat (g)	0.08
Poly Fat (g)	0.09
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	74.31
Vitamin A - IU (IU)	535.12
Vitamin A - RAE (mcg)	26.76
Carotenoid RE (RE)	53.51
Retinol RE (RE)	0
Beta-Carotene (mcg)	316.45
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.03
Vitamin B3 (mg)	0.46
Vitamin B3 - Niacin Equiv (mg)	0.61
Vitamin B6 (mg)	0.08
Vitamin B12 (mcg)	0
Biotin (mcg)	0.38
Vitamin C (mg)	38.76
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.54
Folate (mcg)	29.66
Folate, DFE (mcg DFE)	29.66
Vitamin K (mcg)	2.81
Pantothenic Acid (mg)	0.14
Calcium (mg)	11.07
Chromium (mcg)	
Copper (mg)	0.07
Fluoride (mg)	0
Iodine (mcg)	3.05
Iron (mg)	0.22
Magnesium (mg)	9.5
Manganese (mg)	0.16
Molybdenum (mcg)	
Phosphorus (mg)	15.29
Potassium (mg)	137.26
Selenium (mcg)	0.43
Sodium (mg)	0.87
Zinc (mg)	0.09
Omega 3 Fatty Acid (g)	0.05
Omega 6 Fatty Acid (g)	0.04
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	5.8

**Strawberry Rhubarb MP**

Number of Servings: 144.26 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	141.27
Calories from Fat (kcal)	1.65
Calories from SatFat (kcal)	0.2
Protein (g)	0.53
Carbohydrates (g)	36.27
Total Dietary Fiber (g)	1.3
Total Soluble Fiber (g)	0.34
Dietary Fiber (2016) (g)	1.3
Soluble Fiber (2016) (g)	
Total Sugars (g)	34.03
Added Sugar (g)	31.72
Monosaccharides (g)	1.8
Disaccharides (g)	0.2
Other Carbs (g)	0.94
Fat (g)	0.18
Saturated Fat (g)	0.02
Mono Fat (g)	0.03
Poly Fat (g)	0.09
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	65.67
Vitamin A - IU (IU)	33.88
Vitamin A - RAE (mcg)	1.69
Carotenoid RE (RE)	3.39
Retinol RE (RE)	0
Beta-Carotene (mcg)	20.08
Vitamin B1 (mg)	0.02
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.24
Vitamin B3 - Niacin Equiv (mg)	0.29
Vitamin B6 (mg)	0.03
Vitamin B12 (mcg)	0
Biotin (mcg)	0.44
Vitamin C (mg)	26.64
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.2
Folate (mcg)	12.11
Folate, DFE (mcg DFE)	12.11
Vitamin K (mcg)	9.18
Pantothenic Acid (mg)	0.08
Calcium (mg)	30.88
Chromium (mcg)	
Copper (mg)	0.03
Fluoride (mg)	0
Iodine (mcg)	3.48
Iron (mg)	0.22
Magnesium (mg)	8.69
Manganese (mg)	0.21
Molybdenum (mcg)	
Phosphorus (mg)	13.6
Potassium (mg)	145.35
Selenium (mcg)	0.47
Sodium (mg)	1.57
Zinc (mg)	0.08
Omega 3 Fatty Acid (g)	0.03
Omega 6 Fatty Acid (g)	0.06
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	4.15



**Watermelon Lemongrass MP**

Number of Servings: 17.3 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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**Nutrient Analysis**

Nutrient	Value
Gram Weight (g)	113.4
Calories (kcal)	106.58
Calories from Fat (kcal)	1.15
Calories from SatFat (kcal)	0.12
Protein (g)	0.52
Carbohydrates (g)	27.5
Total Dietary Fiber (g)	0.34
Total Soluble Fiber (g)	0.09
Dietary Fiber (2016) (g)	0.34
Soluble Fiber (2016) (g)	
Total Sugars (g)	26.34
Added Sugar (g)	21.04
Monosaccharides (g)	4.22
Disaccharides (g)	1.08
Other Carbs (g)	0.81
Fat (g)	0.13
Saturated Fat (g)	0.01
Mono Fat (g)	0.03
Poly Fat (g)	0.04
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	78.17
Vitamin A - IU (IU)	486.34
Vitamin A - RAE (mcg)	24.32
Carotenoid RE (RE)	48.63
Retinol RE (RE)	0
Beta-Carotene (mcg)	258.98
Vitamin B1 (mg)	0.03
Vitamin B2 (mg)	0.02
Vitamin B3 (mg)	0.15
Vitamin B3 - Niacin Equiv (mg)	0.25
Vitamin B6 (mg)	0.04
Vitamin B12 (mcg)	0
Biotin (mcg)	0.85
Vitamin C (mg)	6.92
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0

Nutrient	Value
Vitamin E - Alpha-Toco (mg)	0.04
Folate (mcg)	2.56
Folate, DFE (mcg DFE)	2.56
Vitamin K (mcg)	0.09
Pantothenic Acid (mg)	0.19
Calcium (mg)	5.98
Chromium (mcg)	
Copper (mg)	0.04
Fluoride (mg)	0
Iodine (mcg)	
Iron (mg)	0.21
Magnesium (mg)	8.55
Manganese (mg)	0.03
Molybdenum (mcg)	
Phosphorus (mg)	9.4
Potassium (mg)	95.73
Selenium (mcg)	0.34
Sodium (mg)	0.85
Zinc (mg)	0.09
Omega 3 Fatty Acid (g)	0
Omega 6 Fatty Acid (g)	0.04
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	3.5