

MORNING SUNRISE

A Colorful blend of Oranges, Tangerines, Strawberries, Flax Seed Oil & 'Get Essentials' blended with 20g Vanilla Whey Protein

ORANGES

STRAWBERRIES

TANGERINES

FLAX SEED OIL

NATURALLY BOOSTS
ENERGY

PROTEIN

'GET ESSENTIALS'



RICH IN
CALCIUM



“MORNING SUNRISE”

6 OZ	DR. SMOOTHIE ORANGE TANGERINE PURÉE/WATER MIX
1 TSP	FLAX SEED OIL
1 SCP	GET ESSENTIALS
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE
3-4	STRAWBERRIES (PULSE IN THE END)

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)

Servings Per Container

Amount Per Serving

Calories 370

Calories from Fat 50

% Daily Value*

Total Fat	6g	9%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	60g	20%
Dietary Fiber	2g	8%
Sugars	48g	
Protein	21g	

Vitamin A 2%

Vitamin C 110%

Calcium 4%

Iron 2%

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4