



Nutritional values, including calorie counts and macronutrient data, are calculated using Cronometer, a leading nutrition tracking database that utilizes lab-analyzed sources such as the USDA and NCCDB. While we strive for the highest level of accuracy, please be advised that these figures are estimates and not 100% precise. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Revised October 2026

Functional Smoothies

1. Berry Beauty

- a. **Almond Milk:** Calories 331 | Protein 15g | Net Carbs 35g | Fiber 12g | Added Sugar 5g | Fat 11g
- b. **Whole Milk:** Calories 398 | Protein 20g | Net Carbs 46g | Fiber 9g | Added Sugar 5g | Fat 12g

2. Brain Boost

- a. **Almond Milk:** Calories 488 | Protein 15g | Net Carbs 65g | Fiber 15g | Added Sugar 0g | Fat 16g
- b. **Whole Milk:** Calories 555 | Protein 20g | Net Carbs 75g | Fiber 12g | Added Sugar 0g | Fat 17g

3. Cafe con Hielo

- a. **Almond Milk:** Calories 413 | Protein 14g | Net Carbs 52g | Fiber 11g | Added Sugar 0g | Fat 15g
- b. **Whole Milk:** Calories 480 | Protein 20g | Net Carbs 62g | Fiber 8g | Added Sugar 0g | Fat 16g

4. Digestivo

- a. Calories 287 | Protein 6g | Net Carbs 53g | Fiber 11g | Added Sugar 0g | Fat 4g

5. Gut Repair

- a. Calories 217 | Protein 12g | Net Carbs 34g | Fiber 8g | Added Sugar 0g | Fat 1g

6. Heartbeet

- a. Calories 352 | Protein 5g | Net Carbs 64g | Fiber 10g | Added Sugar 0g | Fat 6g

7. Maca Magic

- a. **Almond Milk:** Calories 507 | Protein 15g | Net Carbs 69g | Fiber 14g | Added Sugar 0g | Fat 15g
- b. **Whole Milk:** Calories 574 | Protein 20g | Net Carbs 80g | Fiber 11g | Added Sugar 0g | Fat 17g

8. Muscle Colada

- a. **Whole Milk:** Calories 480 | Protein 23g | Net Carbs 49g | Fiber 5g | Added Sugar 0g | Fat 20g

9. Pitaya Power

- a. **Almond Milk:** Calories 311 | Protein 22g | Net Carbs 41g | Fiber 9g | Added Sugar 0g | Fat 5g
- b. **Whole Milk:** Calories 353 | Protein 25g | Net Carbs 55g | Fiber 7g | Added Sugar 0g | Fat 5g

10. Recharge

- a. Calories 249 | Protein 8g | Net Carbs 39g | Fiber 8g | Added Sugar 0g | Fat 5g

11. Tropical Matcha

- a. **Almond Milk:** Calories 276 | Protein 15g | Net Carbs 41g | Fiber 7g | Added Sugar 0g | Fat 8g
- b. **Whole Milk:** Calories 378 | Protein 21g | Net Carbs 44g | Fiber 7g | Added Sugar 0g | Fat 12g