



SECRET SMOOTHIE NUTRITION GUIDE

...SHHH! ONLY AVAILABLE ON THE BOOST APP

SUPER MANGO BERRY

INGREDIENTS

Mango Nectar, Raspberries, Strawberry Yoghurt, Vanilla Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1610 kJ (385 Cal)	264 kJ (63 Cal)
Protein	7.1 g	1.2 g
Fat, total	4.9 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	79.3 g	13.0 g
- sugars	72.4 g	11.9 g
Dietary fibre, total	2.3 g	0.4 g
Sodium	142 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1270 kJ (304 Cal)	283 kJ (68 Cal)
Protein	5.6 g	1.3 g
Fat, total	3.9 g	0.9 g
- saturated	2.5 g	0.5 g
Carbohydrate	62.6 g	13.9 g
- sugars	57.2 g	12.7 g
Dietary fibre, total	1.8 g	0.4 g
Sodium	113 mg	25 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	979 kJ (234 Cal)	280 kJ (67 Cal)
Protein	4.2 g	1.2 g
Fat, total	2.9 g	0.8 g
- saturated	1.8 g	0.5 g
Carbohydrate	48.7 g	13.9 g
- sugars	44.6 g	12.7 g
Dietary fibre, total	1.3 g	0.4 g
Sodium	85 mg	24 mg

STRAWBERRIES & CREAM

INGREDIENTS

Low Fat Milk or Soy, Strawberries, Vanilla Yoghurt, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1580 kJ (378 Cal)	260 kJ (62 Cal)
Protein	16.1 g	2.6 g
Fat, total	3.3 g	0.5 g
- saturated	2.1 g	0.3 g
Carbohydrate	70.4 g	11.5 g
- sugars	64.6 g	10.6 g
Dietary fibre, total	1.3 g	0.2 g
Sodium	214 mg	35 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1220 kJ (291 Cal)	271 kJ (65 Cal)
Protein	12.0 g	2.7 g
Fat, total	2.7 g	0.6 g
- saturated	1.7 g	0.4 g
Carbohydrate	54.2 g	12.0 g
- sugars	49.6 g	11.0 g
Dietary fibre, total	1.0 g	0.2 g
Sodium	161 mg	36 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	880 kJ (210 Cal)	251 kJ (60 Cal)
Protein	8.9 g	2.6 g
Fat, total	2.0 g	0.6 g
- saturated	1.2 g	0.4 g
Carbohydrate	38.7 g	11.1 g
- sugars	35.4 g	10.1 g
Dietary fibre, total	0.8 g	0.2 g
Sodium	121 mg	35 mg



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PINA COLADA

INGREDIENTS

Tropical Juice, Pineapple Juiced, Banana, Coconut Milk, Vanilla Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1680 kJ (402 Cal)	276 kJ (66 Cal)
Protein	8.2 g	1.4 g
Fat, total	7.2 g	1.2 g
- saturated	4.7 g	0.8 g
Carbohydrate	75.0 g	12.3 g
- sugars	66.5 g	10.9 g
Dietary fibre, total	1.4 g	0.2 g
Sodium	139 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1300 kJ (311 Cal)	289 kJ (69 Cal)
Protein	6.5 g	1.4 g
Fat, total	5.8 g	1.3 g
- saturated	3.8 g	0.8 g
Carbohydrate	57.2 g	12.7 g
- sugars	50.2 g	11.2 g
Dietary fibre, total	1.2 g	0.3 g
Sodium	111 mg	25 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	954 kJ (228 Cal)	273 kJ (65 Cal)
Protein	4.7 g	1.4 g
Fat, total	4.3 g	1.2 g
- saturated	2.8 g	0.8 g
Carbohydrate	41.8 g	11.9 g
- sugars	36.4 g	10.4 g
Dietary fibre, total	1.0 g	0.3 g
Sodium	80 mg	23 mg

SKINNY DIP

INGREDIENTS

Apple Juice, Banana, Strawberries, Raspberries, Vita, Strawberry Yoghurt, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1580 kJ (377 Cal)	259 kJ (62 Cal)
Protein	6.7 g	1.1 g
Fat, total	3.8 g	0.6 g
- saturated	2.2 g	0.4 g
Carbohydrate	81.5 g	13.4 g
- sugars	70.8 g	11.6 g
Dietary fibre, total	2.5 g	0.4 g
Sodium	150 mg	25 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1200 kJ (286 Cal)	266 kJ (64 Cal)
Protein	5.1 g	1.1 g
Fat, total	3.0 g	0.7 g
- saturated	1.7 g	0.4 g
Carbohydrate	61.8 g	13.7 g
- sugars	53.9 g	12.0 g
Dietary fibre, total	1.7 g	0.4 g
Sodium	129 mg	29 mg

SUPERFRUIT

INGREDIENTS

Apple Juice, Raspberries, Blueberries, Superfruit, Vanilla Yoghurt, Strawberry Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1550 kJ (370 Cal)	254 kJ (61 Cal)
Protein	7.6 g	1.2 g
Fat, total	5.0 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	74.8 g	12.3 g
- sugars	66.3 g	10.9 g
Dietary fibre, total	3.0 g	0.5 g
Sodium	142 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1240 kJ (296 Cal)	275 kJ (66 Cal)
Protein	6.2 g	1.4 g
Fat, total	4.0 g	0.9 g
- saturated	2.5 g	0.6 g
Carbohydrate	59.6 g	13.2 g
- sugars	52.9 g	11.8 g
Dietary fibre, total	2.2 g	0.5 g
Sodium	116 mg	26 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	958 kJ (229 Cal)	274 kJ (65 Cal)
Protein	4.8 g	1.4 g
Fat, total	3.1 g	0.9 g
- saturated	2.0 g	0.6 g
Carbohydrate	46.1 g	13.2 g
- sugars	41.0 g	11.7 g
Dietary fibre, total	1.5 g	0.4 g
Sodium	90 mg	26 mg



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HOLY CHOCO

INGREDIENTS

Low Fat Milk or Soy, Banana, Chocolate Powder, Strawberry Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1710 kJ (409 Cal)	281 kJ (67 Cal)
Protein	17.9 g	2.9 g
Fat, total	6.4 g	1.0 g
- saturated	4.1 g	0.7 g
Carbohydrate	73.8 g	12.1 g
- sugars	65.6 g	10.8 g
Dietary fibre, total	2.8 g	0.5 g
Sodium	329 mg	54 mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1350 kJ (322 Cal)	299 kJ (72 Cal)
Protein	14.4 g	3.2 g
Fat, total	4.9 g	1.1 g
- saturated	3.1 g	0.7 g
Carbohydrate	58.0 g	12.9 g
- sugars	51.3 g	11.4 g
Dietary fibre, total	2.0 g	0.5 g
Sodium	256 mg	57 mg

MANGO WILD

INGREDIENTS

Low Fat Milk or Soy, Mango, Strawberries, Passionfruit, Mango Yoghurt, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1420 kJ (340 Cal)	234 kJ (56 Cal)
Protein	15.0 g	2.5 g
Fat, total	2.6 g	0.4 g
- saturated	1.6 g	0.3 g
Carbohydrate	61.1 g	10.0 g
- sugars	55.3 g	9.1 g
Dietary fibre, total	5.2 g	0.8 g
Sodium	191 mg	31 mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1120 kJ (267 Cal)	249 kJ (59 Cal)
Protein	12.4 g	2.8 g
Fat, total	2.1 g	0.5 g
- saturated	1.2 g	0.3 g
Carbohydrate	47.2 g	10.5 g
- sugars	42.8 g	9.5 g
Dietary fibre, total	4.3 g	1.0 g
Sodium	157 mg	35 mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 350 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	787 kJ (188 Cal)	225 kJ (54 Cal)
Protein	9.4 g	2.7 g
Fat, total	1.5 g	0.4 g
- saturated	0.9 g	0.3 g
Carbohydrate	32.4 g	9.3 g
- sugars	29.4 g	8.4 g
Dietary fibre, total	3.3 g	0.9 g
Sodium	119 mg	34 mg

BROTEIN

INGREDIENTS

Coconut Water, Coconut Milk, Banana, Blueberries, Strawberries, Raspberries, Whey Protein, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION

Servings per package: 1
Serving size: 610 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	876 kJ (209 Cal)	144 kJ (34 Cal)
Protein	12.3 g	2.0 g
Fat, total	4.1 g	0.7 g
- saturated	2.6 g	0.4 g
Carbohydrate	28.7 g	4.7 g
- sugars	21.6 g	3.6 g
Dietary fibre, total	3.8 g	0.6 g
Sodium	132 mg	22 mg

NUTRITION INFORMATION

Servings per package: 1
Serving size: 450 mL

	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	647 kJ (154 Cal)	144 kJ (34 Cal)
Protein	9.1 g	2.0 g
Fat, total	3.1 g	0.7 g
- saturated	2.0 g	0.4 g
Carbohydrate	21.1 g	4.7 g
- sugars	16.0 g	3.6 g
Dietary fibre, total	2.6 g	0.6 g
Sodium	103 mg	23 mg



SECRET SMOOTHIE NUTRITION GUIDE

SPORTS CHOC

INGREDIENTS

Low Fat Milk or Soy, Banana, Chocolate, Whey Protein, Vanilla Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1520 kJ (363 Cal)	249 kJ (60 Cal)
Protein	33.5 g	5.5 g
Fat, total	3.9 g	0.6 g
- saturated	2.3 g	0.4 g
Carbohydrate	46.2 g	7.6 g
- sugars	40.8 g	6.7 g
Dietary fibre, total	2.7 g	0.4 g
Sodium	317 mg	52 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1120 kJ (268 Cal)	250 kJ (60 Cal)
Protein	25.4 g	5.6 g
Fat, total	3.0 g	0.7 g
- saturated	1.8 g	0.4 g
Carbohydrate	33.6 g	7.5 g
- sugars	30.2 g	6.7 g
Dietary fibre, total	1.8 g	0.4 g
Sodium	243 mg	54 mg

SPORTS BERRY

INGREDIENTS

Apple Juice, Strawberries, Raspberries, Whey Protein, Strawberry Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1220 kJ (292 Cal)	201 kJ (48 Cal)
Protein	23.8 g	3.9 g
Fat, total	2.9 g	0.5 g
- saturated	1.6 g	0.3 g
Carbohydrate	42.6 g	7.0 g
- sugars	39.1 g	6.4 g
Dietary fibre, total	1.7 g	0.3 g
Sodium	160 mg	26 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	938 kJ (224 Cal)	209 kJ (50 Cal)
Protein	18.0 g	4.0 g
Fat, total	2.2 g	0.5 g
- saturated	1.3 g	0.3 g
Carbohydrate	33.1 g	7.4 g
- sugars	30.4 g	6.8 g
Dietary fibre, total	1.2 g	0.3 g
Sodium	122 mg	27 mg

SPORTS MANGO

INGREDIENTS

Mango Nectar, Banana, Mango, Whey Protein, Vanilla Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1470 kJ (352 Cal)	241 kJ (58 Cal)
Protein	23.6 g	3.9 g
Fat, total	3.0 g	0.5 g
- saturated	1.7 g	0.3 g
Carbohydrate	56.0 g	9.2 g
- sugars	50.2 g	8.2 g
Dietary fibre, total	2.5 g	0.4 g
Sodium	160 mg	26 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1150 kJ (275 Cal)	256 kJ (61 Cal)
Protein	17.9 g	4.0 g
Fat, total	2.3 g	0.5 g
- saturated	1.3 g	0.3 g
Carbohydrate	44.4 g	9.9 g
- sugars	39.7 g	8.8 g
Dietary fibre, total	2.0 g	0.4 g
Sodium	122 mg	27 mg



SECRET SMOOTHIE NUTRITION GUIDE

SPORTS BANANA

INGREDIENTS

Low Fat Milk or Soy, Banana, Whey Protein, Vanilla Yoghurt, Honey, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1540 kJ (368 Cal)	252 kJ (60 Cal)
Protein	31.9 g	5.2 g
Fat, total	3.0 g	0.5 g
- saturated	1.8 g	0.3 g
Carbohydrate	51.2 g	8.4 g
- sugars	44.2 g	7.3 g
Dietary fibre, total	2.0 g	0.3 g
Sodium	250 mg	41 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1210 kJ (290 Cal)	269 kJ (64 Cal)
Protein	24.0 g	5.3 g
Fat, total	2.3 g	0.5 g
- saturated	1.4 g	0.3 g
Carbohydrate	41.6 g	9.2 g
- sugars	36.3 g	8.1 g
Dietary fibre, total	1.5 g	0.3 g
Sodium	189 mg	42 mg

TAUT N' TONED

INGREDIENTS

Coconut Water, Banana, Strawberries, Whey Protein, Dates, Spinach, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1060 kJ (254 Cal)	174 kJ (42 Cal)
Protein	18.0 g	3.0 g
Fat, total	1.6 g	0.3 g
- saturated	0.7 g	0.1 g
Carbohydrate	38.1 g	6.2 g
- sugars	30.1 g	4.9 g
Dietary fibre, total	4.6 g	0.8 g
Sodium	148 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	749 kJ (179 Cal)	166 kJ (40 Cal)
Protein	12.1 g	2.7 g
Fat, total	1.1 g	0.2 g
- saturated	0.5 g	0.1 g
Carbohydrate	27.6 g	6.1 g
- sugars	21.5 g	4.8 g
Dietary fibre, total	3.4 g	0.7 g
Sodium	109 mg	24 mg

PRO-CHOC

INGREDIENTS

Chocolate, Banana, Coconut Water, Coconut Milk, Whey Protein, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1210 kJ (290 Cal)	199 kJ (48 Cal)
Protein	18.3 g	3.0 g
Fat, total	4.6 g	0.8 g
- saturated	2.8 g	0.5 g
Carbohydrate	41.6 g	6.8 g
- sugars	32.9 g	5.4 g
Dietary fibre, total	3.7 g	0.6 g
Sodium	214 mg	35 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	875 kJ (209 Cal)	194 kJ (47 Cal)
Protein	12.4 g	2.8 g
Fat, total	3.2 g	0.7 g
- saturated	1.9 g	0.4 g
Carbohydrate	31.1 g	6.9 g
- sugars	24.6 g	5.5 g
Dietary fibre, total	2.7 g	0.6 g
Sodium	154 mg	34 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	780 kJ (186 Cal)	173 kJ (41 Cal)
Protein	11.2 g	2.5 g
Fat, total	2.4 g	0.5 g
- saturated	1.5 g	0.3 g
Carbohydrate	28.4 g	6.3 g
- sugars	22.5 g	5.0 g
Dietary fibre, total	2.3 g	0.5 g
Sodium	147 mg	33 mg



SECRET SMOOTHIE NUTRITION GUIDE

GREEN TEA PINE ZEN

INGREDIENTS

Freshly Juiced Pineapple, Freshly Squeezed Orange, Mint, Green Tea, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1200 kJ (286 Cal)	196 kJ (47 Cal)
Protein	2.9 g	0.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	66.3 g	10.9 g
- sugars	62.2 g	10.2 g
Dietary fibre, total	0.6 g	LESS THAN 0.1 g
Sodium	21 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	892 kJ (213 Cal)	198 kJ (47 Cal)
Protein	2.1 g	0.5 g
Fat, total	0.6 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	49.4 g	11.0 g
- sugars	46.5 g	10.3 g
Dietary fibre, total	0.4 g	LESS THAN 0.1 g
Sodium	15 mg	3 mg

GREEN MACHINE

INGREDIENTS

Coconut Water, Mango, Apple, Spinach, Whey Protein, All Greens Booster, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	YES

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	644 kJ (154 Cal)	106 kJ (25 Cal)
Protein	9.0 g	1.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.4 g	LESS THAN 0.1 g
Carbohydrate	26.4 g	4.3 g
- sugars	21.9 g	3.6 g
Dietary fibre, total	2.7 g	0.4 g
Sodium	111 mg	18 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	480 kJ (115 Cal)	107 kJ (26 Cal)
Protein	6.2 g	1.4 g
Fat, total	0.6 g	0.1 g
- saturated	0.3 g	LESS THAN 0.1 g
Carbohydrate	20.3 g	4.5 g
- sugars	16.7 g	3.7 g
Dietary fibre, total	2.1 g	0.5 g
Sodium	82 mg	18 mg

GINGER TONIC

INGREDIENTS

Grapes, Ginger, Cucumber, Apple, Kale, Coconut Water, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	671 kJ (160 Cal)	110 kJ (26 Cal)
Protein	1.5 g	0.2 g
Fat, total	0.3 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	35.4 g	5.8 g
- sugars	32.5 g	5.3 g
Dietary fibre, total	5.2 g	0.9 g
Sodium	99 mg	16 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	466 kJ (111 Cal)	103 kJ (25 Cal)
Protein	1.1 g	0.2 g
Fat, total	0.2 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	24.5 g	5.5 g
- sugars	22.6 g	5.0 g
Dietary fibre, total	3.7 g	0.8 g
Sodium	67 mg	15 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	249 kJ (60 Cal)	71 kJ (17 Cal)
Protein	0.6 g	0.2 g
Fat, total	0.1 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	13.1 g	3.7 g
- sugars	12.1 g	3.5 g
Dietary fibre, total	2.0 g	0.6 g
Sodium	34 mg	10 mg



SECRET SMOOTHIE NUTRITION GUIDE

KINKY KALE

INGREDIENTS

Kale, Mint, Pineapple, Orange, Ice,
All Greens Booster

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	943 kJ (225 Cal)	155 kJ (37 Cal)	Energy	686 kJ (164 Cal)	153 kJ (36 Cal)	Energy	513 kJ (122 Cal)	146 kJ (35 Cal)
Protein	2.8 g	0.5 g	Protein	2.1 g	0.5 g	Protein	1.5 g	0.4 g
Fat, total	0.6 g	0.1 g	Fat, total	0.5 g	0.1 g	Fat, total	0.3 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g	- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g	- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	50.6 g	8.3 g	Carbohydrate	36.7 g	8.2 g	Carbohydrate	27.6 g	7.9 g
- sugars	50.4 g	8.3 g	- sugars	36.6 g	8.1 g	- sugars	27.5 g	7.9 g
Dietary fibre, total	1.3 g	0.2 g	Dietary fibre, total	1.0 g	0.2 g	Dietary fibre, total	0.6 g	0.2 g
Sodium	28 mg	5 mg	Sodium	21 mg	5 mg	Sodium	14 mg	4 mg

RED REBOOT

INGREDIENTS

Coconut Water, Beetroot, Pineapple,
Banana, Raspberries, Blueberries,
Strawberries, Dates, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	970 kJ (232 Cal)	159 kJ (38 Cal)	Energy	715 kJ (171 Cal)	159 kJ (38 Cal)
Protein	2.6 g	0.4 g	Protein	1.9 g	0.4 g
Fat, total	0.5 g	LESS THAN 0.1 g	Fat, total	0.4 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g	- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	48.1 g	7.9 g	Carbohydrate	35.7 g	7.9 g
- sugars	39.5 g	6.5 g	- sugars	29.1 g	6.5 g
Dietary fibre, total	7.4 g	1.2 g	Dietary fibre, total	5.3 g	1.2 g
Sodium	81 mg	13 mg	Sodium	64 mg	14 mg

RED REMEDY

INGREDIENTS

Freshly Juiced Beetroot, Ginger, Apple,
Strawberries, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	827 kJ (197 Cal)	135 kJ (32 Cal)	Energy	584 kJ (139 Cal)	130 kJ (31 Cal)
Protein	1.4 g	0.2 g	Protein	1.0 g	0.2 g
Fat, total	0.2 g	LESS THAN 0.1 g	Fat, total	0.1 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g	- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	45.4 g	7.4 g	Carbohydrate	32.1 g	7.1 g
- sugars	45.0 g	7.4 g	- sugars	31.8 g	7.1 g
Dietary fibre, total	2.8 g	0.5 g	Dietary fibre, total	2.0 g	0.4 g
Sodium	51 mg	8 mg	Sodium	35 mg	8 mg



SECRET SMOOTHIE NUTRITION GUIDE

MINI-ME MANGO

INGREDIENTS

Mango Nectar, Mango, Passionfruit, Vanilla Yoghurt, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1150 kJ (274 Cal)	188 kJ (45 Cal)
Protein	2.7 g	0.4 g
Fat, total	1.5 g	0.3 g
- saturated	0.8 g	0.1 g
Carbohydrate	59.6 g	9.8 g
- sugars	54.9 g	9.0 g
Dietary fibre, total	4.9 g	0.8 g
Sodium	48 mg	8 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	889 kJ (212 Cal)	197 kJ (47 Cal)
Protein	2.1 g	0.5 g
Fat, total	1.2 g	0.3 g
- saturated	0.6 g	0.1 g
Carbohydrate	46.3 g	10.3 g
- sugars	42.8 g	9.5 g
Dietary fibre, total	3.4 g	0.8 g
Sodium	38 mg	8 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	666 kJ (159 Cal)	190 kJ (46 Cal)
Protein	1.6 g	0.4 g
Fat, total	0.9 g	0.3 g
- saturated	0.5 g	0.1 g
Carbohydrate	34.7 g	9.9 g
- sugars	32.1 g	9.2 g
Dietary fibre, total	2.6 g	0.7 g
Sodium	29 mg	8 mg

LEAN LEMON SQUEEZE

INGREDIENTS

Freshly Squeezed Lemon, Orange, Passionfruit, Strawberry Yoghurt, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	806 kJ (193 Cal)	132 kJ (32 Cal)
Protein	4.1 g	0.7 g
Fat, total	1.6 g	0.3 g
- saturated	0.7 g	0.1 g
Carbohydrate	39.5 g	6.5 g
- sugars	37.6 g	6.2 g
Dietary fibre, total	3.4 g	0.5 g
Sodium	52 mg	9 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	587 kJ (140 Cal)	130 kJ (31 Cal)
Protein	3.0 g	0.7 g
Fat, total	1.2 g	0.3 g
- saturated	0.6 g	0.1 g
Carbohydrate	28.9 g	6.4 g
- sugars	27.4 g	6.1 g
Dietary fibre, total	2.3 g	0.5 g
Sodium	40 mg	9 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	434 kJ (104 Cal)	124 kJ (30 Cal)
Protein	2.2 g	0.6 g
Fat, total	0.9 g	0.3 g
- saturated	0.4 g	0.1 g
Carbohydrate	21.3 g	6.1 g
- sugars	20.2 g	5.8 g
Dietary fibre, total	1.7 g	0.5 g
Sodium	30 mg	8 mg

BRAIN FREEZE

INGREDIENTS

Coconut Water, Banana, Orange, Pineapple, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	795 kJ (190 Cal)	130 kJ (31 Cal)
Protein	3.3 g	0.5 g
Fat, total	1.3 g	0.2 g
- saturated	0.0 g	0.0 g
Carbohydrate	39.4 g	6.5 g
- sugars	33.8 g	5.5 g
Dietary fibre, total	7.0 g	1.2 g
Sodium	52 mg	9 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	625 kJ (149 Cal)	139 kJ (33 Cal)
Protein	2.7 g	0.6 g
Fat, total	1.1 g	0.2 g
- saturated	0.0 g	0.0 g
Carbohydrate	30.9 g	6.9 g
- sugars	27.0 g	6.0 g
Dietary fibre, total	5.6 g	1.3 g
Sodium	43 mg	10 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	456 kJ (109 Cal)	130 kJ (31 Cal)
Protein	2.0 g	0.6 g
Fat, total	0.8 g	0.2 g
- saturated	0.0 g	0.0 g
Carbohydrate	22.5 g	6.4 g
- sugars	20.1 g	5.8 g
Dietary fibre, total	4.2 g	1.2 g
Sodium	34 mg	10 mg



SECRET SMOOTHIE NUTRITION GUIDE

STRAWBERRY DAIQUIRI

INGREDIENTS

Freshly Squeezed Lemon, Apple, Strawberries, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	929 kJ (222 Cal)	152 kJ (36 Cal)
Protein	1.9 g	0.3 g
Fat, total	0.6 g	LESS THAN 0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	51.5 g	8.4 g
- sugars	49.2 g	8.1 g
Dietary fibre, total	1.9 g	0.3 g
Sodium	22 mg	4 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	716 kJ (171 Cal)	159 kJ (38 Cal)
Protein	1.4 g	0.3 g
Fat, total	0.4 g	LESS THAN 0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	39.8 g	8.8 g
- sugars	38.0 g	8.4 g
Dietary fibre, total	1.3 g	0.3 g
Sodium	17 mg	4 mg

PERFECT PINE

INGREDIENTS

Freshly Juiced Pineapple, Freshly Squeezed Orange, Mango, Passionfruit, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	903 kJ (216 Cal)	148 kJ (35 Cal)
Protein	2.5 g	0.4 g
Fat, total	0.6 g	LESS THAN 0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	46.8 g	7.7 g
- sugars	41.8 g	6.9 g
Dietary fibre, total	6.0 g	1.0 g
Sodium	12 mg	2 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	688 kJ (164 Cal)	153 kJ (37 Cal)
Protein	1.9 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	35.9 g	8.0 g
- sugars	31.8 g	7.1 g
Dietary fibre, total	4.3 g	1.0 g
Sodium	9 mg	2 mg

THE BIG BERRY

INGREDIENTS

Tropical Juice, Banana, Strawberries, Raspberries, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	803 kJ (192 Cal)	132 kJ (31 Cal)
Protein	2.5 g	0.4 g
Fat, total	0.6 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	41.8 g	6.9 g
- sugars	37.9 g	6.2 g
Dietary fibre, total	4.9 g	0.8 g
Sodium	5 mg	LESS THAN 1 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	667 kJ (159 Cal)	148 kJ (35 Cal)
Protein	2.1 g	0.5 g
Fat, total	0.4 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	35.0 g	7.8 g
- sugars	31.5 g	7.0 g
Dietary fibre, total	3.8 g	0.8 g
Sodium	4 mg	LESS THAN 1 mg



SECRET SMOOTHIE NUTRITION GUIDE

MANGO BERRY

INGREDIENTS

Mango Nectar, Mango, Raspberries, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1430 kJ (341 Cal)	234 kJ (56 Cal)
Protein	1.9 g	0.3 g
Fat, total	0.9 g	0.1 g
- saturated	0.3 g	LESS THAN 0.1 g
Carbohydrate	79.5 g	13.0 g
- sugars	73.8 g	12.1 g
Dietary fibre, total	4.0 g	0.7 g
Sodium	19 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1130 kJ (269 Cal)	251 kJ (60 Cal)
Protein	1.5 g	0.3 g
Fat, total	0.7 g	0.2 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	62.9 g	14.0 g
- sugars	58.7 g	13.1 g
Dietary fibre, total	3.0 g	0.7 g
Sodium	15 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	857 kJ (205 Cal)	245 kJ (59 Cal)
Protein	1.1 g	0.3 g
Fat, total	0.5 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	47.9 g	13.7 g
- sugars	44.8 g	12.8 g
Dietary fibre, total	2.2 g	0.6 g
Sodium	12 mg	3 mg

RASPBERRY CRUSH

INGREDIENTS

Freshly Juiced Apple, Raspberries, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1170 kJ (279 Cal)	191 kJ (46 Cal)
Protein	2.3 g	0.4 g
Fat, total	0.8 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	64.4 g	10.6 g
- sugars	60.3 g	9.9 g
Dietary fibre, total	2.4 g	0.4 g
Sodium	18 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	933 kJ (223 Cal)	207 kJ (50 Cal)
Protein	1.8 g	0.4 g
Fat, total	0.6 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	51.8 g	11.5 g
- sugars	48.4 g	10.8 g
Dietary fibre, total	1.7 g	0.4 g
Sodium	15 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	709 kJ (169 Cal)	202 kJ (48 Cal)
Protein	1.3 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	39.4 g	11.2 g
- sugars	36.9 g	10.5 g
Dietary fibre, total	1.2 g	0.4 g
Sodium	12 mg	3 mg

SUMMER CRUSH

INGREDIENTS

Freshly Squeezed Lemon, Freshly Juiced Pineapple, Raspberries, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1030 kJ (245 Cal)	168 kJ (40 Cal)
Protein	2.5 g	0.4 g
Fat, total	0.8 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	55.4 g	9.1 g
- sugars	53.1 g	8.7 g
Dietary fibre, total	2.4 g	0.4 g
Sodium	7 mg	1 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	822 kJ (196 Cal)	183 kJ (44 Cal)
Protein	2.0 g	0.4 g
Fat, total	0.7 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	44.6 g	9.9 g
- sugars	42.8 g	9.5 g
Dietary fibre, total	1.7 g	0.4 g
Sodium	6 mg	1 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	617 kJ (147 Cal)	176 kJ (42 Cal)
Protein	1.5 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	33.3 g	9.5 g
- sugars	32.0 g	9.2 g
Dietary fibre, total	1.4 g	0.4 g
Sodium	4 mg	1 mg



SECRET SMOOTHIE NUTRITION GUIDE

APPLE PASSION

INGREDIENTS

Apple Juice, Banana, Raspberries, Strawberries, Passionfruit, Sorbet, Ice

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1300 kJ (311 Cal)	214 kJ (51 Cal)
Protein	3.1 g	0.5 g
Fat, total	0.9 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	69.6 g	11.4 g
- sugars	64.1 g	10.5 g
Dietary fibre, total	5.6 g	0.9 g
Sodium	22 mg	4 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1050 kJ (252 Cal)	234 kJ (56 Cal)
Protein	2.5 g	0.6 g
Fat, total	0.7 g	0.2 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	56.6 g	12.6 g
- sugars	51.9 g	11.5 g
Dietary fibre, total	4.2 g	0.9 g
Sodium	18 mg	4 mg

ALLERGY INFO	
Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

GREEN LEAN CRUSH

INGREDIENTS

Freshly Juiced Celery, Pineapple, Apple, All Greens Booster, Sorbet, Ice

ALLERGY INFO	
Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	865 kJ (207 Cal)	142 kJ (34 Cal)
Protein	2.0 g	0.3 g
Fat, total	0.6 g	LESS THAN 0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	48.3 g	7.9 g
- sugars	46.0 g	7.5 g
Dietary fibre, total	0.3 g	LESS THAN 0.1 g
Sodium	86 mg	14 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	659 kJ (157 Cal)	146 kJ (35 Cal)
Protein	1.6 g	0.3 g
Fat, total	0.5 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	36.8 g	8.2 g
- sugars	35.0 g	7.8 g
Dietary fibre, total	0.3 g	LESS THAN 0.1 g
Sodium	65 mg	15 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	504 kJ (120 Cal)	144 kJ (34 Cal)
Protein	1.1 g	0.3 g
Fat, total	0.3 g	LESS THAN 0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	28.2 g	8.1 g
- sugars	27.0 g	7.7 g
Dietary fibre, total	0.2 g	LESS THAN 0.1 g
Sodium	44 mg	13 mg

PLEASURE & PINE

INGREDIENTS

Banana, Blueberries, Pineapple, Ice

ALLERGY INFO	
Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	755 kJ (180 Cal)	124 kJ (30 Cal)
Protein	3.8 g	0.6 g
Fat, total	0.5 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	36.0 g	5.9 g
- sugars	31.8 g	5.2 g
Dietary fibre, total	7.8 g	1.3 g
Sodium	6 mg	LESS THAN 1 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	622 kJ (148 Cal)	138 kJ (33 Cal)
Protein	3.1 g	0.7 g
Fat, total	0.4 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	29.6 g	6.6 g
- sugars	26.0 g	5.8 g
Dietary fibre, total	6.4 g	1.4 g
Sodium	5 mg	1 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	425 kJ (101 Cal)	121 kJ (29 Cal)
Protein	2.2 g	0.6 g
Fat, total	0.3 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	20.1 g	5.8 g
- sugars	18.2 g	5.2 g
Dietary fibre, total	4.6 g	1.3 g
Sodium	4 mg	1 mg



SECRET SMOOTHIE NUTRITION GUIDE

ORANGE BERRY ZEN

INGREDIENTS

Freshly Squeezed Orange, Strawberries, Raspberries, Sorbet, Ice

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1060 kJ (253 Cal)	174 kJ (42 Cal)
Protein	3.1 g	0.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	57.1 g	9.4 g
- sugars	54.7 g	9.0 g
Dietary fibre, total	2.3 g	0.4 g
Sodium	26 mg	4 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	771 kJ (184 Cal)	171 kJ (41 Cal)
Protein	2.2 g	0.5 g
Fat, total	0.6 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	41.7 g	9.3 g
- sugars	39.9 g	8.9 g
Dietary fibre, total	1.6 g	0.3 g
Sodium	18 mg	4 mg

ALLERGY INFO	
Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

JUSTICE CRUSH

INGREDIENTS

Coconut Water, Banana, Mango, Strawberries, Passionfruit, Sorbet, Ice

ALLERGY INFO	
Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1170 kJ (279 Cal)	191 kJ (46 Cal)
Protein	2.7 g	0.4 g
Fat, total	0.8 g	0.1 g
- saturated	0.3 g	LESS THAN 0.1 g
Carbohydrate	63.1 g	10.3 g
- sugars	52.3 g	8.6 g
Dietary fibre, total	5.6 g	0.9 g
Sodium	84 mg	14 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	947 kJ (226 Cal)	211 kJ (50 Cal)
Protein	2.2 g	0.5 g
Fat, total	0.6 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	51.3 g	11.4 g
- sugars	42.2 g	9.4 g
Dietary fibre, total	4.4 g	1.0 g
Sodium	71 mg	16 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	658 kJ (157 Cal)	188 kJ (45 Cal)
Protein	1.4 g	0.4 g
Fat, total	0.4 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	36.1 g	10.3 g
- sugars	29.9 g	8.6 g
Dietary fibre, total	2.7 g	0.8 g
Sodium	61 mg	17 mg

GINGER NINJA CRUSH

INGREDIENTS

Freshly Juiced Celery, Carrot, Orange, Ginger, Sorbet, Ice

ALLERGY INFO	
Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	823 kJ (197 Cal)	135 kJ (32 Cal)
Protein	2.8 g	0.5 g
Fat, total	0.7 g	0.1 g
- saturated	0.2 g	LESS THAN 0.1 g
Carbohydrate	44.3 g	7.3 g
- sugars	41.6 g	6.8 g
Dietary fibre, total	1.3 g	0.2 g
Sodium	119 mg	20 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	665 kJ (159 Cal)	148 kJ (35 Cal)
Protein	2.3 g	0.5 g
Fat, total	0.6 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	35.8 g	8.0 g
- sugars	33.8 g	7.5 g
Dietary fibre, total	1.1 g	0.2 g
Sodium	90 mg	20 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	467 kJ (112 Cal)	133 kJ (32 Cal)
Protein	1.6 g	0.5 g
Fat, total	0.4 g	0.1 g
- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	25.1 g	7.2 g
- sugars	23.7 g	6.8 g
Dietary fibre, total	0.7 g	0.2 g
Sodium	67 mg	19 mg



SECRET SMOOTHIE NUTRITION GUIDE

APPLEBEET CRUSH

INGREDIENTS

Freshly Juiced Carrot, Apple, Beetroot, Sorbet, Ice

ALLERGY INFO

Gluten free ingredients	NO
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	884 kJ (211 Cal)	145 kJ (35 Cal)	Energy	695 kJ (166 Cal)	154 kJ (37 Cal)	Energy	512 kJ (122 Cal)	146 kJ (35 Cal)
Protein	2.6 g	0.4 g	Protein	2.1 g	0.5 g	Protein	1.5 g	0.4 g
Fat, total	0.5 g	LESS THAN 0.1 g	Fat, total	0.4 g	LESS THAN 0.1 g	Fat, total	0.3 g	LESS THAN 0.1 g
- saturated	0.2 g	LESS THAN 0.1 g	- saturated	0.1 g	LESS THAN 0.1 g	- saturated	0.1 g	LESS THAN 0.1 g
Carbohydrate	48.1 g	7.9 g	Carbohydrate	37.6 g	8.4 g	Carbohydrate	27.9 g	8.0 g
- sugars	45.5 g	7.5 g	- sugars	35.6 g	7.9 g	- sugars	26.4 g	7.6 g
Dietary fibre, total	2.2 g	0.4 g	Dietary fibre, total	1.8 g	0.4 g	Dietary fibre, total	1.2 g	0.3 g
Sodium	94 mg	15 mg	Sodium	79 mg	18 mg	Sodium	56 mg	16 mg

SUPER JUICE

INGREDIENTS

Freshly Juiced Apple, Carrot, Celery, Beetroot, Vita Booster, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	581 kJ (139 Cal)	95 kJ (23 Cal)	Energy	457 kJ (109 Cal)	102 kJ (24 Cal)
Protein	2.8 g	0.5 g	Protein	2.2 g	0.5 g
Fat, total	0.3 g	LESS THAN 0.1 g	Fat, total	0.3 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g	- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	29.0 g	4.8 g	Carbohydrate	22.9 g	5.1 g
- sugars	28.2 g	4.6 g	- sugars	22.3 g	5.0 g
Dietary fibre, total	3.6 g	0.6 g	Dietary fibre, total	2.6 g	0.6 g
Sodium	217 mg	36 mg	Sodium	175 mg	39 mg

WINTER WONDER

INGREDIENTS

Freshly Juiced Apple, Carrot, Orange

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	YES
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	887 kJ (212 Cal)	145 kJ (35 Cal)	Energy	656 kJ (157 Cal)	146 kJ (35 Cal)
Protein	2.3 g	0.4 g	Protein	1.6 g	0.4 g
Fat, total	0.3 g	LESS THAN 0.1 g	Fat, total	0.2 g	LESS THAN 0.1 g
- saturated	0.0 g	0.0 g	- saturated	0.0 g	0.0 g
Carbohydrate	48.3 g	7.9 g	Carbohydrate	35.8 g	8.0 g
- sugars	48.0 g	7.9 g	- sugars	35.6 g	7.9 g
Dietary fibre, total	2.0 g	0.3 g	Dietary fibre, total	1.4 g	0.3 g
Sodium	99 mg	16 mg	Sodium	72 mg	16 mg



SECRET SMOOTHIE NUTRITION GUIDE

WATERFALL JUICE

INGREDIENTS

Freshly Juiced Pineapple, Orange, Strawberries, Vita Booster, Ice

ALLERGY INFO

Gluten free ingredients	YES
Dairy free	NO
Low fat	YES
Vegetarian	YES
Contains soy	NO

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	786 kJ (188 Cal)	129 kJ (31 Cal)	Energy	573 kJ (137 Cal)	127 kJ (30 Cal)	Energy	423 kJ (101 Cal)	121 kJ (29 Cal)
Protein	2.4 g	0.4 g	Protein	1.8 g	0.4 g	Protein	1.3 g	0.4 g
Fat, total	0.6 g	LESS THAN 0.1 g	Fat, total	0.4 g	LESS THAN 0.1 g	Fat, total	0.3 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g	- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g	- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	41.5 g	6.8 g	Carbohydrate	30.3 g	6.7 g	Carbohydrate	22.5 g	6.4 g
- sugars	41.3 g	6.8 g	- sugars	30.1 g	6.7 g	- sugars	22.4 g	6.4 g
Dietary fibre, total	2.0 g	0.3 g	Dietary fibre, total	1.4 g	0.3 g	Dietary fibre, total	0.8 g	0.2 g
Sodium	70 mg	11 mg	Sodium	64 mg	14 mg	Sodium	60 mg	17 mg