

# JUICES

## Awaken

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 46g</b>	<b>19%</b>
<b>Dietary Fiber 4g</b>	<b>16%</b>
<b>Sugars 35g</b>	
<b>Protein 3g</b>	
Vitamin A 25%	Vitamin C 340%
Calcium 4%	Iron 6%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: ORANGE, GRAPEFRUIT, LIME  
WARNING: THIS PRODUCT IS NOT PASTEURIZED AND, THEREFORE, MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS TO CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS.

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## Black Lemonade

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 35</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 7g</b>	
<b>Protein 0g</b>	
Vitamin A 0%	Vitamin C 20%
Calcium 2%	Iron 0%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: ALKALINE WATER, LEMON, RAW COCONUT PALM SUGAR, ACTIVATED COCONUT CHARCOAL  
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## Ecobain Greens

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 50</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 9g</b>	
<b>Protein 0g</b>	
Vitamin A 300%	Vitamin C 110%
Calcium 15%	Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: CELERY, ROMANIE SPINACH, SWISS CHARD, MICRO GREENS, LEMON, KALE, PARSLEY  
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## Enrich

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 210</b>	Calories from Fat 30
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>7%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 43g</b>	<b>14%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 29g</b>	
<b>Protein 6g</b>	
Vitamin A 2%	Vitamin C 190%
Calcium 15%	Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: PINEAPPLE, COCONUT WATER, CHIA SEEDS, LIQUID CHLOROPHYLL  
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## Garden Veggies

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 90</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 9g</b>	
<b>Protein 3g</b>	
Vitamin A 70%	Vitamin C 70%
Calcium 10%	Iron 10%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: CUCUMBER, CARROT, CELERY, SPINACH, LEMON, GINGER  
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## Hot Shot

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 44g</b>	<b>19%</b>
<b>Dietary Fiber 4.1g</b>	<b>3%</b>
<b>Sugars 34g</b>	
<b>Protein 3g</b>	
Vitamin A 8%	Vitamin C 170%
Calcium 4%	Iron 4%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: APPLE, GRAPEFRUIT, GINGER, LEMON, CAYENNE  
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## Jugoso

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 160</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 130mg</b>	<b>6%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
<b>Dietary Fiber less than 1g</b>	<b>3%</b>
<b>Sugars 27g</b>	
<b>Protein 4g</b>	
Vitamin A 160%	Vitamin C 250%
Calcium 10%	Iron 15%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: ORANGE, FENNEL, ROMANE SPINACH, CELERY, CILANTRO  
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## Know Your Roots

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 44g</b>	<b>19%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 27g</b>	
<b>Protein 3g</b>	
Vitamin A 4%	Vitamin C 80%
Calcium 8%	Iron 25%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: CARROT, BEET, APPLE, LEMON, GINGER  
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## Master Tonic

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 140</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 35g</b>	
<b>Protein 0g</b>	
Vitamin A 4%	Vitamin C 40%
Calcium 8%	Iron 0%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: ALKALINE WATER, AGAVE, LEMON, CAYENNE  
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## Meloncholy

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 150</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 29g</b>	
<b>Protein 3g</b>	
Vitamin A 50%	Vitamin C 100%
Calcium 8%	Iron 0%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: WATERMELON, GRAPEFRUIT, LIME, MINT  
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## Naked Grapefruit

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 42g</b>	<b>14%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 29g</b>	
<b>Protein 3g</b>	
Vitamin A 40%	Vitamin C 200%
Calcium 8%	Iron 0%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: GRAPEFRUIT  
WARNING: THIS PRODUCT IS NOT PASTEURIZED AND, THEREFORE, MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS TO CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS.

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## Notan Orange

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 220</b>	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 50g</b>	<b>17%</b>
<b>Dietary Fiber less than 1g</b>	<b>4%</b>
<b>Sugars 29g</b>	
<b>Protein 3g</b>	
Vitamin A 20%	Vitamin C 410%
Calcium 8%	Iron 0%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: ORANGE  
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## Redhead

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 210</b>	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
<b>Dietary Fiber 2g</b>	<b>12%</b>
<b>Sugars 24g</b>	
<b>Protein 3g</b>	
Vitamin A 2%	Vitamin C 100%
Calcium 10%	Iron 10%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: CARROT, APPLE, LEMON, GINGER  
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## Refresher

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 130</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 29g</b>	
<b>Protein 3g</b>	
Vitamin A 80%	Vitamin C 180%
Calcium 8%	Iron 20%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: CUCUMBER, ORANGE, PINEAPPLE, SPINACH, MINT  
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## Rejuvenate

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 29g</b>	
<b>Protein 3g</b>	
Vitamin A 20%	Vitamin C 220%
Calcium 8%	Iron 25%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: ORANGE, CELERY, GRAPEFRUIT, CARROT, BEET, LIME  
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## Royal Flush

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 90</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 19g</b>	<b>7%</b>
<b>Dietary Fiber less than 1g</b>	<b>2%</b>
<b>Sugars 19g</b>	
<b>Protein 0g</b>	
Vitamin A 100%	Vitamin C 100%
Calcium 10%	Iron 10%

\*Percent Daily Values are based on a diet of 2,000 calories diet.

INGREDIENTS: APPLE, CUCUMBER, CELERY, SPINACH, KALE, LIME, GINGER  
WARNING: THIS PRODUCT IS NOT PASTEURIZED AND, THEREFORE, MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS TO CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS.

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## Sustain Me

Nutrition Facts	
Serving Size: 16 oz (473mL) Servings Per Container: 1	
Amount Per Serving	
<b>Calories 320</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate </b>	

**Asian Kelp Salad**

<b>Nutrition Facts</b>	
Serving Size: 300g (300g)	
Servings Per Container: 1	
Amount Per Serving	
<b>Calories 240</b>	Calories from Fat 100
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 5g	10%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 540mg</b>	<b>23%</b>
<b>Total Carbohydrate 20g</b>	<b>9%</b>
Dietary Fiber 5g	32%
Sugars 10g	
Protein 11g	
Vitamin A 300%	Vitamin C 20%
Calcium 10%	Iron 20%

INGREDIENTS: LETTUCE, CARROTS, CABBAGE, EDAMAME, KELP NOODLES, CASHEW BUTTER, MISO PASTE, LIME, APPLE CIDER VINEGAR, GREEN ONION, CLANTRO, GINGER

WARNING: THIS PRODUCT IS NOT PASTEURIZED AND, THEREFORE, MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS TO CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS.

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**Chickpea Salad**

<b>Nutrition Facts</b>	
Serving Size: 300g (300g)	
Servings Per Container: 1	
Amount Per Serving	
<b>Calories 300</b>	Calories from Fat 150
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 7g	28%
Sugars 9g	
Protein 10g	
Vitamin A 210%	Vitamin C 60%
Calcium 10%	Iron 20%

INGREDIENTS: CHICKPEA, CARROTS, ARUGULA, BEETS, BROCCOLI, PUMPKIN SEEDS, AVOCADO, LIME, OLIVE OIL, APPLE CIDER VINEGAR, HONEY, GARLIC, PINK HIMALAYAN SALT

WARNING: THIS PRODUCT IS NOT PASTEURIZED AND, THEREFORE, MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS TO CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS.

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THRIVE JUICE CO. LTD.  
SASKATOON, SK S7M 1M6  
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**Goji Kale Salad**

<b>Nutrition Facts</b>	
Serving Size: 300g (300g)	
Servings Per Container: 1	
Amount Per Serving	
<b>Calories 290</b>	Calories from Fat 190
% Daily Value*	
<b>Total Fat 21g</b>	<b>32%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 9g	24%
Sugars 9g	
Protein 11g	
Vitamin A 140%	Vitamin C 100%
Calcium 10%	Iron 20%

INGREDIENTS: KALE, ARUGULA, PUMPKIN SEEDS, WALNUTS, GOJI BERRIES, APPLE CIDER VINEGAR, LEMON, OLIVE OIL, NUTRITIONAL YEAST, DIJON MUSTARD, COCONUT, MAPLE SYRUP, PINK HIMALAYAN SALT

WARNING: THIS PRODUCT IS NOT PASTEURIZED AND, THEREFORE, MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS TO CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEMS.

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**Kale Caesar Salad**

<b>Nutrition Facts</b>	
Serving Size: 35 oz (100g)	
Servings Per Container: 1	
Amount Per Serving	
<b>Calories 290</b>	Calories from Fat 170
% Daily Value*	
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 9g	32%
Sugars 5g	
Protein 17g	
Vitamin A 89%	Vitamin C 110%
Calcium 15%	Iron 20%

INGREDIENTS: KALE, LEMON, RADISHES, CASHEW, FENNEL, NUTRITIONAL YEAST, ALMONDS, TAHINI, HEMP HEARTS, GARLIC, DIJON MUSTARD, VEGAN WORCESTERSHIRE SAUCE

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