

Golden Buddha



Nutrition Facts

Serving Size: 16 oz. (454g)
Servings Per Container: 1

Amount Per Serving

Calories 190 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 29g

Protein 2g

Vitamin A 30% • Vitamin C 80%

Calcium 10% • Iron 6%

Vitamin D 30% • Vitamin E 4%

Vitamin K 4% • Thiamin 2%

Riboflavin 4% • Niacin 4%

Vitamin B6 15% • Folate 15%

Vitamin B12 50% • Pantothenic Acid 4%

Phosphorus 2% • Magnesium 15%

Zinc 4% • Selenium 10%

Copper 6% • Manganese 10%

* 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
Sat 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

INGREDIENTS: COCONUT MILK, PINEAPPLE, MANGO, BANANA

CONTAINS: COCONUT

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



Energizing & Detoxifying!

Coconuts are highly regarded in South Asia and India. Hindu rituals often involve breaking open coconuts to initiate new beginnings or to elicit blessings. Lakshmi is often shown holding one. Coconut flowers are auspicious symbols at Hindu & Buddhist weddings.

Nutrition claims per FDA: Low Calorie and Very Low Sodium if used as a meal replacement, Excellent Source of Dietary Fiber (25 g total fat), Good Source of Vitamin A, Excellent Source of Vitamin C, Excellent Source of Iron

Benefits

COCONUT WATER

Coconut water is a natural **electrolyte** beverage with more **potassium**, less sodium, and less sugar than processed sports drinks. It also contains **enzymes** that help to detoxify & repair the body.

COCONUT MILK

The unique fatty acids in coconut milk may aid weight loss, improve immune function, reduce heart disease risk and improve skin and hair health. Coconut milk is rich in lauric acid, a medium-chain fatty acid that is abundant in mother's milk. Lauric acid has many germ-fighting, anti-fungal and anti-viral properties that are very effective at ridding the body of viruses, bacteria and countless illnesses.

BANANA

This **energy-rich** food is high in **potassium**, which helps control heart rate and blood pressure, countering bad effects of sodium. It's a good source of **Vitamins B-6 and C**.

MANGO

Mango fruit is rich in pre-biotic dietary **fiber, vitamins, minerals,** and poly-phenolic flavonoid **antioxidant** compounds, which are known to offer protection against breast and colon cancers.

PINEAPPLE

Pineapple contains a proteolytic enzyme **bromelain** that digests food by breaking down protein. Bromelain also has anti-inflammatory, anti-clotting and anti-cancer properties. Studies have shown that consumption of pineapple regularly helps fight against arthritis and indigestion.