

Blueberry Bliss



Nutrition Facts

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

Amount Per Serving

Calories 220 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 48g **16%**

Dietary Fiber 7g **28%**

Sugars 34g

Protein 3g

Vitamin A 10% • Vitamin C 90%

Calcium 25% • Iron 6%

Vitamin D 0% • Vitamin E 4%

Vitamin K 20% • Thiamin 4%

Riboflavin 6% • Niacin 6%

Vitamin B6 15% • Folate 10%

Vitamin B12 0% • Pantothenic Acid 6%

Phosphorus 6% • Magnesium 10%

Zinc 2% • Selenium 2%

Copper 10% • Manganese 35%

* 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: UNSWEETENED ALMOND MILK, STRAWBERRIES, BLUEBERRIES, BANANA, DATES

CONTAINS: ALMOND

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



Anti-oxidants!

Sweet, juicy blueberries are rich in **pro-anthocyanin** natural pigment anti-oxidants. These tiny, round blue-purple berries have long been attributed to the longevity and wellness of indigenous natives living in the subarctic regions in the Northern hemisphere.

Nutrition claims per FDA: Low Calorie, Low Fat, and Very Low Sodium if used as a meal replacement. Saturated Fat Free, Cholesterol Free, Excellent Source of Dietary Fiber, Good Source of Vitamin A, Excellent Source of Vitamin C, Good Source of Calcium

Benefits

BLUEBERRIES

Blueberries are among the highest **anti-oxidant** value fruits. The phyto-chemical compounds in the blueberry help rid the body of harmful oxygen-derived free radicals, thereby, protecting the human body against cancers, aging, degenerative diseases, and infections.

ALMOND MILK

Calcium and Vit. D contribute to healthy bones and teeth formation, as well as reduce the risk for arthritis and osteoporosis and improve immune function. **Vit. A** benefits eyes and skin. **Vit. E** contains antioxidant properties essential to your skin's health. B vitamins such as iron and riboflavin are important for muscle growth & healing.

STRAWBERRIES

Strawberries are high in phyto-chemicals, which provide potential health benefits against cancer, aging, inflammation and neurological diseases. They are an excellent source of **vitamin-C**, a powerful natural antioxidant.

DATES

Dates replenish **energy** and revitalize the body instantly. They are rich in **dietary fiber**, which prevents LDL cholesterol absorption in the gut. They contain tannins which possess **anti-infective, anti-inflammatory, and anti-hemorrhagic** properties. They are an excellent source of **iron** for red blood cell health and an excellent source of **potassium** which helps regulate heart rate and blood pressure.

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**.