

Minty Grasshopper

Nutrition Facts

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

Amount Per Serving

Calories 190 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **5%**

Total Carbohydrate 42g **14%**

Dietary Fiber 5g **20%**

Sugars 28g

Protein 2g

Vitamin A 15% • Vitamin C 45%

Calcium 20% • Iron 4%

Vitamin D 0% • Vitamin E 0%

Vitamin K 10% • Thiamin 4%

Riboflavin 6% • Niacin 4%

Vitamin B6 20% • Folate 6%

Vitamin B12 0% • Pantothenic Acid 4%

Phosphorus 4% • Magnesium 10%

Zinc 2% • Selenium 2%

Copper 6% • Manganese 20%

* 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, PINEAPPLE, BANANA, CUCUMBER, FRESH MINT LEAVES

CONTAINS: ALMOND

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



Re-hydrate,
Energize,
Fill up with
Anti-oxidants!

Mint promotes digestion and soothes upset stomachs. Mint is an affective remedy for clearing up congestion of the nose, throat, and lungs. Mint is also a natural stimulant and the smell as well as the ingestion wake up the brain and help eliminate fatigue. In addition, it purifies the skin. This common little herb does it all!

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

Benefits

CUCUMBER

Cucumbers are a source of **B vitamins** and **rehydrate** the body, giving natural boosts in energy. Stimulates hair growth and freshens breath.

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.

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.

MINT

Mint leaves have **anti-oxidant**, disease-preventing and health promoting properties. They are rich in essential oils, vitamins and dietary fiber, which helps to control blood cholesterol and blood pressure inside the human body. The essential oil **menthol** has analgesic (painkiller), local anesthetic and counter-irritant properties.

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**.