

Lucky Clover



Nutrition Facts

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

Amount Per Serving

Calories 160 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 25g

Protein 3g

Vitamin A 80% • Vitamin C 80%

Calcium 20% • Iron 8%

Vitamin D 0% • Vitamin E 8%

Vitamin K 190% • Thiamin 4%

Riboflavin 8% • Niacin 6%

Vitamin B6 15% • Folate 25%

Vitamin B12 0% • Pantothenic Acid 4%

Phosphorus 4% • Magnesium 10%

Zinc 2% • Selenium 2%

Copper 8% • Manganese 25%

* 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, MANGO, PINEAPPLE, BANANA, SPINACH

CONTAINS: ALMOND

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



Digestive Health & Anti-oxidants!

This fiber-ful smoothie may contribute to intestinal health while keeping you feeling full and satisfied. Anti-oxidants fight free radicals, offering protection against disease. B vitamins promote muscle growth. This smoothie contains an abundance of benefits!

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

Benefits

SPINACH

More **iron** per calorie than beef and more **calcium** per calorie than milk! Rich in **anti-oxidant** and **anti-cancer** properties. Full of **Vitamin A**, which is required for maintaining healthy mucus membranes and skin and is essential for vision. Rich in **Vitamin K**, which contributes to strong bones.

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.

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.

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.**