



Beachy Berry

Nutrition Facts

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

Amount Per Serving

Calories 220 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 50g **17%**

Dietary Fiber 7g **28%**

Sugars 34g

Protein 2g

Vitamin A 6% • Vitamin C 180%

Calcium 8% • Iron 6%

Vitamin D 15% • Vitamin E 2%

Vitamin K 4% • Thiamin 4%

Riboflavin 6% • Niacin 6%

Vitamin B6 20% • Folate 15%

Vitamin B12 420% • Pantothenic Acid 6%

Phosphorus 6% • Magnesium 15%

Zinc 4% • Selenium 6%

Copper 8% • Manganese 45%

* 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: STRAWBERRIES,
ORGANIC VANILLA COCONUT MILK,
BANANA, PINEAPPLE

CONTAINS: COCONUT

MANUFACTURED BY: YOGA BLISS,
AKRON, OHIO 44333



Energy,
Anti-oxidants,
Skin, Hair, &
Digestive Health!

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

Benefits

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.

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.

STRAWBERRIES

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

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**.