

# REFRESHERS: NUTRITION AT A GLANCE

<b>20 oz.</b>	<b>Strawberry Acai</b>	<b>Peach Mango</b>
Calories	100	167
Fat	0g	0g
Sodium	0g	0g
Carbohydrates	25g	42g
Total Sugars	25g	42g
Added Sugar	15g	28g
Protein	0g	0g
Vitamin D	0mcg	0mcg
Calcium	15mg	17mg
Iron	0mg	0mg
Potassium	27mg	33mg

<b>12 oz.</b>	<b>Strawberry Acai</b>	<b>Peach Mango</b>
Calories	60	100
Fat	0g	0g
Sodium	0g	0g
Carbohydrates	15g	25g
Total Sugars	15g	25g
Added Sugar	9g	17g
Protein	0g	0g
Vitamin D	0mcg	0mcg
Calcium	9mg	10mg
Iron	0mg	0mg
Potassium	16mg	20mg

*The Club*

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