

Retro Blends Nutritional Information (Cruisin' Cool Line)

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
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SIGNATURE BLENDS

Chocolate blends made with 20g of Protein

The Dirty Peanut	16oz.	432.5	19.5	0.05	15.5	41.5	3	33.5	27	0	0	20	8
<i>Chocolate Peanut Butter</i>	24oz.	570	21	0.05	16	72	3	62	27	0	0	20	12

The Dirty Peanut made with sugar free chocolate and low fat peanut butter: (16oz.) 232 calories, (24oz.) 290 calories

Mocha Peanut Butter	16oz.	592.5	23	0.05	16.5	38.5	3	24.5	28	0	0	20	5
<i>Mocha Peanut Butter</i>	24oz.	630	24	0.05	17	46	3	31	28	0	0	20	5

Mocha Peanut Butter made with low fat peanut butter: (16oz.) 452.5 calories, (24oz.) 490 calories

Mudslide Latte	16 oz.	412.5	8	0.05	4.5	30.5	1	20.5	21	0	0	20	1
<i>Mocha</i>	24 oz.	450	9	0.05	5	38	1	27	21	0	0	20	1

Berried In Chocolate	16oz.	522.5	4.5	0.05	6.5	96.5	1	89.5	20	0	0	20	4
<i>Chocolate & Strawberry</i>	24oz.	750	6	0.05	8	148	1	138	20	0	0	20	8

Berried In Chocolate made with sugar free chocolate: (16oz.) 327.5 calories, (24oz.) 510 calories

Elvis' Return	16oz.	252.5	4.5	0.05	3.5	33.5	1	29.5	20	0	0	20	4
<i>Chocolate & Banana</i>	24oz.	390	6	0.05	4	64	1	58	20	0	0	20	8

Elvis' Return made with sugar free chocolate: (16oz.) 192.5 calories, (24oz.) 270 calories

Malibu Chocolate	16oz.	522.5	4.5	0.05	9.5	99.5	1	89.5	20	0	0	20	4
<i>Chocolate & Pina Colada</i>	24oz.	750	6	0.05	12	152	1	138	20	0	0	20	8

Malibu Chocolate made with sugar free chocolate: (16oz.) 312.5 calories, (24oz.) 430 calories

BURNER BLENDS

Includes Fat Burner & 20g of Protein (Nutritional Information is calculated using vanilla protein)

Tropical Bombshell	16oz.	410	3.5	0.5	4.9	72	2	58	20	0	419	10	0
<i>Pina Colada & Banana</i>	24oz.	500	3.5	0.5	6.9	94	2	78	20	0	419	10	0

Belly Buster	16oz.	430	3.5	0.5	2.9	76	2	64	20	0	419	10	0
<i>Strawberry Banana</i>	24oz.	530	3.5	0.5	3.9	100	2	87	20	0	419	10	0

Orange Peeler	16 oz.	470	3.5	0.5	0.9	86	2	73	20	0	509	10	0
<i>Orange Crème</i>	24 oz.	570	3.5	0.5	0.9	110	2	96	20	0	539	10	0

Berry Berry Good	16oz.	440	3.5	0.5	3.9	77	2	64	20	0	419	10	0
<i>Triple Berry</i>	24oz.	530	3.5	0.5	4.9	98	2	84	20	0	419	10	0

Pomegranate Bliss	16oz.	350	3.5	0.5	0.9	62	2	52	20	0	419	10	0
<i>Pomegranate Cherry</i>	24oz.	410	3.5	0.5	0.9	78	2	68	20	0	419	10	0

Slim Sally	16oz.	410	3.5	0.5	2.9	70	2	58	20	0	419	10	0
<i>Raspberry Banana</i>	24oz.	500	3.5	0.5	3.9	91	2	78	20	0	419	10	0

Wonder Twins	16oz.	470	3.5	0.5	0.9	86	2	73	20	12	425	10	0
<i>Mango Peach</i>	24oz.	570	3.5	0.5	0.9	110	2	96	20	16	427	10	0

MUSCLE BLENDS

Includes Glutamine & 20g-40g of Protein

The Strawnana Pounder	n/a												
<i>Strawberry Banana + 40g of Protein</i>	24oz.	829	9	1	5.8	137	0	118	44	0	4	20	0

The Kingpin	16oz.	444	3.5	0.5	3.9	74	0	64	24	0	2	10	0
<i>Triple Berry</i>	24oz.	534	3.5	0.5	4.9	95	0	84	24	0	2	10	0

Twisted Strawberry	16 oz.	434	3.5	0.5	2.9	73	0	64	24	0	2	10	0
<i>Strawberry Banana</i>	24 oz.	534	3.5	0.5	3.9	97	0	87	24	0	2	10	0

Purple People Eater	16oz.	414	3.5	0.5	2.9	67	0	58	24	0	2	10	0
<i>Raspberry Banana</i>	24oz.	504	3.5	0.5	3.9	88	0	78	24	0	2	10	0

In The Tropics	16oz.	414	3.5	0.5	4.9	69	0	58	24	0	2	10	0
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Pina Colada & Banana	24oz.	504	3.5	0.5	6.9	91	0	78	24	0	2	10	0
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The Fat Boy	n/a												
Mocha Peanut Butter with 40g of Protein	24oz.	829	26	0.1	19.5	85	4	69.5	51.5	0	0	40	12.5

The Fat Boy made with sugar free chocolate and low fat peanut butter: (24oz.) 659 calories

Mocha Mania	16oz.	426.5	8	0.05	4.5	30.5	1	20.5	25	0	0	20	1
Mocha	24oz.	724	13	0.05	6	58	1	40	26	0	0	20	2

The Incredible Bulk	16oz.	446.5	19.5	0.05	15.5	41.5	3	33.5	31	0	0	20	8
Peanut Butter Chocolate	24oz.	584	21	0.05	16	72	3	62	31	0	0	20	12

The Incredible Bulk made with sugar free chocolate and low fat peanut butter: (16oz.) 226.5, (24oz.) 324 calories

Peanut Butter Power	16oz.	391.5	19.5	0.5	13.4	26.5	2	14.5	31	0	2	10	4
Peanut Butter	24oz.	609	35.5	0.5	25.9	42	4	25	38	0	2	10	8

Peanut Butter Power made with low fat peanut butter: (16oz.) 251.5, (24oz.) 329 calories

The King Kong	n/a												
Chocolate with 40g of Protein	24oz.	519	9	0.1	7	67	2	59	44	0	0	40	8

The King Kong made with sugar free chocolate: (24oz.) 399 calories

VEGGIE BLENDS	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Includes a Veggie Boost & 20g of Protein													

Yo Yo Berry	16oz.	480	3.5	0.5	5.9	87	1	74	21	110	782	12	2
Triple Berry	24oz.	570	3.5	0.5	6.9	108	1	94	21	110	782	12	2

Pomlicious	16oz.	390	3.5	0.5	2.9	72	1	62	21	110	782	12	2
Pomegranate Cherry	24oz.	450	3.5	0.5	2.9	88	1	78	21	110	782	12	2

Straw-A-Delic	16 oz.	510	3.5	0.5	5.9	96	1	83	21	110	782	12	2
Strawberry Banana	24 oz.	610	3.5	0.5	6.9	120	1	106	21	110	782	12	2

Malibu Mango	16oz.	474	3.5	0.5	0.9	83	0	73	24	12	8	10	0
Mango Peach	24oz.	574	3.5	0.5	0.9	107	0	96	24	16	10	10	0

JUST FRUIT BLENDS	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Classic fruit blends include 20g of Protein													

Orange Push-Up	16oz.	460	3.5	0.5	0.9	83	0	73	20	0	92	10	0
Orange Crème	24oz.	560	3.5	0.5	0.9	107	0	96	20	0	122	10	0

Strawberry Banana Blast	16oz.	420	3.5	0.5	2.9	73	0	64	20	0	2	10	0
Strawberry Banana	24oz.	520	3.5	0.5	3.9	97	0	87	20	0	2	10	0

Pomegranate Paradise	16 oz.	340	3.5	0.5	0.9	59	0	52	20	0	2	10	0
Pomegranate Cherry	24 oz.	400	3.5	0.5	0.9	75	0	68	20	0	2	10	0

Tropical Bliss	16oz.	460	3.5	0.5	0.9	83	0	73	20	12	8	10	0
Mango Peach	24oz.	560	3.5	0.5	0.9	107	0	96	20	16	10	10	0

Pina Colada Madness	16oz.	430	3.5	0.5	6.9	77	0	64	20	0	2	10	0
Pina Colada	24oz.	520	3.5	0.5	8.9	99	0	84	20	0	2	10	0

All That Razz	16oz.	400	3.5	0.5	2.9	67	0	58	20	0	2	10	0
Raspberry Banana	24oz.	490	3.5	0.5	3.9	88	0	78	20	0	2	10	0

Triple Berry Sensation	16oz.	430	3.5	0.5	3.9	74	0	64	20	0	2	10	0
Triple Berry	24oz.	520	3.5	0.5	4.9	95	0	84	20	0	2	10	0

VALUE STACKS!	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
More supplements at a great value!													

Slim N' Trim	1 Serving	20	0	0	0	5	2	0	0	0	417	0	0
(Fat Burner & BCAAs)													

Muscle Recovery	1 Serving	24	0	0	0	2	0	0	4	0	0	0	0
(BCAAs & Glutamine)													

Daily Health <i>(Multivitamin & Veggie Boost)</i>	1 Serving	55	0	0	2	16	3	10	1	160	989	15	2
Jump Start <i>(Energy Boost & Veggie Boost)</i>	1 Serving	60	0	0	2	15	1	10	1	110	880	2	2
Mega Gainer <i>(Creatine & BCAAs)</i>	1 Serving	10	0	0	0	2	0	0	0	0	0	0	0
Breakfast Pack <i>(Multivitamin & Granola)</i>	1 Serving	225	7	0	0	40	7	7	6	50	209	17	10

CUSTOMIZE IT!
Individual boosts, supplements and add-ins

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Veggie Boost	1 oz	50	0	0	2	13	1	10	1	110	780	2	2
Glutamine	5g	14	0	0	0	0	0	0	4	0	0	0	0
Multivitamin	4.25g	5	0	0	0	3	2	0	0	50	209	13	0
BCAAs	4.25g	10	0	0	0	2	0	0	0	0	0	0	0
Energy Boost	4.25g	10	0	0	0	2	0	0	0	0	100	0	0
Creatine	3.75g	0	0	0	0	0	0	0	0	0	0	0	0
Fiber	5g	7	0	0	0	2.5	3.5	0	0	0	0	0	0
Fat Burner	4.25g	10	0	0	0	3	2	0	0	0	417	0	0
Chocolate	1 oz	100	0.5	0	0	23	0	22	0	0	0	0	4
Sugar Free Chocolate	1 oz	40	1	0.1	1	10	0	0	1	0	0	0	6
Pumpable Peanut Butter	1 oz	180	15	0	12	8	2	4	7	0	0	0	4
Low Fat Peanut Butter	10g	40	1	0	2	4	2	1	5	1	0	1	0
Mocha	1 Scoop	260	4	0	1	20	0	13	1	0	0	0	1
Granola	94cc	220	7	0	0	37	5	7	6	0	0	4	10
Vanilla Protein (20g)	94cc	160	3.5	0.5	1	11	0	4	20	0	2	10	0
Chocolate Protein (20g)	90cc	115	3	0.05	3	3	1	1	20	0	0	20	0
Smoothie Crème	25cc	75	2	0	1	15	0	13	0	0	0	0	0

www.retroblendsmoothies.com

LIMITED TIME ONLY

	Serving Size	Calories	Fat g	Cholesterol g	Sodium %DV	Carbs g	Fiber g	Sugar g	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Energy Ice	2 oz.	160	0	0	1	40	0	40	0	0	0	0	0
	1 oz.	90	0	0	0	23	0	21	0	0	0	0	0
Green Apple	16oz.	468	5	1	1	88	0	74	20	0	2	10	0
	24oz.	595	6	1	2	118	0	101	20	0	2	10	0
	1 oz.	70	0	0	0	19	0	17	0	0	80	0	2
Lemon Ice	16oz.	408	5	1	1	76	0	62	20	0	242	10	6
	24oz.	515	6	1	2	102	0	85	20	0	322	10	8

	1 oz.	0	0	0	0	0	0	0	0	0	0	0	0
Peppermint Vanilla	16oz.	378	4	0	2	30	0	26	0	0	0	0	0
	24oz.	567	6	0	3	45	0	39	0	0	0	0	0

	1 oz.	50	0	0	0	14	0	14	0	0	0	0	0
Sweet Tea	16oz.	150	0	0	0	42	0	42	0	0	0	0	0
	24oz.	200	0	0	0	56	0	56	0	0	0	0	0

	1 oz.	110	1	0	2	26	0	23	1	0	0	4	0
Pumpkin Spice	16oz.	527.5	6	0.5	7.4	96.5	0	79.5	23	0	2	22	0
<i>Made with smoothie crème</i>	24oz.	675	7.5	0.5	9.9	130	0	109	24	0	2	26	0

	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
White Chocolate Peppermint	16oz.	565	7	0.5	9.9	102	0	84	23	0	2	22	0
	24oz.	675	7.5	0.5	12.9	127	0	106	24	0	2	26	0

	1 oz.	110	1	0	3	25	0	22	1	0	0	4	0
White Chocolate Mocha	16oz.	677.5	9.5	0.5	8.4	88.5	0	67.5	23	0	2	18	1
	24oz.	825	11	0.5	11.9	121	0	96	24	0	2	22	1

	1 oz.	60	0	0	0	14	0	14	0	0	0	0	0
Banana	16 oz.	340	3.5	0.5	0.9	53	0	46	20	0	2	10	0
	24 oz.	400	3.5	0.5	0.9	67	0	60	20	0	2	10	0

Fresh Banana (medium size)	118g	105	0	0	1	27	3	14	1	2	17	1	2
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