

SECRET SMOOTHIES



THE NITTY-GRITTY DETAILS

NUTRITION GUIDE ...SHHH! AVAILABLE ON THE BOOST APP

APPLE PASSION

INGREDIENTS

Apple Juice, Banana, Raspberries, Strawberries, Passionfruit, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280 kJ (306 Cal)	210 kJ (50 Cal)
Protein	2.6 g	0.4 g
Fat, total	0.6 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	67.5 g	11.1 g
- sugars	63.8 g	10.5 g
Dietary fibre, total	5.6 g	0.9 g
Sodium	29 mg	5 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1040 kJ (248 Cal)	230 kJ (55 Cal)
Protein	2.0 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	54.9 g	12.2 g
- sugars	51.7 g	11.5 g
Dietary fibre, total	4.2 g	0.9 g
Sodium	24 mg	5 mg

BROTEIN[†]

INGREDIENTS

Coconut Water, Coconut Mylk, Banana, Blueberries, Strawberries, Raspberries, Whey Protein, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	Yes	Sulphites	Yes
Sesame	No	Lupin	No
Soy	Yes	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	876 kJ (209 Cal)	144 kJ (34 Cal)
Protein	12.3 g	2.0 g
Fat, total	4.1 g	0.7 g
- saturated	2.6 g	0.4 g
Carbohydrate	28.7 g	4.7 g
- sugars	21.6 g	3.6 g
Dietary fibre, total	3.8 g	0.6 g
Sodium	132 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	647 kJ (154 Cal)	144 kJ (34 Cal)
Protein	9.1 g	2.0 g
Fat, total	3.1 g	0.7 g
- saturated	2.0 g	0.4 g
Carbohydrate	21.1 g	4.7 g
- sugars	16.0 g	3.6 g
Dietary fibre, total	2.6 g	0.6 g
Sodium	103 mg	23 mg

CAFE LATTE[^]

INGREDIENTS

Coffee[^], Espresso Blend[^], Banana, Low Fat Milk, Sorbet, Vanilla Yoghurt, Ice

ALLERGENS

Gluten	Yes	Caffeine	Yes
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	Yes	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1930 kJ (460 Cal)	316 kJ (75 Cal)
Protein	14.9 g	2.4 g
Fat, total	7.8 g	1.3 g
- saturated	6.6 g	1.1 g
Carbohydrate	81.6 g	13.4 g
- sugars	67.7 g	11.1 g
Dietary fibre, total	1.4 g	0.2 g
Sodium	266 mg	44 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1400 kJ (335 Cal)	312 kJ (75 Cal)
Protein	10.9 g	2.4 g
Fat, total	5.5 g	1.2 g
- saturated	4.5 g	1.0 g
Carbohydrate	60.0 g	13.3 g
- sugars	50.0 g	11.1 g
Dietary fibre, total	1.1 g	0.2 g
Sodium	189 mg	42 mg

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1100 kJ (263 Cal)	315 kJ (75 Cal)
Protein	8.6 g	2.5 g
Fat, total	4.2 g	1.2 g
- saturated	3.4 g	1.0 g
Carbohydrate	47.2 g	13.5 g
- sugars	39.3 g	11.2 g
Dietary fibre, total	0.8 g	0.2 g
Sodium	149 mg	43 mg

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FINE PINE MANGO

INGREDIENTS

Pineapple, Mango, Mango Nectar, Vanilla Yoghurt, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1680 kJ (402 Cal)	276 kJ (66 Cal)	Energy	1280 kJ (306 Cal)	285 kJ (68 Cal)	Energy	982 kJ (234 Cal)	280 kJ (67 Cal)
Protein	8.3 g	1.4 g	Protein	6.4 g	1.4 g	Protein	4.8 g	1.4 g
Fat, total	4.6 g	0.8 g	Fat, total	3.6 g	0.8 g	Fat, total	2.7 g	0.8 g
- saturated	3.0 g	0.5 g	- saturated	2.4 g	0.5 g	- saturated	1.7 g	0.5 g
Carbohydrate	79.9 g	13.1 g	Carbohydrate	60.5 g	13.5 g	Carbohydrate	46.8 g	13.3 g
- sugars	72.0 g	11.8 g	- sugars	54.5 g	12.1 g	- sugars	42.2 g	12.0 g
Dietary fibre, total	4.5 g	0.7 g	Dietary fibre, total	3.2 g	0.7 g	Dietary fibre, total	2.6 g	0.8 g
Sodium	133 mg	22 mg	Sodium	104 mg	23 mg	Sodium	76 mg	22 mg

GINGER TONIC

INGREDIENTS

Grapes, Ginger, Cucumber, Apple, Kale, Coconut Water, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	671 kJ (160 Cal)	110 kJ (26 Cal)	Energy	466 kJ (111 Cal)	103 kJ (25 Cal)	Energy	249 kJ (60 Cal)	71 kJ (17 Cal)
Protein	1.5 g	0.2 g	Protein	1.1 g	0.2 g	Protein	0.6 g	0.2 g
Fat, total	0.3 g	less than 0.1 g	Fat, total	0.2 g	less than 0.1 g	Fat, total	0.1 g	less than 0.1 g
- saturated	less than 0.1 g	less than 0.1 g	- saturated	less than 0.1 g	less than 0.1 g	- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	35.4 g	5.8 g	Carbohydrate	24.5 g	5.5 g	Carbohydrate	13.1 g	3.7 g
- sugars	32.5 g	5.3 g	- sugars	22.6 g	5.0 g	- sugars	12.1 g	3.5 g
Dietary fibre, total	5.2 g	0.9 g	Dietary fibre, total	3.7 g	0.8 g	Dietary fibre, total	2.0 g	0.6 g
Sodium	99 mg	16 mg	Sodium	67 mg	15 mg	Sodium	34 mg	10 mg

GREEN MACHINE†

INGREDIENTS

Coconut Water, Mango, Apple, Spinach, Whey Protein, All Greens Booster, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	Yes	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	644 kJ (154 Cal)	106 kJ (25 Cal)	Energy	480 kJ (115 Cal)	107 kJ (26 Cal)
Protein	9.0 g	1.5 g	Protein	6.2 g	1.4 g
Fat, total	0.8 g	0.1 g	Fat, total	0.6 g	0.1 g
- saturated	0.4 g	less than 0.1 g	- saturated	0.3 g	less than 0.1 g
Carbohydrate	26.4 g	4.3 g	Carbohydrate	20.3 g	4.5 g
- sugars	21.9 g	3.6 g	- sugars	16.7 g	3.7 g
Dietary fibre, total	2.7 g	0.4 g	Dietary fibre, total	2.1 g	0.5 g
Sodium	111 mg	18 mg	Sodium	82 mg	18 mg

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BOOST
THE NITTY-GRITTY DETAILS

GREEN TEA PINE ZEN†

INGREDIENTS

Freshly Juiced Pineapple, Freshly Squeezed Orange, Mint, Green Tea[^], Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	Yes
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1200 kJ (286 Cal)	196 kJ (47 Cal)
Protein	2.9 g	0.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	66.3 g	10.9 g
- sugars	62.2 g	10.2 g
Dietary fibre, total	0.6 g	less than 0.1 g
Sodium	21 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	892 kJ (213 Cal)	198 kJ (47 Cal)
Protein	2.1 g	0.5 g
Fat, total	0.6 g	0.1 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	49.4 g	11.0 g
- sugars	46.5 g	10.3 g
Dietary fibre, total	0.4 g	less than 0.1 g
Sodium	15 mg	3 mg

HOLY CHOCO

INGREDIENTS

Low Fat Milk, Banana, Chocolate Powder, Strawberry Yoghurt, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1710 kJ (409 Cal)	281 kJ (67 Cal)
Protein	17.9 g	2.9 g
Fat, total	6.4 g	1.0 g
- saturated	4.1 g	0.7 g
Carbohydrate	73.8 g	12.1 g
- sugars	65.6 g	10.8 g
Dietary fibre, total	2.8 g	0.5 g
Sodium	329 mg	54 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1350 kJ (322 Cal)	299 kJ (72 Cal)
Protein	14.4 g	3.2 g
Fat, total	4.9 g	1.1 g
- saturated	3.1 g	0.7 g
Carbohydrate	58.0 g	12.9 g
- sugars	51.3 g	11.4 g
Dietary fibre, total	2.0 g	0.5 g
Sodium	256 mg	57 mg

JANINE'S FAVOURITE

INGREDIENTS

Banana, Raspberries, Mango Nectar, Yoghurt Mango, Ice.

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1660 kJ (397 Cal)	272 kJ (65 Cal)
Protein	7.5 g	1.2 g
Fat, total	4.7 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	80.4 g	13.2 g
- sugars	71.7 g	11.7 g
Dietary fibre, total	2.3 g	0.4 g
Sodium	139 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280 kJ (307 Cal)	285 kJ (68 Cal)
Protein	6.0 g	1.3 g
Fat, total	3.8 g	0.8 g
- saturated	2.5 g	0.6 g
Carbohydrate	61.7 g	13.7 g
- sugars	54.6 g	12.1 g
Dietary fibre, total	1.7 g	0.4 g
Sodium	110 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1060 kJ (254 Cal)	304 kJ (73 Cal)
Protein	4.6 g	1.3 g
Fat, total	2.8 g	0.8 g
- saturated	1.8 g	0.5 g
Carbohydrate	52.1 g	14.9 g
- sugars	46.3 g	13.2 g
Dietary fibre, total	1.6 g	0.5 g
Sodium	83 mg	24 mg

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JUSTICE CRUSH

INGREDIENTS

Coconut Water, Banana, Mango, Strawberries, Passionfruit, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1170 kJ (279 Cal)	191 kJ (46 Cal)	Energy	947 kJ (226 Cal)	211 kJ (50 Cal)	Energy	658 kJ (157 Cal)	188 kJ (45 Cal)
Protein	2.7 g	0.4 g	Protein	2.2 g	0.5 g	Protein	1.4 g	0.4 g
Fat, total	0.8 g	0.1 g	Fat, total	0.6 g	0.1 g	Fat, total	0.4 g	0.1 g
- saturated	0.3 g	less than 0.1 g	- saturated	0.2 g	less than 0.1 g	- saturated	0.1 g	less than 0.1 g
Carbohydrate	63.1 g	10.3 g	Carbohydrate	51.3 g	11.4 g	Carbohydrate	36.1 g	10.3 g
- sugars	52.3 g	8.6 g	- sugars	42.2 g	9.4 g	- sugars	29.9 g	8.6 g
Dietary fibre, total	5.6 g	0.9 g	Dietary fibre, total	4.4 g	1.0 g	Dietary fibre, total	2.7 g	0.8 g
Sodium	84 mg	14 mg	Sodium	71 mg	16 mg	Sodium	61 mg	17 mg

KINKY KALE

INGREDIENTS

Kale, Mint, Pineapple, Orange, All Greens Booster, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	943 kJ (225 Cal)	155 kJ (37 Cal)	Energy	686 kJ (164 Cal)	153 kJ (36 Cal)	Energy	513 kJ (122 Cal)	146 kJ (35 Cal)
Protein	2.8 g	0.5 g	Protein	2.1 g	0.5 g	Protein	1.5 g	0.4 g
Fat, total	0.6 g	0.1 g	Fat, total	0.5 g	0.1 g	Fat, total	0.3 g	less than 0.1 g
- saturated	less than 0.1 g	less than 0.1 g	- saturated	less than 0.1 g	less than 0.1 g	- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	50.6 g	8.3 g	Carbohydrate	36.7 g	8.2 g	Carbohydrate	27.6 g	7.9 g
- sugars	50.4 g	8.3 g	- sugars	36.6 g	8.1 g	- sugars	27.5 g	7.9 g
Dietary fibre, total	1.3 g	0.2 g	Dietary fibre, total	1.0 g	0.2 g	Dietary fibre, total	0.6 g	0.2 g
Sodium	28 mg	5 mg	Sodium	21 mg	5 mg	Sodium	14 mg	4 mg

LEMON CRUSH

INGREDIENTS

Lemon, Orange, Sorbet, Ice.

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	801 kJ (191 Cal)	131 kJ (31 Cal)	Energy	643 kJ (154 Cal)	143 kJ (34 Cal)	Energy	518 kJ (124 Cal)	148 kJ (35 Cal)
Protein	2.8 g	0.5 g	Protein	2.3 g	0.5 g	Protein	1.7 g	0.5 g
Fat, total	0.8 g	0.1 g	Fat, total	0.7 g	0.2 g	Fat, total	0.5 g	0.2 g
- saturated	0.2 g	less than 0.1 g	- saturated	0.1 g	less than 0.1 g	- saturated	0.1 g	less than 0.1 g
Carbohydrate	43.2 g	7.1 g	Carbohydrate	34.6 g	7.7 g	Carbohydrate	28.1 g	8.0 g
- sugars	40.9 g	6.7 g	- sugars	32.8 g	7.3 g	- sugars	26.6 g	7.6 g
Dietary fibre, total	0.5 g	less than 0.1 g	Dietary fibre, total	0.4 g	less than 0.1 g	Dietary fibre, total	0.3 g	less than 0.1 g
Sodium	17 mg	3 mg	Sodium	14 mg	3 mg	Sodium	10 mg	3 mg

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MANGO BERRY CRUSH

INGREDIENTS

Mango Nectar, Mango, Raspberries, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1360 kJ (324 Cal)	222 kJ (53 Cal)	Energy	1070 kJ (256 Cal)	238 kJ (57 Cal)	Energy	811kJ (194Cal)	232 kJ (55 Cal)
Protein	2.2 g	0.4g	Protein	1.7 g	0.4 g	Protein	1.3g	0.4 g
Fat, total	0.6 g	less than 0.1 g	Fat, total	0.5 g	0.1 g	Fat, total	0.3g	less than 0.1 g
- saturated	0.3 g	less than 0.1g	- saturated	0.2 g	less than 0.1 g	- saturated	0.2g	less than 0.1 g
Carbohydrate	77.1 g	12.6 g	Carbohydrate	60.9 g	13.5 g	Carbohydrate	46.3g	13.2 g
- sugars	70.8 g	11.6 g	- sugars	56.2 g	12.5 g	- sugars	42.8g	12.2 g
Dietary fibre, total	4.0 g	0.7 g	Dietary fibre, total	3.0 g	0.7 g	Dietary fibre, total	2.2g	0.6 g
Sodium	16 mg	3 mg	Sodium	13 mg	3 mg	Sodium	10 mg	3 mg

ORANGE BERRY ZEN

INGREDIENTS

Freshly Squeezed Orange, Strawberries, Raspberries, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1060 kJ (253 Cal)	174 kJ (42 Cal)	Energy	771 kJ (184 Cal)	171 kJ (41 Cal)
Protein	3.1 g	0.5 g	Protein	2.2 g	0.5 g
Fat, total	0.8 g	0.1 g	Fat, total	0.6 g	0.1 g
- saturated	0.2 g	less than 0.1 g	- saturated	0.2 g	less than 0.1 g
Carbohydrate	57.1 g	9.4 g	Carbohydrate	41.7 g	9.3 g
- sugars	54.7 g	9.0 g	- sugars	39.9 g	8.9 g
Dietary fibre, total	2.3 g	0.4 g	Dietary fibre, total	1.6 g	0.3 g
Sodium	26 mg	4 mg	Sodium	18 mg	4 mg

PINA COLADA

INGREDIENTS

Tropical Juice, Pineapple Juiced, Banana, Coconut Mylk, Vanilla Yoghurt, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	Yes	Sulphites	Yes
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1680 kJ (402 Cal)	276 kJ (66 Cal)	Energy	1300 kJ (311 Cal)	289 kJ (69 Cal)	Energy	954 kJ (228 Cal)	273 kJ (65 Cal)
Protein	8.1 g	1.3 g	Protein	6.4 g	1.4 g	Protein	4.7 g	1.3 g
Fat, total	7.1 g	1.2 g	Fat, total	5.7 g	1.3 g	Fat, total	4.3 g	1.2 g
- saturated	4.7 g	0.8 g	- saturated	3.8 g	0.8 g	- saturated	2.8 g	0.8 g
Carbohydrate	76.0 g	12.5 g	Carbohydrate	57.9 g	12.9 g	Carbohydrate	42.3 g	12.1 g
- sugars	66.7 g	10.9 g	- sugars	50.4 g	11.2 g	- sugars	36.5 g	10.4 g
Dietary fibre, total	1.5 g	0.2 g	Dietary fibre, total	1.2 g	0.3 g	Dietary fibre, total	1.0 g	0.3 g
Sodium	143 mg	24 mg	Sodium	114 mg	25 mg	Sodium	82 mg	23 mg

SECRET SMOOTHIES

NUTRITION GUIDE



PRO-CHOC†

INGREDIENTS

Chocolate, Banana, Coconut Water, Coconut Mylk, Whey Protein, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	Yes	Sulphites	Yes
Sesame	No	Lupin	No
Soy	Yes	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1210 kJ (290 Cal)	199 kJ (48 Cal)	Energy	875 kJ (209 Cal)	194 kJ (47 Cal)	Energy	781 kJ (186 Cal)	173 kJ (41 Cal)
Protein	18.3 g	3.0 g	Protein	12.4 g	2.8 g	Protein	11.4 g	2.5 g
Fat, total	4.6 g	0.8 g	Fat, total	3.2 g	0.7 g	Fat, total	2.4 g	0.5 g
- saturated	2.8 g	0.5 g	- saturated	1.9 g	0.4 g	- saturated	1.4 g	0.3 g
Carbohydrate	41.6 g	6.8 g	Carbohydrate	31.1 g	6.9 g	Carbohydrate	28.4 g	6.3 g
- sugars	32.9 g	5.4 g	- sugars	24.6 g	5.5 g	- sugars	22.5 g	5.0 g
Dietary fibre, total	3.7 g	0.6 g	Dietary fibre, total	2.7 g	0.6 g	Dietary fibre, total	2.3 g	0.5 g
Sodium	214 mg	35 mg	Sodium	154 mg	34 mg	Sodium	147 mg	33 mg

RASPBERRY RIPPLE

INGREDIENTS

Raspberries, Chocolate Powder, Dates, Strawberry Yoghurt, Low Fat Milk, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	2000 kJ (478 Cal)	328 kJ (78 Cal)	Energy	1540 kJ (368 Cal)	342 kJ (82 Cal)	Energy	1130 kJ (270 Cal)	323 kJ (77 Cal)
Protein	19.2 g	3.1 g	Protein	15.5 g	3.5 g	Protein	11.8 g	3.4 g
Fat, total	6.8 g	1.1 g	Fat, total	5.2 g	1.2 g	Fat, total	3.9 g	1.1 g
- saturated	4.3 g	0.7 g	- saturated	3.3 g	0.7 g	- saturated	2.5 g	0.7 g
Carbohydrate	85.0 g	13.9 g	Carbohydrate	65.0 g	14.4 g	Carbohydrate	47.7 g	13.6 g
- sugars	77.7 g	12.7 g	- sugars	59.4 g	13.2 g	- sugars	43.5 g	12.4 g
Dietary fibre, total	6.3 g	1.0 g	Dietary fibre, total	4.7 g	1.0 g	Dietary fibre, total	3.1 g	0.9 g
Sodium	361 mg	59 mg	Sodium	280 mg	62 mg	Sodium	212 mg	61 mg

SKINNY DIP†

INGREDIENTS

Apple Juice, Banana, Strawberries, Raspberries, Vita#, Strawberry Yoghurt, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1560 kJ (372 Cal)	255 kJ (61 Cal)	Energy	1180 kJ (282 Cal)	263 kJ (63 Cal)
Protein	6.1 g	1.0 g	Protein	4.7 g	1.1 g
Fat, total	3.5 g	0.6 g	Fat, total	2.8 g	0.6 g
- saturated	2.2 g	0.4 g	- saturated	1.8 g	0.4 g
Carbohydrate	79.6 g	13.1 g	Carbohydrate	60.3 g	13.4 g
- sugars	70.6 g	11.6 g	- sugars	53.7 g	11.9 g
Dietary fibre, total	2.5 g	0.4 g	Dietary fibre, total	1.7 g	0.4 g
Sodium	156 mg	26 mg	Sodium	134 mg	30 mg

SECRET SMOOTHIES

NUTRITION GUIDE

BOOST
THE NITTY-GRITTY DETAILS

STRAWBERRIES & CREAM

INGREDIENTS

Low Fat Milk, Strawberries, Vanilla Yoghurt, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1580 kJ (378 Cal)	260 kJ (62 Cal)	Energy	1220 kJ (291 Cal)	271 kJ (65 Cal)	Energy	880 kJ (210 Cal)	251 kJ (60 Cal)
Protein	16.1 g	2.6 g	Protein	12.0 g	2.7 g	Protein	8.9 g	2.6 g
Fat, total	3.3 g	0.5 g	Fat, total	2.7 g	0.6 g	Fat, total	2.0 g	0.6 g
- saturated	2.1 g	0.3 g	- saturated	1.7 g	0.4 g	- saturated	1.2 g	0.4 g
Carbohydrate	70.4 g	11.5 g	Carbohydrate	54.2 g	12.0 g	Carbohydrate	38.7 g	11.1 g
- sugars	64.6 g	10.6 g	- sugars	49.6 g	11.0 g	- sugars	35.4 g	10.1 g
Dietary fibre, total	1.3 g	0.2 g	Dietary fibre, total	1.0 g	0.2 g	Dietary fibre, total	0.8 g	0.2 g
Sodium	214 mg	35 mg	Sodium	161 mg	36 mg	Sodium	121 mg	35 mg

STRAWBERRY DAIQUIRI

INGREDIENTS

Freshly Squeezed Lemon, Apple, Strawberries, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	929 kJ (222 Cal)	152 kJ (36 Cal)	Energy	716 kJ (171 Cal)	159 kJ (38 Cal)
Protein	1.9 g	0.3 g	Protein	1.4 g	0.3 g
Fat, total	0.6 g	less than 0.1 g	Fat, total	0.4 g	less than 0.1 g
- saturated	0.2 g	less than 0.1 g	- saturated	0.1 g	less than 0.1 g
Carbohydrate	51.5 g	8.4 g	Carbohydrate	39.8 g	8.8 g
- sugars	49.2 g	8.1 g	- sugars	38.0 g	8.4 g
Dietary fibre, total	1.9 g	0.3 g	Dietary fibre, total	1.3 g	0.3 g
Sodium	22 mg	4 mg	Sodium	17 mg	4 mg

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

SUPER MANGO BERRY

INGREDIENTS

Mango Nectar, Raspberries, Strawberry Yoghurt, Vanilla Yoghurt, Ice

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1550 kJ (370 Cal)	254 kJ (61 Cal)	Energy	1220 kJ (292 Cal)	271 kJ (65 Cal)	Energy	937 kJ (224 Cal)	268 kJ (64 Cal)
Protein	7.3 g	1.2 g	Protein	5.8 g	1.3 g	Protein	4.4 g	1.2 g
Fat, total	4.7 g	0.8 g	Fat, total	3.7 g	0.8 g	Fat, total	2.8 g	0.8 g
- saturated	3.1 g	0.5 g	- saturated	2.5 g	0.6 g	- saturated	1.9 g	0.5 g
Carbohydrate	77.0 g	12.6 g	Carbohydrate	60.9 g	13.5 g	Carbohydrate	47.2 g	13.5 g
- sugars	69.6 g	11.4 g	- sugars	55.0 g	12.2 g	- sugars	42.8 g	12.2 g
Dietary fibre, total	2.3 g	0.4 g	Dietary fibre, total	1.8 g	0.4 g	Dietary fibre, total	1.3 g	0.4 g
Sodium	139 mg	23 mg	Sodium	110 mg	25 mg	Sodium	83 mg	24 mg

SECRET SMOOTHIES

NUTRITION GUIDE



SUPER JUICE†

INGREDIENTS

Freshly Juiced Apple, Carrot, Celery, Beetroot, Vita Booster#, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	581 kJ (139 Cal)	95 kJ (23 Cal)
Protein	2.8 g	0.5 g
Fat, total	0.3 g	less than 0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	29.0 g	4.8 g
- sugars	28.2 g	4.6 g
Dietary fibre, total	3.6 g	0.6 g
Sodium	217 mg	36 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	457 kJ (109 Cal)	102 kJ (24 Cal)
Protein	2.2 g	0.5 g
Fat, total	0.3 g	less than 0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	22.9 g	5.1 g
- sugars	22.3 g	5.0 g
Dietary fibre, total	2.6 g	0.6 g
Sodium	175 mg	39 mg

TAUT N' TONED†

INGREDIENTS

Coconut Water, Banana, Strawberries, Whey Protein, Dates, Spinach, Ice

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	Yes	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1060 kJ (254 Cal)	174 kJ (42 Cal)
Protein	18.0 g	3.0 g
Fat, total	1.6 g	0.3 g
- saturated	0.7 g	0.1 g
Carbohydrate	38.1 g	6.2 g
- sugars	30.1 g	4.9 g
Dietary fibre, total	4.6 g	0.8 g
Sodium	148 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	749 kJ (179 Cal)	166 kJ (40 Cal)
Protein	12.1 g	2.7 g
Fat, total	1.1 g	0.2 g
- saturated	0.5 g	0.1 g
Carbohydrate	27.6 g	6.1 g
- sugars	21.5 g	4.8 g
Dietary fibre, total	3.4 g	0.7 g
Sodium	109 mg	24 mg

TROPICAL CRUSH

INGREDIENTS

Mango, Tropical Juice, Banana, Sorbet, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1340 kJ (319 Cal)	219 kJ (52 Cal)
Protein	2.8 g	0.5 g
Fat, total	0.6 g	less than 0.1 g
- saturated	0.3 g	less than 0.1 g
Carbohydrate	77.3 g	12.7 g
- sugars	66.8 g	11.0 g
Dietary fibre, total	2.7 g	0.4 g
Sodium	16 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1070 kJ (256 Cal)	238 kJ (57 Cal)
Protein	2.3 g	0.5 g
Fat, total	0.4 g	less than 0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	61.9 g	13.8 g
- sugars	53.5 g	11.9 g
Dietary fibre, total	2.2 g	0.5 g
Sodium	13 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	849 kJ (203 Cal)	243 kJ (58 Cal)
Protein	1.8 g	0.5 g
Fat, total	0.4 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	48.9 g	14.0 g
- sugars	42.2 g	12.0 g
Dietary fibre, total	1.7 g	0.5 g
Sodium	10 mg	3 mg

SECRET SMOOTHIES

NUTRITION GUIDE

BOOST
THE NITTY-GRITTY DETAILS

TROPICAL STORM

INGREDIENTS

Mango, Tropical Juice, Banana,
Coconut Mylk, Yoghurt Mango, Ice.

ALLERGENS

Gluten	No	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	Yes	Sulphites	Yes
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1710 kJ (409 Cal)	281 kJ (67 Cal)	Energy	1320 kJ (316 Cal)	294 kJ (70 Cal)	Energy	1050 kJ (250 Cal)	300 kJ (72 Cal)
Protein	8.3 g	1.4 g	Protein	6.5 g	1.5 g	Protein	5.0 g	1.4 g
Fat, total	5.5 g	0.9 g	Fat, total	4.6 g	1.0 g	Fat, total	3.2 g	0.9 g
- saturated	3.7 g	0.6 g	- saturated	3.0 g	0.7 g	- saturated	2.1 g	0.6 g
Carbohydrate	82.0 g	13.4 g	Carbohydrate	62.5 g	13.9 g	Carbohydrate	50.5 g	14.4 g
- sugars	69.5 g	11.4 g	- sugars	52.8 g	11.7 g	- sugars	42.4 g	12.1 g
Dietary fibre, total	2.4 g	0.4 g	Dietary fibre, total	1.9 g	0.4 g	Dietary fibre, total	1.7 g	0.5 g
Sodium	142 mg	23 mg	Sodium	113 mg	25 mg	Sodium	84 mg	24 mg

VEGGIE GARDEN

INGREDIENTS

Carrot, Celery, Cucumber, Orange,
Spinach, Chia Seeds, Ice.

ALLERGENS

Gluten	No	Caffeine	No
Dairy	No	Vegetarian	Yes
Peanuts	No	Vegan	Yes
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	No	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	722 kJ (172 Cal)	118 kJ (28 Cal)	Energy	513 kJ (123 Cal)	114 kJ (27 Cal)	Energy	406 kJ (97 Cal)	116 kJ (28 Cal)
Protein	5.7 g	0.9 g	Protein	3.8 g	0.8 g	Protein	3.1 g	0.9 g
Fat, total	3.3 g	0.5 g	Fat, total	1.8 g	0.4 g	Fat, total	1.7 g	0.5 g
- saturated	0.3 g	less than 0. g	- saturated	0.2 g	less than 0.1 g	- saturated	0.2 g	less than 0.1 g
Carbohydrate	27.2 g	4.5 g	Carbohydrate	20.8 g	4.6 g	Carbohydrate	15.9 g	4.5 g
- sugars	26.5 g	4.3 g	- sugars	20.4 g	4.5 g	- sugars	15.5 g	4.4 g
Dietary fibre, total	6.3 g	1.0 g	Dietary fibre, total	4.0 g	0.9 g	Dietary fibre, total	3.3 g	0.9 g
Sodium	261 mg	43 mg	Sodium	184 mg	41 mg	Sodium	142 mg	41 mg

WEEKEND WARRIOR†

INGREDIENTS

Banana, Blueberries, Oats, Dates, Coconut
Water, Whey Protein, Chia Seeds, Ice

ALLERGENS

Gluten	Yes	Caffeine	No
Dairy	Yes	Vegetarian	Yes
Peanuts	No	Vegan	No
Tree Nuts	No	Sulphites	No
Sesame	No	Lupin	No
Soy	Yes	Crustacea	No
Egg	No	Fish	No

NUTRITION INFORMATION			NUTRITION INFORMATION			NUTRITION INFORMATION		
Servings per package: 1 Serving size: 610 mL			Servings per package: 1 Serving size: 450 mL			Servings per package: 1 Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL		Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1490 kJ (355 Cal)	244 kJ (58 Cal)	Energy	1160 kJ (278 Cal)	259 kJ (62 Cal)	Energy	711 kJ (170 Cal)	203 kJ (49 Cal)
Protein	21.1 g	3.5 g	Protein	14.7 g	3.3 g	Protein	7.9 g	2.3 g
Fat, total	5.7 g	0.9 g	Fat, total	3.9 g	0.9 g	Fat, total	2.7 g	0.8 g
- saturated	1.3 g	0.2 g	- saturated	0.9 g	0.2 g	- saturated	0.5 g	0.2 g
Carbohydrate	49.9 g	8.2 g	Carbohydrate	41.9 g	9.3 g	Carbohydrate	26.3 g	7.5 g
- sugars	31.2 g	5.1 g	- sugars	25.4 g	5.6 g	- sugars	16.6 g	4.7 g
Dietary fibre, total	8.6 g	1.4 g	Dietary fibre, total	6.5 g	1.4 g	Dietary fibre, total	4.3 g	1.2 g
Sodium	152 mg	25 mg	Sodium	112 mg	25 mg	Sodium	73 mg	21 mg

SECRET SMOOTHIES

NUTRITION GUIDE

BOOST
THE NITTY-GRITTY DETAILS

WHERE A DRINK/INGREDIENT IS MARKED "NO" IN THE ALLERGEN TABLE, THIS MEANS THE ALLERGEN IS NOT PRESENT IN THIS DRINK/INGREDIENT, HOWEVER THERE MAY STILL BE TRACES OF SUCH ALLERGEN IN SUCH DRINK/INGREDIENT. THIS IS DUE TO POTENTIAL CROSS CONTAMINATION THAT MAY OCCUR IN STORE OR DURING THE EXTERNAL MANUFACTURING PROCESS FOR AN INGREDIENT.*

† Boosters & whey protein not recommended for young children, pregnant or lactating women. For full ingredients and nutritional information refer to boostjuice.com.au. † Contains caffeine not suitable for children under 15 years or pregnant women. * For original size. # At least 10% of your RDI of essential vitamins and minerals. ‡ Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. ◊ Some products may not be available in all stores. ♣ Suitable for vegans. Although our vegan products are made using plant-based ingredients, Boost however, cannot guarantee that any vegan products will be free from traces of animal products due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.

*If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marked "No" in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product. Boost Juice is not a nut free environment. Whilst we take our greatest care in preparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost Juice products may contain traces of wheat, gluten cereals, egg, milk, peanuts, sesame, sulphites, soy, sunflower seeds or kernels, tree nuts and lupin. Our whey protein does not contain gluten. Soy milk does not contain gluten and is dairy and lactose free. Our frozen yoghurts do not contain gluten however our Boost sorbet products contain wheat and gluten. Coconut Milk contains traces of tree nuts & sulphites. † Contains caffeine not recommended for children under 15 years or pregnant women. ‡ Boosters & whey protein not recommended for young children, pregnant or lactating women. * For original size. # At least 10% of your RDI of essential vitamins and minerals. For full ingredients and nutritional information refer to boostjuice.com.au. ‡ Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. Our kids' collectable cups are 250 mL, our enviro cups are 450 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. The nutrition and allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. We've made sure that all the nitty-gritty info in this flyer is correct at the time of printing. Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you in the loop. For the most up-to-date ingredient listing please refer to our website boostjuice.com.au.