

IQ Mango Cum Laude

Nutrition Facts	
Serving Size 1 EACH (16oz)	
Amount Per Serving	
Calories 243	Calories from Fat 5
%Daily Value*	
Total Fat 0.6g	1%
Sat. Fat 0.1g	0%
Mono. Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 4.5mg	0%
Total Carbohydrate 58.6g	20%
Dietary Fiber 6.5g	26%
Protein 3.1g	
Vitamin A (IU)	70%
Vitamin C	292%
Calcium	5%
Iron	8%
* Percent Daily Values are based on a 2000 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS:

Mix Mango Cum Laude (Frozen Pineapple Slices, Frozen Raspberries, Frozen Mango), Fresh Squeezed Orange Juice

**Contains no added sugar or preservatives*