



Dairy Whey/Protein Blend Test Miami

Size	Smoothie	Cals (kcal)	Fat (g)	SatFat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
20 oz	The Activator Blueberry Cherry	250	2.5	1.5	10	340	31	3	25	26
32 oz	The Activator Blueberry Cherry	360	4	2.5	15	560	42	4	33	40
40 oz	The Activator Blueberry Cherry	500	4.5	2.5	20	680	63	5	50	52
20 oz	The Activator Chocolate	200	3	2	10	380	22	4	10	26
32 oz	The Activator Chocolate	270	4	2.5	10	510	28	5	12	38
40 oz	The Activator Chocolate	380	6	4	15	750	40	7	18	52
20 oz	The Activator Coffee	220	3	2	10	430	24	3	14	29
32 oz	The Activator Coffee	310	3.5	2.5	15	560	32	4	17	40
40 oz	The Activator Coffee	440	5	3.5	20	850	48	6	28	57
20 oz	The Activator Espresso	230	2.5	2	10	430	26	2	14	29
32 oz	The Activator Espresso	330	3.5	2.5	15	560	36	4	17	41
40 oz	The Activator Espresso	460	5	3.5	20	850	52	5	28	58
20 oz	The Activator Pineapple Spinach	280	2.5	1.5	10	350	40	4	29	27
32 oz	The Activator Pineapple Spinach	460	4	2	15	580	70	6	51	41
40 oz	The Activator Pineapple Spinach	550	4.5	2.5	20	710	80	7	59	54
20 oz	The Activator Strawberry Banana	260	2.5	1.5	10	340	37	4	24	26
32 oz	The Activator Strawberry Banana	420	3.5	2.5	15	560	61	6	41	40
40 oz	The Activator Strawberry Banana	520	4.5	2.5	20	680	74	8	47	52
20 oz	Angel Food Slim	220	1	1	5	150	55	4	33	4
32 oz	Angel Food Slim	330	2	1	5	230	83	6	50	6
40 oz	Angel Food Slim	440	2.5	1.5	5	300	111	9	66	7
20 oz	Banana Berry Treat	290	2	1.5	5	240	66	6	51	6
32 oz	Banana Berry Treat	440	3	2	10	360	101	9	77	10
40 oz	Banana Berry Treat	580	4	3	15	480	132	12	101	13
20 oz	Banana Boat	410	4.5	3	15	240	88	5	63	9
32 oz	Banana Boat	620	7	4.5	25	350	133	8	96	14

40 oz	Banana Boat	820	9	6	35	470	176	11	127	18
20 oz	Blueberry Heaven	260	2	1.5	5	250	58	4	41	5
32 oz	Blueberry Heaven	400	3	2	10	370	89	5	63	8
40 oz	Blueberry Heaven	520	4	3	15	490	116	7	83	11

3/11/2024

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Size	Smoothie	Cals (kcal)	Fat (g)	SatFat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
20 oz	Carrot Kale Dream	270	1.5	1	5	160	62	3	48	4
32 oz	Carrot Kale Dream	410	2.5	1.5	5	240	95	5	74	7
40 oz	Carrot Kale Dream	530	3	2	5	300	124	6	97	8
20 oz	Coffee D-Lite Mocha	290	4	2.5	20	220	52	2	46	13
32 oz	Coffee D-Lite Mocha	440	6	4	30	330	79	4	70	19
40 oz	Coffee D-Lite Mocha	570	8	5	35	430	104	5	91	25
20 oz	Coffee D-Lite Vanilla	210	4	3	20	270	34	0	29	9
32 oz	Coffee D-Lite Vanilla	320	6	4.5	30	400	52	1	45	14
40 oz	Coffee D-Lite Vanilla	410	8	6	35	530	68	1	58	19
20 oz	Coffee Hi Protein Almond Mocha	390	13	3	55	350	42	7	29	31
32 oz	Coffee Hi Protein Almond Mocha	610	19	5	85	530	70	12	49	46
40 oz	Coffee Hi Protein Almond Mocha	780	25	6	115	700	85	14	58	61
20 oz	Coffee Hi Protein Vanilla	380	12	3	55	350	41	6	29	30
32 oz	Coffee Hi Protein Vanilla	600	19	4.5	85	530	68	11	49	46
32 oz	Dude Perfect	550	7	4.5	25	360	114	6	90	13
20 oz	Espresso D-Lite Mocha	300	4	2.5	20	220	54	2	46	13
32 oz	Espresso D-Lite Mocha	450	6	4	30	330	83	3	70	20
40 oz	Espresso D-Lite Mocha	590	8	5	35	430	108	4	91	26
20 oz	Espresso D-Lite Vanilla	210	4	3	20	270	36	0	29	10
32 oz	Espresso D-Lite Vanilla	330	6	4.5	30	400	55	0	45	15
40 oz	Espresso D-Lite Vanilla	430	8	6	35	540	72	0	58	19
20 oz	Espresso Hi Protein Almond Mocha	400	13	3	55	350	45	7	29	31
32 oz	Espresso Hi Protein Almond Mocha	620	19	5	85	530	73	11	49	47
40 oz	Espresso Hi Protein Almond Mocha	800	25	6	115	700	89	14	58	62
20 oz	Espresso Hi Protein Vanilla	390	12	3	55	350	44	6	29	31
32 oz	Espresso Hi Protein Vanilla	620	19	4.5	85	530	71	10	49	46

40 oz Espresso Hi Protein Vanilla	790	25	6	115	700	87	12	58	61
20 oz Greek Yogurt Pineapple Mango	250	1.5	1	5	150	55	5	44	10
32 oz Greek Yogurt Pineapple Mango	390	2	1	10	230	83	6	67	16
40 oz Greek Yogurt Pineapple Mango	500	3	1.5	15	290	106	8	87	20

3/11/2024

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20 oz	Greek Yogurt Strawberry Blueberry	240	1	0.5	5	160	50	5	35	10
32 oz	Greek Yogurt Strawberry Blueberry	360	1.5	1	10	240	74	7	53	15
40 oz	Greek Yogurt Strawberry Blueberry	470	2	1.5	15	300	98	8	70	19
20 oz	Hi Protein Banana	330	12	3	55	300	33	5	17	27
32 oz	Hi Protein Banana	490	19	4.5	85	450	49	7	26	41
40 oz	Hi Protein Banana	660	25	6	110	600	65	10	34	54
20 oz	Hi Protein Chocolate	380	13	3	55	350	41	7	29	30
32 oz	Hi Protein Chocolate	600	19	5	85	520	67	11	49	46
40 oz	Hi Protein Chocolate	760	25	6	115	700	82	13	58	61
20 oz	Hi Protein Lemon	380	12	3	55	310	44	3	33	27
32 oz	Hi Protein Lemon	570	19	4.5	85	460	66	4	50	40
40 oz	Hi Protein Lemon	750	25	6	110	620	88	5	66	54
20 oz	Hi Protein Pineapple	300	12	3	55	300	27	4	17	27
32 oz	Hi Protein Pineapple	460	18	4.5	85	450	42	6	26	40
40 oz	Hi Protein Pineapple	610	25	6	110	600	53	8	34	54
20 oz	Island Impact	270	2	1.5	5	240	61	3	52	6
32 oz	Island Impact	400	3.5	2	10	370	91	5	76	9
40 oz	Island Impact	540	4.5	3	15	490	123	7	103	13
20 oz	Kindness In a Cup	350	1.5	1	5	130	83	4	72	4
32 oz	Kindness In a Cup	510	2.5	1.5	5	200	121	6	105	6
40 oz	Kindness In a Cup	700	3	1.5	5	250	166	8	145	8
20 oz	Metabolism Boost Banana Passionfruit	260	2.5	2	10	480	47	3	32	17
32 oz	Metabolism Boost Banana Passionfruit	390	4	3	15	720	73	5	49	26
40 oz	Metabolism Boost Banana Passionfruit	520	5	4	20	960	95	7	64	34
20 oz	Metabolism Boost Mango Ginger	280	3	2	10	500	51	6	35	19
32 oz	Metabolism Boost Mango Ginger	430	5	3	15	750	80	9	55	28

40 oz	Metabolism Boost Mango Ginger	550	6	4	20	990	103	11	69	37
20 oz	Metabolism Boost Strawberry Pineapple	270	2.5	2	10	480	53	6	34	18
32 oz	Metabolism Boost Strawberry Pineapple	420	4	2.5	15	720	81	10	53	26
40 oz	Metabolism Boost Strawberry Pineapple	550	5	3.5	20	960	105	12	69	35

3/11/2024

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20 oz	Peanut Power Plus Chocolate	590	26	6	15	540	77	12	51	22
32 oz	Peanut Power Plus Chocolate	900	39	10	20	840	118	18	78	34
40 oz	Peanut Power Plus Chocolate	1170	51	13	25	1090	153	23	102	44
20 oz	Peanut Power Plus	580	25	6	10	430	79	12	53	20
32 oz	Peanut Power Plus	870	37	8	15	640	118	17	79	29
40 oz	Peanut Power Plus	1160	49	11	20	850	158	23	105	39
20 oz	Peanut Power Plus Strawberry	610	24	5	5	320	90	11	64	17
32 oz	Peanut Power Plus Strawberry	900	36	8	10	500	129	18	89	26
40 oz	Peanut Power Plus Strawberry	1230	48	10	10	630	179	22	129	35
20 oz	Pineapple Surf	410	2	1.5	5	240	96	4	83	6
32 oz	Pineapple Surf	610	3	2	10	370	144	6	124	9
40 oz	Pineapple Surf	820	4	2.5	15	490	192	8	165	12
20 oz	Power Meal Blueberry Raspberry	330	11	2.5	10	360	41	8	29	20
32 oz	Power Meal Blueberry Raspberry	480	17	3.5	15	540	58	10	41	31
40 oz	Power Meal Blueberry Raspberry	650	22	4.5	20	710	79	13	57	41
20 oz	Power Meal Cinnamon Banana	330	11	2.5	10	360	42	9	27	21
32 oz	Power Meal Cinnamon Banana	520	17	3.5	15	530	69	14	46	31
40 oz	Power Meal Cinnamon Banana	660	22	4.5	20	700	83	17	54	41
20 oz	Power Meal Spinach Pineapple	350	11	2.5	10	380	48	7	34	21
32 oz	Power Meal Spinach Pineapple	540	17	3.5	15	560	73	9	52	32
40 oz	Power Meal Spinach Pineapple	700	23	5	20	740	95	11	67	43
20 oz	Pure Recharge Strawberry	190	1.5	1	10	360	43	2	28	7
32 oz	Pure Recharge Strawberry	290	2.5	2	15	540	64	3	42	10
40 oz	Pure Recharge Strawberry	380	3	2.5	20	700	85	5	55	13
20 oz	Shredder Chocolate	230	5	4	20	720	21	3	10	32
32 oz	Shredder Chocolate	310	7	5	25	960	28	4	12	45

40 oz Shredder Chocolate	400	8	6	30	1210	34	6	15	59
20 oz Shredder Strawberry	320	3	2	15	430	47	3	32	29
32 oz Shredder Strawberry	480	4.5	3.5	20	640	71	5	49	43
40 oz Shredder Strawberry	630	6	4.5	25	860	94	6	65	57

3/11/2024

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20 oz	Shredder Vanilla	220	4.5	3	20	670	19	2	10	32
32 oz	Shredder Vanilla	330	6	4.5	30	1010	28	2	14	48
40 oz	Shredder Vanilla	440	9	6	40	1350	37	3	19	63
12 oz	Strawberry Blugurt Blitz	160	1	0.5	5	150	33	2	27	7
20 oz	Strawberry Kiwi Breeze	360	1	0.5	5	140	85	2	76	3
32 oz	Strawberry Kiwi Breeze	540	2	1	5	210	128	3	113	5
40 oz	Strawberry Kiwi Breeze	720	2.5	1.5	5	280	171	4	151	7
20 oz	Tart Cherry X-Treme	350	2	1	5	135	77	4	71	5
32 oz	Tart Cherry X-Treme	530	3	1.5	5	200	117	7	108	8
40 oz	Tart Cherry X-Treme	700	4	2	5	270	155	9	143	11
20 oz	Yogurt D-Lite No Fruit	260	4	3	20	280	46 --		43	10
32 oz	Yogurt D-Lite No Fruit	400	6	4.5	30	420	70 --		66	15
40 oz	Yogurt D-Lite No Fruit	520	8	6	40	560	92 --		86	20
20 oz	Yogurt D-Lite Peanut Butter	520	26	7	20	420	55	3	45	20
32 oz	Yogurt D-Lite Peanut Butter	790	40	11	30	630	84	5	68	31
40 oz	Yogurt D-Lite Peanut Butter	1040	53	14	40	840	111	7	90	40

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