

Hilliard Studio Method Signature Smoothie Nutrition Facts

Amount Per Serving	
Calories	327.0
Total Fat	10.5 g
Saturated Fat	0.9 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	4.2 g
Cholesterol	20.0 mg
Sodium	126.8 mg
Potassium	1,120.5 mg
Total Carbohydrate	44.6 g
Dietary Fiber	20.8 g
Sugars	23.0 g
Protein	27.2 g
Vitamin A	244.5 %
Vitamin B-12	334.0 %
Vitamin B-6	1,006.4 %
Vitamin C	277.1 %
Vitamin D	0.0 %
Vitamin E	16.0 %
Calcium	70.3 %
Copper	4.0 %
Folate	10.1 %
Iron	6.0 %
Magnesium	28.5 %
Manganese	3.2 %
Niacin	14.3 %
Pantothenic Acid	6.6 %
Phosphorus	16.6 %
Riboflavin	3.8 %
Selenium	0.3 %
Thiamin	2.7 %
Zinc	68.1 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease.