

# Cleanse Package Nutritional Information

## 1 Green Works Plus

### Nutrition Facts

Serving Size 16 oz.  
Serving Per Container 1

| Amount Per Serving                                                                                                                 |                 |                    |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------------|
| Calories 167                                                                                                                       |                 |                    |
|                                                                                                                                    | % Daily Values* |                    |
| <b>Total Fat</b> 0g                                                                                                                | <b>0%</b>       |                    |
| Saturated Fat 0g                                                                                                                   | <b>0%</b>       |                    |
| Trans Fat 0g                                                                                                                       |                 |                    |
| <b>Cholesterol</b> 0mg                                                                                                             | <b>0%</b>       |                    |
| <b>Sodium</b> 127mg                                                                                                                | <b>5%</b>       |                    |
| <b>Total Carbohydrate</b> 35g                                                                                                      | <b>12%</b>      |                    |
| Dietary Fiber 2g                                                                                                                   | <b>8%</b>       |                    |
| Sugars 23g                                                                                                                         |                 |                    |
| <b>Protein</b> 2g                                                                                                                  | <b>4%</b>       |                    |
| Vitamin A 118%                                                                                                                     | ●               | Vitamin C 118%     |
| Calcium 21%                                                                                                                        | ●               | Iron 9%            |
| *Percent Daily Values are based on a 2,000 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       | 2400mg      2400mg |
| Total Carbohydrate                                                                                                                 |                 | 300g      375g     |
| Dietary Fiber                                                                                                                      |                 | 25g      30g       |

## 2 Gingerade Light

### Nutrition Facts

Serving Size 16 oz.  
Serving Per Container 1

| Amount Per Serving                                                                                                                 |                 |                    |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------------|
| Calories 142                                                                                                                       |                 |                    |
|                                                                                                                                    | % Daily Values* |                    |
| <b>Total Fat</b> 0g                                                                                                                |                 | <b>0%</b>          |
| Saturated Fat 0g                                                                                                                   |                 | <b>0%</b>          |
| Trans Fat 0g                                                                                                                       |                 |                    |
| <b>Cholesterol</b> 0mg                                                                                                             |                 | <b>0%</b>          |
| <b>Sodium</b> 18mg                                                                                                                 |                 | <b>1%</b>          |
| <b>Total Carbohydrate</b> 32g                                                                                                      |                 | <b>11%</b>         |
| Dietary Fiber 2g                                                                                                                   |                 | <b>8%</b>          |
| Sugars 28g                                                                                                                         |                 |                    |
| <b>Protein</b> 1g                                                                                                                  |                 | <b>2%</b>          |
| Vitamin A 23%                                                                                                                      | ●               | Vitamin C 33%      |
| Calcium 6%                                                                                                                         | ●               | Iron 18%           |
| *Percent Daily Values are based on a 2,000 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       | 2400mg      2400mg |
| Total Carbohydrate                                                                                                                 |                 | 300g      375g     |
| Dietary Fiber                                                                                                                      |                 | 25g      30g       |

## 3 Green Supreme

### Nutrition Facts

Serving Size 16 oz.  
Serving Per Container 1

| Amount Per Serving                                                                                                                 |                 |                    |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------------|
| Calories 164                                                                                                                       |                 |                    |
|                                                                                                                                    | % Daily Values* |                    |
| <b>Total Fat</b> 0g                                                                                                                |                 | <b>0%</b>          |
| Saturated Fat 0g                                                                                                                   |                 | <b>0%</b>          |
| Trans Fat 0g                                                                                                                       |                 |                    |
| <b>Cholesterol</b> 0mg                                                                                                             |                 | <b>0%</b>          |
| <b>Sodium</b> 156mg                                                                                                                |                 | <b>7%</b>          |
| <b>Total Carbohydrate</b> 40g                                                                                                      |                 | <b>13%</b>         |
| Dietary Fiber 3g                                                                                                                   |                 | <b>12%</b>         |
| Sugars 31g                                                                                                                         |                 |                    |
| <b>Protein</b> 2g                                                                                                                  |                 | <b>4%</b>          |
| Vitamin A 131%                                                                                                                     | ●               | Vitamin C 133%     |
| Calcium 10%                                                                                                                        | ●               | Iron 10%           |
| *Percent Daily Values are based on a 2,000 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       | 2400mg      2400mg |
| Total Carbohydrate                                                                                                                 |                 | 300g      375g     |
| Dietary Fiber                                                                                                                      |                 | 25g      30g       |

## 4 Lemon Spice

### Nutrition Facts

Serving Size 16 oz.  
Serving Per Container 1

Amount Per Serving

Calories 91

|                               | % Daily Values* |
|-------------------------------|-----------------|
| <b>Total Fat</b> 0g           | <b>0%</b>       |
| Saturated Fat 0g              | <b>0%</b>       |
| Trans Fat 0g                  |                 |
| <b>Cholesterol</b> 0mg        | <b>0%</b>       |
| <b>Sodium</b> 0mg             | <b>0%</b>       |
| <b>Total Carbohydrate</b> 26g | <b>9%</b>       |
| Dietary Fiber 0g              | <b>0%</b>       |
| Sugars 22g                    |                 |
| <b>Protein</b> 0g             | <b>0%</b>       |

Vitamin C 46%

\*Percent Daily Values are based on a 2,000 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 | 2400mg | 2400mg |
| Total Carbohydrate |           | 300g   | 375g   |
| Dietary Fiber      |           | 25g    | 30g    |

## 5 Sunrise

### Nutrition Facts

Serving Size 16 oz.  
Serving Per Container 1

| Amount Per Serving                                                                                                                 |           |                    |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------|
| Calories 171                                                                                                                       |           |                    |
|                                                                                                                                    |           | % Daily Values*    |
| <b>Total Fat</b> 0g                                                                                                                |           | <b>0%</b>          |
| Saturated Fat 0g                                                                                                                   |           | <b>0%</b>          |
| Trans Fat 0g                                                                                                                       |           |                    |
| <b>Cholesterol</b> 0mg                                                                                                             |           | <b>0%</b>          |
| <b>Sodium</b> 177mg                                                                                                                |           | <b>7%</b>          |
| <b>Total Carbohydrate</b> 36g                                                                                                      |           | <b>12%</b>         |
| Dietary Fiber 1g                                                                                                                   |           | <b>4%</b>          |
| Sugars 33g                                                                                                                         |           |                    |
| <b>Protein</b> 2g                                                                                                                  |           | <b>4%</b>          |
| Vitamin A 407%                                                                                                                     | ●         | Vitamin C 38%      |
| Calcium 4%                                                                                                                         | ●         | Iron 14%           |
| *Percent Daily Values are based on a 2,000 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 | 2400mg      2400mg |
| Total Carbohydrate                                                                                                                 |           | 300g      375g     |
| Dietary Fiber                                                                                                                      |           | 25g      30g       |

## 6 Cashew Delight

### Nutrition Facts

Serving Size 16 oz.  
Serving Per Container 1

Amount Per Serving

Calories 337

|                               | % Daily Values* |
|-------------------------------|-----------------|
| <b>Total Fat</b> 23g          | <b>35%</b>      |
| Saturated Fat 0g              | <b>0%</b>       |
| Trans Fat 0g                  |                 |
| <b>Cholesterol</b> 0mg        | <b>0%</b>       |
| <b>Sodium</b> 17mg            | <b>1%</b>       |
| <b>Total Carbohydrate</b> 32g | <b>11%</b>      |
| Dietary Fiber 2g              | <b>8%</b>       |
| Sugars 21g                    |                 |
| <b>Protein</b> 9g             | <b>18%</b>      |

Iron 18%

\*Percent Daily Values are based on a 2,000 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 | 2400mg | 2400mg |
| Total Carbohydrate |           | 300g   | 375g   |
| Dietary Fiber      |           | 25g    | 30g    |