

SECRET SMOOTHIES

NUTRITION GUIDE



THE CORE DETAILS.

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

BANANA MANGO BLING

INGREDIENTS

Banana, Mango, Mango Nectar, Mango 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	1770 kJ (424 Cal)	291 kJ (70 Cal)
Protein	8.2 g	1.3 g
Fat, total	4.9 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	85.6 g	14.0 g
- sugars	72.9 g	11.9 g
Dietary fibre, total	3.1 g	0.5 g
Sodium	137 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1380 kJ (329 Cal)	306 kJ (73 Cal)
Protein	6.3 g	1.4 g
Fat, total	3.8 g	0.8 g
- saturated	2.4 g	0.5 g
Carbohydrate	66.6 g	14.8 g
- sugars	56.6 g	12.6 g
Dietary fibre, total	2.4 g	0.5 g
Sodium	106 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1020 kJ (243 Cal)	315 kJ (70 Cal)
Protein	4.7 g	1.4 g
Fat, total	2.9 g	0.8 g
- saturated	1.8 g	0.5 g
Carbohydrate	49.0 g	14.0 g
- sugars	42.0 g	12.0 g
Dietary fibre, total	1.6 g	0.5 g
Sodium	81 mg	23 mg

BERRY REMEDY JUICE

INGREDIENTS

Blueberries, Raspberries, Apple, Pineapple, Orange, Energiser Booster & Ice

ALLERGENS

Gluten	No	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	1030 kJ (246 Cal)	169 kJ (40 Cal)
Protein	2.4 g	0.4 g
Fat, total	0.6 g	less than 0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	55.8 g	9.2 g
- sugars	54.0 g	8.9 g
Dietary fibre, total	2.6 g	0.4 g
Sodium	31 mg	5 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	717 kJ (171 Cal)	159 kJ (38 Cal)
Protein	1.7 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	38.9 g	8.6 g
- sugars	38.0 g	8.5 g
Dietary fibre, total	1.8 g	0.4 g
Sodium	22 mg	5 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	540 kJ (129 Cal)	154 kJ (37 Cal)
Protein	1.3 g	0.4 g
Fat, total	0.4 g	0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	29.3 g	8.4 g
- sugars	28.8 g	8.2 g
Dietary fibre, total	1.3 g	0.4 g
Sodium	17 mg	5 mg

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THE CORE DETAILS.

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		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1680 kJ (402 Cal)	276 kJ (66 Cal)
Protein	8.3 g	1.4 g
Fat, total	4.6 g	0.8 g
- saturated	3.0 g	0.5 g
Carbohydrate	79.9 g	13.1 g
- sugars	72.0 g	11.8 g
Dietary fibre, total	4.5 g	0.7 g
Sodium	133 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280 kJ (306 Cal)	285 kJ (68 Cal)
Protein	6.4 g	1.4 g
Fat, total	3.6 g	0.8 g
- saturated	2.4 g	0.5 g
Carbohydrate	60.5 g	13.5 g
- sugars	54.5 g	12.1 g
Dietary fibre, total	3.2 g	0.7 g
Sodium	104 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	982 kJ (234 Cal)	280 kJ (67 Cal)
Protein	4.8 g	1.4 g
Fat, total	2.7 g	0.8 g
- saturated	1.7 g	0.5 g
Carbohydrate	46.8 g	13.3 g
- sugars	42.2 g	12.0 g
Dietary fibre, total	2.6 g	0.8 g
Sodium	76 mg	22 mg

GRAPE ESCAPE

INGREDIENTS

Grapes, Spinach, Pineapple, Banana, 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		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1010 kJ (241 Cal)	165 kJ (40 Cal)
Protein	3.7 g	0.6 g
Fat, total	0.6 g	less than 0.1 g
- saturated	0.0 g	0.0 g
Carbohydrate	50.8 g	8.3 g
- sugars	44.9 g	7.4 g
Dietary fibre, total	8.8 g	1.5 g
Sodium	66 mg	11 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	766 kJ (183 Cal)	170 kJ (41 Cal)
Protein	2.8 g	0.6 g
Fat, total	0.4 g	less than 0.1 g
- saturated	0.0 g	0.0 g
Carbohydrate	38.5 g	8.6 g
- sugars	34.4 g	7.6 g
Dietary fibre, total	6.8 g	1.5 g
Sodium	52 mg	12 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	519 kJ (124 Cal)	148 kJ (35 Cal)
Protein	1.7 g	0.5 g
Fat, total	0.3 g	less than 0.1 g
- saturated	0.0 g	0.0 g
Carbohydrate	26.4 g	7.6 g
- sugars	23.8 g	6.8 g
Dietary fibre, total	4.4 g	1.3 g
Sodium	44 mg	12 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		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	644 kJ (154 Cal)	106 kJ (25 Cal)
Protein	9.0 g	1.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.4 g	less than 0.1 g
Carbohydrate	26.4 g	4.3 g
- sugars	21.9 g	3.6 g
Dietary fibre, total	2.7 g	0.4 g
Sodium	111 mg	18 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	480 kJ (115 Cal)	107 kJ (26 Cal)
Protein	6.2 g	1.4 g
Fat, total	0.6 g	0.1 g
- saturated	0.3 g	less than 0.1 g
Carbohydrate	20.3 g	4.5 g
- sugars	16.7 g	3.7 g
Dietary fibre, total	2.1 g	0.5 g
Sodium	82 mg	18 mg

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BOOST

THE CORE DETAILS.

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		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1170 kJ (279 Cal)	191 kJ (46 Cal)
Protein	2.7 g	0.4 g
Fat, total	0.8 g	0.1 g
- saturated	0.3 g	less than 0.1 g
Carbohydrate	63.1 g	10.3 g
- sugars	52.3 g	8.6 g
Dietary fibre, total	5.6 g	0.9 g
Sodium	84 mg	14 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	947 kJ (226 Cal)	211 kJ (50 Cal)
Protein	2.2 g	0.5 g
Fat, total	0.6 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	51.3 g	11.4 g
- sugars	42.2 g	9.4 g
Dietary fibre, total	4.4 g	1.0 g
Sodium	71 mg	16 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	658 kJ (157 Cal)	188 kJ (45 Cal)
Protein	1.4 g	0.4 g
Fat, total	0.4 g	0.1 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	36.1 g	10.3 g
- sugars	29.9 g	8.6 g
Dietary fibre, total	2.7 g	0.8 g
Sodium	61 mg	17 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		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	801 kJ (191 Cal)	131 kJ (31 Cal)
Protein	2.8 g	0.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	43.2 g	7.1 g
- sugars	40.9 g	6.7 g
Dietary fibre, total	0.5 g	less than 0.1 g
Sodium	17 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	643 kJ (154 Cal)	143 kJ (34 Cal)
Protein	2.3 g	0.5 g
Fat, total	0.7 g	0.2 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	34.6 g	7.7 g
- sugars	32.8 g	7.3 g
Dietary fibre, total	0.4 g	less than 0.1 g
Sodium	14 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	518 kJ (124 Cal)	148 kJ (35 Cal)
Protein	1.7 g	0.5 g
Fat, total	0.5 g	0.2 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	28.1 g	8.0 g
- sugars	26.6 g	7.6 g
Dietary fibre, total	0.3 g	less than 0.1 g
Sodium	10 mg	3 mg

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