

# Nutrition Facts

## Citrus Downpour

Serving Size 24 oz

### Amount Per Serving

**Calories** 414.2      **Calories from Fat** 16.57

### % Daily Value

**Total Fat** 2.04g      3%

Monounsaturat Fat 0.06g

Polyunsaturat Fat 0.15g

Saturat Fat 0.12g      1%

**Cholesterol** 7.5mg      3%

**Sodium** 42.72mg      2%

**Total Carbohydrate** 98.92g      33%

Dietary Fiber 5.21g      21%

Insoluble Fiber 0g

**Protein** 4.56g      9%

**Water** 759.79ml

**Caffeine** 0mg

### Vitamins:

Vitamin A      24.9RE      0%

Vitamin E      0.85mg      4%

Thiamin (B1)      0.28mg      19%

Riboflavin (B2)      0.17mg      10%

Niacin (B3)      1.7mg      9%

Vitamin B6      0.51mg      25%

Vitamin B12      0mcg      0%

Folacin (Folic Acid)      118.55mcg      30%

Pantothenic Acid      0.85mg      9%

Vitamin C      131.22mg      219%

Vitamin D      0IU      0%

Vitamin K      2.92mcg      4%

### Minerals:

Calcium      59.64mg      6%

Magnesium      67.78mg      17%

Phosphorus      69.96mg      7%

Potassium      969.94mg      28%

Copper      0.35mg      17%

Iron      1.69mg      9%

Zinc      0.52mg      3%

Manganese      2.14mg      107%

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

### Other Information:

Calories from Protein      4%

Calories from Carbohydrate      92%

Calories from Fat      4%

Poly/Sat Fat      1.3:1

Sodium/Potassium      0.0:1

Calcium/Phosphorus      0.9:1

### Essential Amino Acids:

### % Daily Value\*

Histidine      0.07g      7%

Isoleucine      0.04g      6%

Leucine      0.08g      8%

Lysine      0.06g      7%

Methionine      0.01g      1%

Phenylalanine      0.06g      6%

Threonine      0.04g      8%

Tryptophan      0.01g      4%

Valine      0.05g      7%

*\* Percent Daily Values are based on an average sized adult.*

### Other Amino Acids:

Alanine      0.06g      Glycine      0.05g

Arginine      0.06g      Proline      0.04g

Aspartic Acid      0.21g      Serine      0.05g

Cystin      0.01g      Tyrosine      0.02g

Glutamic Acid      0.2g

### Fatty Acids:

Linoleic      0.07g      Oleic      0.04g

### Caloric Ratio:

Carbs 91%      Fats 4%      Protein 5%

### Good News:

This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a very good source of Vitamin C and Manganese. Contains known anti-inflammatory nutrients, including Vitamin C and Folate.

Ingredients: Orange Juice, Pineapple Juice, Pineapple Sherbet, Strawberries, Bananas

