

Nutrition Facts

King of the Junga

Serving Size 24 oz

Amount Per Serving

Calories 388.43 **Calories from Fat** 3.88

% Daily Value

Total Fat 0.64g 1%

Monounsaturat Fat 0.11g

Polyunsaturat Fat 0.18g

Saturat Fat 0.11g 1%

Cholesterol 0mg 0%

Sodium 93.71mg 4%

Total Carbohydrate 93.07g 31%

Dietary Fiber 6.04g 24%

Insoluble Fiber 0g

Protein 6.68g 13%

Water 758.56ml

Caffeine 0mg

Vitamins:

Vitamin A 76.72RE 2%

Vitamin E 1.5mg 8%

Thiamin (B1) 0.29mg 19%

Riboflavin (B2) 0.15mg 9%

Niacin (B3) 1.92mg 10%

Vitamin B6 0.37mg 19%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 155.73mcg 39%

Pantothenic Acid 0.86mg 9%

Vitamin C 150.56mg 251%

Vitamin D 0IU 0%

Vitamin K 3.74mcg 5%

Minerals:

Calcium 50.51mg 5%

Magnesium 62.45mg 16%

Phosphorus 84.84mg 8%

Potassium 1018.29mg 29%

Copper 0.27mg 14%

Iron 1.09mg 6%

Zinc 0.45mg 3%

Manganese 0.4mg 20%

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 7%

Calories from Carbohydrate 92%

Calories from Fat 1%

Poly/Sat Fat 1.5:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.6:1

Essential Amino Acids:

% Daily Value*

Histidine 0.06g 6%

Isoleucine 0.04g 6%

Leucine 0.07g 7%

Lysine 0.06g 7%

Methionine 0.01g 1%

Phenylalanine 0.05g 5%

Threonine 0.04g 8%

Tryptophan 0.02g 8%

Valine 0.05g 7%

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

Other Amino Acids:

Alanine 0.06g Glycine 0.05g

Arginine 0.05g Proline 0.04g

Aspartic Acid 0.48g Serine 0.06g

Cystin 0.02g Tyrosine 0.02g

Glutamic Acid 0.17g

Fatty Acids:

Linoleic 0.12g Oleic 0.08g

Caloric Ratio:

Carbs 92% Fats 1% Protein 7%

Good News:

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

Ingredients: Orange Juice, Vanilla Yogurt, Peaches, Strawberries, Bananas

