



USA NUTRITIONAL FACTS based on 4 fl.oz. (100g) serving. Last updated 09/29/14

While stringent precautions are taken, various flavours may contain food allergens.

mix-its USA

	Calories (per serving)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Gluten Free (GF)	Kosher (K)
LOW FAT VANILLA																
Banana mix	110	2	1	0	6	48	21	0	18	3	8	0	2	3	GF	K
Blackberry mix	100	2	1	0	6	47	18	1	16	3	8	0	2	8	GF	K
Blueberry mix	100	2	1	0	6	47	18	1	17	3	8	0	2	0	GF	K
Cherry mix	100	2	1	0	6	47	19	1	18	3	8	0	0	3	GF	K
Kiwi mix	100	2	1	0	6	48	19	1	17	3	8	0	2	34	GF	K
Mango mix	100	2	1	0	6	48	19	0	19	3	8	0	2	10	GF	K
Peach mix	100	2	1	0	6	47	18	0	17	3	8	0	2	2	GF	K
Pineapple mix	110	2	1	0	6	48	21	0	20	3	8	0	0	3	GF	K
Raspberry mix	100	2	1	0	6	47	18	1	16	3	8	0	0	9	GF	K
Strawberry mix	100	2	1	0	6	47	18	0	16	3	8	0	0	15	GF	K
NON FAT VANILLA																
Blackberry mix	90	0	0	0	0	51	19	1	17	3	9	0	0	8	GF	K
Blueberry mix	90	0	0	0	0	51	20	1	17	3	8	0	0	0	GF	K
Cherry mix	100	0	0	0	0	51	21	1	18	3	8	0	0	3	GF	K
Kiwi mix	100	0	0	0	0	52	21	1	18	3	9	0	0	34	GF	K
Mango mix	100	0	0	0	0	51	21	1	19	3	8	0	0	10	GF	K
Peach mix	90	0	0	0	0	51	19	1	17	3	8	0	0	2	GF	K
Pineapple mix	100	0	0	0	0	52	22	0	20	3	8	0	0	3	GF	K
Raspberry mix	90	0	0	0	0	51	20	2	17	3	9	0	0	9	GF	K
Strawberry mix	90	0	0	0	0	51	19	1	17	3	8	0	0	15	GF	K
NO SUGAR ADDED (NSA) VANILLA																
Banana mix	90	0	0	0	0	51	22	1	8	3	8	0	0	3	GF	K
Blackberry mix	80	0	0	0	0	51	19	1	6	3	9	0	0	8	GF	K
Blueberry mix	80	0	0	0	0	51	20	1	7	3	8	0	0	0	GF	K
Cherry mix	80	0	0	0	0	51	21	1	8	3	8	0	0	3	GF	K
Kiwi mix	80	0	0	0	0	51	20	1	7	3	9	0	0	34	GF	K
Mango mix	80	0	0	0	0	51	21	1	8	3	8	0	0	10	GF	K
Peach mix	70	0	0	0	0	50	19	1	7	3	8	0	0	2	GF	K
Pineapple mix	90	0	0	0	0	51	22	0	9	3	8	0	0	3	GF	K
Raspberry mix	80	0	0	0	0	51	20	2	6	3	9	0	0	9	GF	K
Strawberry mix	70	0	0	0	0	51	19	1	6	3	8	0	0	15	GF	K



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LOW FAT CHOCOLATE

Banana mix	110	2	1	0	5	40	21	1	18	3	6	2	0	3	GF	K
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SORBET (DAIRY FREE)

Banana mix	120	0	0	0	0	0	30	1	21	0	0	0	0	3	GF	K
Blackberry mix	110	0	0	0	0	0	27	1	20	0	0	0	0	8	GF	K
Blueberry mix	110	0	0	0	0	0	27	1	20	0	0	0	0	GF	K	
Cherry mix	110	0	0	0	0	0	28	1	21	0	0	0	0	3	GF	K
Mango mix	110	0	0	0	0	0	29	1	22	0	0	0	0	10	GF	K
Peach mix	110	0	0	0	0	0	27	1	20	0	0	0	0	2	GF	K
Pineapple mix	120	0	0	0	0	0	0	30	0	23	0	0	0	3	GF	K
Raspberry mix	110	0	0	0	0	0	27	2	19	0	0	0	0	9	GF	K
Strawberry mix	110	0	0	0	0	0	27	1	19	0	0	0	0	15	GF	K