

# PRESSED FOR JUICE NUTRITION FACTS

## #1 Green Valley

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber <1g	<b>3%</b>
Sugars 3g	
<b>Protein</b> 2g	
Vitamin A 120%	Vitamin C 250%
Calcium 15%	Iron 15%

**INGREDIENTS:** Cucumber, Romaine, Spinach, Celery, Kale, Parsley, Lemon, Sweet Pea Microgreens

## #2 Gin & Juice

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 13g	
<b>Protein</b> 2g	
Vitamin A 150%	Vitamin C 110%
Calcium 8%	Iron 8%

**INGREDIENTS:** Apple, Romaine, Cucumber, Spinach, Kale, Ginger, Lime, Cilantro

## #3 Straight Up

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 42	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 215mg	<b>9%</b>
<b>Total Carbohydrate</b> 10g	<b>27%</b>
Dietary Fiber 4g	<b>0%</b>
Sugars 13g	
<b>Protein</b> 2g	
Vitamin A 9%	Vitamin C 19%
Calcium 10%	Iron 6%

**INGREDIENTS:** Celery

## #4 Local Hottie

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 22g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 35%
Calcium 4%	Iron 0%

**INGREDIENTS:** Pineapple, Coconut Water, Lemon, Honey, Cayenne

## #5 VG milk

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 30g	
<b>Protein</b> 1g	
Vitamin A 6%	Vitamin C 0%
Calcium 10%	Iron 2%

**INGREDIENTS:** Water, Almond, Hazelnut, Date, Turmeric, Honey, Cinnamon, Vanilla Bean, Cardamom, Pink Salt

## #6 The Kitchen Sink

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 17g	
<b>Protein</b> 2g	
Vitamin A 150%	Vitamin C 130%
Calcium 10%	Iron 15%

**INGREDIENTS:** Apple, Orange, Cucumber, Pineapple, Kale, Carrot, Spinach, Celery, Parsley, Lime, Lemon, Cilantro, Mint, Lava Salt

## #7 Karrot Top

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	
<b>Protein</b> 2g	
Vitamin A 480%	Vitamin C 110%
Calcium 4%	Iron 6%

**INGREDIENTS:** Carrot, Pineapple, Orange, Ginger

## #8 Beet Junkie

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 19g	
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 4%

**INGREDIENTS:** Apple, Beet, Lemon, Ginger, Aloe Vera

## #9 Clay Mate

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 50	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 12g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 25%
Calcium 5%	Iron 8%

**INGREDIENTS:** Water, Raw Sugar Cane Juice, Lemon, Bentonite Clay

## #10 O-M-Ginger

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 19g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 0%

**INGREDIENTS:** Apple, Lemon, Ginger

# PRESSED FOR JUICE NUTRITION FACTS

## #11 Sweet Greens

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 17g	
<b>Protein</b> 2g	
Vitamin A 4%	Vitamin C 45%
Calcium 8%	Iron 8%

**INGREDIENTS:** Pineapple, Cucumber, Pear, Kale, Parsley, Turmeric

## #12 Jala Greens

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A 50%	Vitamin C 90%
Calcium 0%	Iron 4%

**INGREDIENTS:** Cucumber, Apple, Romaine, Pineapple, Spinach, Mint, Lime, Jalapeño

## #13 Apple Crack

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 4%

**INGREDIENTS:** Apple, Ginger, Coconut

## #14 Bloody Beetroots

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 16g	
<b>Protein</b> 2g	
Vitamin A 310%	Vitamin C 60%
Calcium 8%	Iron 15%

**INGREDIENTS:** Beet, Carrot, Tomato, Lemon, Jalapeño, Cilantro, Turmeric, Black Pepper

## #15 Coco Crack

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 4%	Iron 4%

**INGREDIENTS:** Coconut Water, Coconut Meat

## #16 Green Party

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A 50%	Vitamin C 90%
Calcium 0%	Iron 4%

**INGREDIENTS:** Cucumber, Apple, Green Bell Pepper, Spinach, Romaine, Kale, Parsley, Lemon

## #17 Threesome

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 28g	
<b>Protein</b> 0g	
Vitamin A 4%	Vitamin C 130%
Calcium 4%	Iron 2%

**INGREDIENTS:** Grape, Orange, Strawberry

## #18 Dos Leches

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>2%</b>
Saturated Fat 1g	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 30g	
<b>Protein</b> 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 10%	Iron 2%

**INGREDIENTS:** Water, Almond, Hazelnut, Date, Maple Syrup, Vanilla Bean, Lava Salt

## #19 Nutslide

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<b>Sodium</b> 85g	<b>5%</b>
<b>Total Carbohydrate</b> 32g	<b>9%</b>
Dietary Fiber 2g	<b>16%</b>
Sugars 30g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 6%
Calcium 30%	Iron 4%

**INGREDIENTS:** Water, Almond, Hazelnut, Date, Maple Syrup, Cacao Powder, Pink Salt

## #20 Green Milk

Nutrition Facts	
Serving Size: 8 fl oz (250mL)	
Servings Per Container: 2	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>2%</b>
Saturated Fat 1g	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 4g	<b>8%</b>
Sugars 30g	
<b>Protein</b> 5g	
Vitamin A 20%	Vitamin C 30%
Calcium 10%	Iron 4%

**INGREDIENTS:** Water, Almond, Hazelnut, Spinach, Kale, Romaine, Parsley, Date, Maple Syrup, Vanilla Bean, Lava Salt

# PRESSED FOR JUICE ACAI BOWL NUTRITION FACTS

## MEDIUM

### Full Brazilian

Nutrition Facts	
Amount Per Serving	
<b>Calories 275</b>	
<b>Total Fat</b> 9g	
<b>Total Carbohydrate</b> 40g	
Dietary Fiber 8g	
<b>Protein</b> 2g	

### Green Bowl

Nutrition Facts	
Amount Per Serving	
<b>Calories 275</b>	
<b>Total Fat</b> 9g	
<b>Total Carbohydrate</b> 40g	
Dietary Fiber 8g	
<b>Protein</b> 7g	

### Swole Bowl

Nutrition Facts	
Amount Per Serving	
<b>Calories 400</b>	
<b>Total Fat</b> 12g	
<b>Total Carbohydrate</b> 50g	
Dietary Fiber 17g	
<b>Protein</b> 24g	

### PB&A

Nutrition Facts	
Amount Per Serving	
<b>Calories 350</b>	
<b>Total Fat</b> 10g	
<b>Total Carbohydrate</b> 50g	
Dietary Fiber 8g	
<b>Protein</b> 12g	

## LARGE

### Full Brazilian

Nutrition Facts	
Amount Per Serving	
<b>Calories 425</b>	
<b>Total Fat</b> 14g	
<b>Total Carbohydrate</b> 60g	
Dietary Fiber 12g	
<b>Protein</b> 8g	

### Green Bowl

Nutrition Facts	
Amount Per Serving	
<b>Calories 425</b>	
<b>Total Fat</b> 14g	
<b>Total Carbohydrate</b> 60g	
Dietary Fiber 12g	
<b>Protein</b> 11g	

### Swole Bowl

Nutrition Facts	
Amount Per Serving	
<b>Calories 550</b>	
<b>Total Fat</b> 18g	
<b>Total Carbohydrate</b> 75g	
Dietary Fiber 26g	
<b>Protein</b> 24g	

### PB&A

Nutrition Facts	
Amount Per Serving	
<b>Calories 525</b>	
<b>Total Fat</b> 15g	
<b>Total Carbohydrate</b> 75g	
Dietary Fiber 12g	
<b>Protein</b> 18g	