



## FULL INGREDIENT LIST

### stay healthy

These smoothies contain special ingredients that assist in improving overall health.

- Blueberry Heaven®**  
Blueberries, Bananas, Vanilla Protein Blend & Honey.
- Cranberry Cooler™**  
Cranberries, Soy Protein, Carbohydrate Mix, Turbinado & Honey.
- Cranberry Supreme™**  
Cranberries, Soy Protein, Herbal Nutrient Blend, Carbohydrate Mix, Turbinado & Honey.
- Hearty Apple®**  
Apple Juice, Bananas, Soy Protein, Nutrient Mix, Vanilla Protein Blend, Cinnamon & Honey.
- Immune Builder®**  
Bananas, Strawberries, Herbal Nutrient Blend, Soy Protein, Turbinado & Honey.
- Kiwi Island Treat®**  
Kiwi, Mango, Soy Protein, Carbohydrate Mix, Vanilla Protein Blend, Spirulina, Turbinado & Honey.
- Mangosteen Madness™**  
Mangosteen, Strawberries, Papaya, Kiwi, Soy Protein & Turbinado.
- Orange Ka-BAM®**  
Orange Juice, Mango, Bananas, Electrolyte Mix, Turbinado & Honey.
- Pomegranate Punch™**  
Pomegranate, Bananas, Blueberries, Apple Juice, Soy Protein & Turbinado.
- Yerba Mate-Mango™**  
Yerba Mate, Mango, Papaya, Complex Carbohydrates & Soy Protein.
- Yerba Mate-Mixed Berry™**  
Yerba Mate, Strawberries, Blueberries, Blackberries, Non-Fat Milk & Turbinado.
- Yerba Mate-Pomegranate™**  
Yerba Mate, Pomegranate, Strawberries, Complex Carbohydrates & Soy Protein.

### get energy

These smoothies are formulated to give your body that extra boost of energy needed to wake up in the morning, get through a workout, make it through the end of the day or simply feel energized.

- Acai Adventure®**  
Acai, Apple Juice, Blueberries, Vanilla Protein Blend & Turbinado.
- Coffee Smoothies** Caramel, Mocha, Vanilla  
Coffee, Non-Fat Milk, Protein Blend, Gladiator Low Carb Meal Replacement, Protein & Turbinado.
- Go Go!**  
Goji, Kiwi, Mango, Soy Protein & Turbinado.
- Green Tea Tango®**  
Matcha Green Tea, Vanilla Frozen Yogurt, Vanilla Protein Blend & Turbinado.  
Choice of One Fruit.
- Instant Vigor™**  
Strawberries, Pineapple, Lemon, Vanilla Protein Blend, Turbinado & X-Treme Caffeine.
- Pep Upper®**  
Strawberries, Passion Fruit, Papaya, Vanilla Protein Blend, Turbinado & X-Treme Caffeine.
- Power Punch®** (Not Gluten Free)  
Strawberries, Bananas, Soy Protein, Non-Fat Milk, Carbohydrate Mix, Vanilla, Wheat Germ, Nutritional Yeast, Turbinado & Honey.
- Power Punch Plus®** (Not Gluten Free)  
Strawberries, Bananas, Soy Protein, Non-Fat Milk, Carbohydrate Mix, Nutrient Mix, Vanilla, Wheat Germ, Nutritional Yeast, Turbinado & Honey.
- Super Punch™**  
Strawberries, Bananas, Papaya, Electrolyte Mix & Honey.
- Super Punch Plus™**  
Strawberries, Bananas, Papaya, Electrolyte Mix, Carbohydrate Mix & Honey.

### trim down

These smoothies are low fat and under 400 calories each (based on 20oz.). Some of these smoothies also have special ingredients that promote weight loss even further.

- Angel Food™**  
Strawberries, Bananas, Soy Protein, Non-Fat Milk, Vanilla, Turbinado & Honey.
- Blackberry Dream™**  
Blackberries, Soy Protein, Carbohydrate Mix, Turbinado & Honey.
- Celestial Cherry High™**  
Bananas, Black Cherry, Papaya, Turbinado & Honey.
- Island Impact®**  
Papaya, Mango, Mango Sorbet, Pineapple, Vanilla Protein Blend.
- Island Treat®**  
Bananas, Papaya, Soy Protein, Turbinado & Honey.
- Low Carb Smoothies** (Not Gluten Free) Vanilla, Chocolate, Strawberry or Banana  
Low Carb Smoothie Protein, Gladiator Low Carb Meal Replacement.
- Mangofest™**  
Mango, Orange Juice & Pineapple.
- Muscle Punch®** (Not Gluten Free)  
Strawberries, Bananas, Soy Protein, Non-Fat Milk, Vanilla, Wheat Germ, Nutritional Yeast, Turbinado & Honey.
- Muscle Punch Plus™** (Not Gluten Free)  
Strawberries, Bananas, Egg Protein, Non-Fat Milk, Vanilla, Wheat Germ, Nutritional Yeast, Turbinado & Honey.
- Passion Passport®**  
Passion Fruit, Bananas, Papaya, Mango, Soy Protein & Turbinado.
- Peach Slice™**  
Peaches, Papaya, Soy Protein, Carbohydrate Mix, Non-Fat Milk, Turbinado & Honey.
- Pineapple Pleasure®**  
Pineapple, Bananas, Papaya, Soy Protein, Turbinado & Honey.
- Raspberry Collider™**  
Raspberries, Bananas, Orange Juice, Raspberry Sorbet & Electrolyte Mix.
- Raspberry Sunrise™**  
Raspberries, Soy Protein, Carbohydrate Mix, Turbinado & Honey.
- Slim-N-Trim™** Vanilla, Chocolate, Strawberry or Orange Vanilla  
Bananas, Protein Blend, Fructose or Turbinado & Honey.
- Strawberry Kiwi Breeze®**  
Strawberries, Kiwi, Papaya & Vanilla Protein Blend.
- The Shredder™** Vanilla, Chocolate or Strawberry  
Gladiator Low Carb Meal Replacement, Diet Down Enhancer & Protein Blend.
- Youth Fountain™**  
Bananas, Orange Juice, Egg Protein, Turbinado & Honey.



All Kids' Kups contain 100% of the RDA Vitamins for Kids.

- Smarti Tart™**  
Lemon, Grape, Papaya, Soy Protein, Fructose & Multi-Vitamin Enhancer
- Choc-A-Laka™**  
All Natural Chocolate, Yogurt, Chocolate Protein Blend & Multi-Vitamin Enhancer
- Gimme-Grape™**  
Grape Juice, Strawberries, Papaya, Soy Protein, & Multi-Vitamin Enhancer
- Berry Interesting™**  
Strawberries, Raspberries, Blueberries, Soy Protein, Fructose & Multi-Vitamin Enhancer
- CW, Jr.™**  
Strawberries, Bananas, Papaya, Fructose & Multi-Vitamin Enhancer
- Lil' Angel™**  
Strawberries, Bananas, Soy Protein, Fructose & Multi-Vitamin Enhancer

### build up

These smoothies are geared toward weight gain/muscle building. They are either high calorie or high protein.

- Gladiator®**  
Gladiator Low Carb Meal Replacement (45g of Protein) and Your Choice of Two Fruits.
- High Protein Smoothies®** Almond Mocha, Banana, Chocolate, Lemon or Pineapple  
Whey Protein, Protein Blend, Almonds & Other Ingredients.
- Power Meal™** (Not Gluten Free)  
Pick One of the Power Packed Engineered Foods Mixed with Your Choice of Two Fruits.
- The Activator®** Vanilla, Chocolate or Strawberry  
Bananas, Honey, Non-Fat Milk, Carbohydrate Mix, Protein Blend, Gladiator Low Carb Meal Replacement, Muscle Builder Enhancer & Turbinado.
- The Hulk™** (Not Gluten Free) Vanilla, Chocolate or Strawberry  
Weight Gain Mix, Butter Pecan Ice Cream, Bananas, Egg Protein, Soy Protein, Non-Fat Milk, Carbohydrate Mix, Vanilla, Wheat Germ, Turbinado & Honey.

### snack right

These smoothies are low fat and are a great tasting snack.

- Banana Berry Treat®**  
Strawberries, Bananas, Raspberry Sorbet, Vanilla Protein Blend & Turbinado.
- Berry Punch™**  
Strawberries, Blueberries, Raspberry Sorbet & Electrolyte Mix.
- Caribbean Way®**  
Papaya, Bananas, Strawberries, Turbinado & Honey.
- Cherry Picker®**  
Black Cherry, Strawberries, Apple Juice, Soy Protein, Vanilla Protein Blend, Electrolyte Mix & Turbinado.
- Fruit Fusion®**  
Apple Juice, Orange Juice, Mango Sorbet, Vanilla Protein Blend & Non-Fat Milk.
- Grape Expectations® I**  
Grape Juice, Papaya, Bananas, Soy Protein, Turbinado & Honey.
- Grape Expectations® II**  
Grape Juice, Strawberries, Papaya, Bananas, Soy Protein, Turbinado & Honey.
- Lemon Twist®** Banana or Strawberry  
Lemon Juice, Papaya, Soy Protein, Turbinado & Honey.
- Light & Fluffy®**  
Orange Juice, Bananas, Strawberries, Turbinado & Honey.
- Peach Slice Plus®**  
Peaches, Papaya, Strawberries, Soy Protein, Carbohydrate Mix, Non-Fat Milk, Turbinado & Honey.
- Pineapple Surf®**  
Pineapple, Strawberries, Kiwi, Vanilla Protein Blend, Vanilla, Turbinado & Honey.
- Strawberry X-Treme®**  
Strawberries, Soy Protein, Carbohydrate Mix & Honey.

### indulge

This category contains our specialty smoothies.

- Banana Boat®**  
Bananas, Vanilla Protein Blend, Ice Cream & Turbinado.
- Coconut Surprise®** (Not Gluten Free)  
Coconut, Pineapple, Bananas, Non-Fat Milk, Vanilla, Wheat Germ, Turbinado & Honey.
- Malts & Shakes®** Vanilla, Chocolate or Strawberry  
Ice Cream, Non-Fat Milk, Protein Blend, Turbinado & Honey.
- Mo'Cuicno™** Caramel, Mocha or Vanilla  
Coffee, Protein Blend, Ice Cream & Turbinado.
- Peanut Power®**  
Peanut Butter, Bananas, Soy Protein, Non-Fat Milk, Turbinado & Honey.
- Peanut Power Plus™** Grape, Strawberry or Chocolate  
Peanut Butter, Bananas, Soy Protein, Non-Fat Milk, Turbinado & Honey.
- Pina Colada Island®**  
Pineapple, Coconut, Vanilla Protein Blend, Non-Fat Milk, Turbinado, Honey & Vanilla.
- Yogurt D-Lite®**  
All Natural Vanilla Frozen Yogurt Blended with Choice of One Fruit, Non-Fat Milk, Vanilla Protein Blend, Soy Protein & Turbinado.

## Enhancers

Enhance your Smoothie King® Nutritional Smoothie with one of our Smoothie Enhancers. Our Enhancers are recommended for adults 18 and older.

**Energy-** Contains Ginkgo Biloba and Siberian Ginseng. This formula is designed to help increase energy, brain function, mental alertness and is stimulant free.

**Muscle Builder-** Contains 100% pure Creatine Monohydrate and the amino acids L-Glutamine and L-Taurine. This formula can help to build muscle, increase strength and endurance. It can also help speed up recovery time after workouts.

**Fiber Blend-** 8g of soluble fiber. Helps protect against heart disease, diabetes, diverticular disease and constipation.

**Diet Down-** Contains Chromium Picolinate, Garcinia Cambogia, L-Carnitine and other nutrients that assist in the fat-burning process. This proprietary formulation is excellent for appetite control and assists with fat loss. It also aids in carbohydrate and fat metabolism.

**Antioxidant-** Contains Pomegranate, Goji, Acai, Vitamins A, C, E and Selenium. Helps protect cells from free radical damage.

**Stress Relief-** Contains L-Theanine, Sarsaparilla Root, Siberian Ginseng, Astragalus, Fo-Ti, and many other soothing herbs. Research suggests that these herbs can naturally assist in reducing anxiety, improving focus without slowing you down, and bolstering the immune system, which suffers under stress.

**Joint & Tissue Repair-** Contains MSM, which is known as a natural remedy to assist with pain relief, detoxification, inflammatory conditions, bolster immunity, and may help the body's resistance to stress. An added benefit of MSM is that it provides Sulfur, which is vital for healthy hair, skin, and nails. Many find regular intake of MSM helps their energy levels soar.

**Caffeine Charge-** Contains pure powdered Caffeine and MSM. The Caffeine/MSM synergy helps support quick energy, mental clarity and sustained energy boost. The amount of Caffeine in this enhancer is 125mg, which is equal to 1 cup of coffee.

**Multi Vitamin-** Contains all of the B-Complex Vitamins that help to promote a healthy cardiovascular system, nervous system, hair, skin and nails and also assists in converting food into energy. The antioxidant Vitamins C and E, and the minerals Zinc and Selenium, along with other nutrients are a vital part of this formula to support immune function and protect cells from the damaging effects of free radicals.

**Immune-** Contains Vitamins C, Green Tea, Zinc, Echinacea, Selenium and Beta Carotene. This formula supports immune function while providing antioxidant protection. CAUTION: Not recommended for individuals with autoimmune conditions. If you are pregnant or nursing, consult your health care professional before using this product.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

- The HULK™ smoothies contain Pecans from Butter Pecan Ice Cream.
- Immune Builder® and Cranberry Supreme™ smoothies contain Echinacea. NOT RECOMMENDED FOR INDIVIDUALS WITH AUTOIMMUNE CONDITIONS. IF YOU ARE PREGNANT OR NURSING, CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE USING THIS PRODUCT.
- Peanut Power® & Peanut Power Plus™ smoothies contain Peanut Butter.
- High Protein smoothies contain Almonds.
- Nutritional information will vary depending on the fruits/juices you choose.
- Nutritional information is calculated based upon correct portioning of Smoothie King's standard recipes. Because our smoothies may be customized, exact information may vary. \* These smoothies contain a smaller amount of Turbinado and you save 50 calories and 15g carbs.

Some Smoothie King® Nutritional Smoothies are not listed on our menu board - ask your team member for availability

Nutritional information is calculated based upon correct portioning of Smoothie King's standard recipes. Because our smoothies may be customized, exact information may vary.

For any additional information, please call 1-800-577-4200.

If you have food allergies, please let us know so that we may take extra precautions when making your smoothie.