

NUTRITION Information Guide

At Juice It Up! we are passionate about all things juice. From our handcrafted real fruit smoothies, to our 100% fresh-squeezed juice blends, we offer the juicing lifestyle to all customers. Whether its juice for energy, juice for health, or juice to fuel your passions in life, we encourage and promote all individuals to Live Life Juiced!®



live life juiced®

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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Calories from Fat	Protein (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Cholesterol (mg)	Sodium (mg)	Potassium % DV	Vitamin D % DV	Calcium % DV	Iron % DV
Juice Blends (12 oz)															
Detoxifier*	100	0	0	0	0	1	24	17	1	0	35	15%	0%	6%	10%
Energyizer™	120	0	0	0	0	2	28	20	1	0	60	20%	0%	8%	15%
Immunitizer*	80	0.5	0	0	0	2	19	12	1	0	105	20%	0%	10%	10%
Invigorator	160	1	0	0	10	3	36	27	1	0	45	20%	0%	10%	10%
Rejuvenator™	90	0	0	0	0	2	22	18	1	0	95	15%	0%	4%	6%
Optimizer	110	0	0	0	0	2	27	23	1	0	110	15%	0%	4%	6%
Blended Juices (20oz)															
The Greens	190	1	0	0	10	5	49	33	7	0	60	20%	0%	10%	15%
The Reds	190	0.5	0	0	0	4	50	34	6	0	50	20%	0%	4%	8%
Turmeric	240	1	0	0	10	3	57	38	8	0	45	15%	0%	4%	6%
Shots (1 oz)															
Wheatgrass	5	0	0	0	0	<1	<1	<1	0	0	0	0%	0%	0%	0%
Ginger	15	0	0	0	0	0	3	<1	0	0	0	0%	0%	0%	0%
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Calories from Fat	Protein (g)	Total Carbs (g)	Sugar (g)	Dietary Fiber (g)	Cholesterol (mg)	Sodium (mg)	Potassium % DV	Vitamin D % DV	Calcium % DV	Iron % DV
Classic Smoothies (12 oz)															
Lava Flow*	180	0.5	0.5	0	0	1	43	36	<1	0	45	0%	0%	4%	0%
Lucky Lemon Punch™	170	0	0	0	0	0	43	39	1	0	15	0%	0%	2%	2%
Mango Mania™	170	0	0	0	0	2	42	34	1	0	40	2%	0%	4%	0%
Melon Madness™	170	0	0	0	0	2	43	34	1	0	40	2%	0%	4%	0%
Piña Cool-ada™	220	0.5	0.5	0	0	2	52	44	1	0	45	2%	0%	4%	0%
Raspberry Craze*	190	1	0	0	10	<1	46	40	<1	0	25	2%	0%	2%	0%
Chili Lime Mango	170	0.5	0	0	0	<1	42	39	<1	0	200	2%	0%	0%	0%
Strawberry Wave*	170	0	0	0	0	2	43	35	1	0	40	2%	0%	4%	0%
Ever Green™	200	0.5	0	0	0	3	46	41	2	0	50	8%	0%	6%	8%
California Cooler	230	1	0.5	0	10	1	55	50	2	<5	25	4%	0%	0%	2%
Smoothie Bowls (16 oz)															
Lava Flow*	340	1	0.5	0	10	4	83	65	4	0	80	10%	0%	8%	6%
Lucky Lemon Punch™	320	1.5	0.5	0	15	2	81	61	4	0	30	8%	0%	4%	6%
Mango Mania™	340	0	0	0	0	4	83	67	3	0	70	10%	0%	8%	4%
Melon Madness™	320	0	0	0	0	3	80	60	4	0	65	6%	0%	8%	6%
Piña Cool-ada™	380	1	0.5	0	10	4	95	75	4	0	80	10%	0%	8%	2%
Raspberry Craze*	330	2	0.5	0	20	3	82	57	2	0	30	8%	0%	4%	6%
Chili Lime Mango	350	1.5	0.5	0	15	3	86	70	3	0	210	8%	0%	4%	2%
Strawberry Wave*	320	0	0	0	0	3	81	61	4	0	65	8%	0%	8%	6%
Ever Green™	360	1	0.5	0	10	4	87	74	5	<5	60	10%	0%	8%	10%
California Cooler	370	2	1	0	20	2	90	83	2	<5	40	4%	0%	2%	4%

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Protein Smoothies (20 oz)															
Protein Blast™	360	2	0	0	20	20	68	56	3	0	125	10%	0%	4%	4%
The Zone™	440	13	2.5	0	120	32	50	30	5	0	210	15%	0%	8%	4%
PB Cold Brew Mocha	580	12	1.5	0	110	28	92	60	3	0	360	20%	0%	15%	4%
Vital Proteins Blue Smoothie	350	0	0	0	0	14	75	65	2	5	105	4%	0%	10%	4%
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Superfruit Smoothies (20 oz)															
Ultimate Açai Smoothie™	400	8	2	0	70	2	79	71	5	0	45	6%	0%	4%	4%
Pitaya Sunset Smoothie™	330	0	0	0	0	4	70	55	4	0	40	10%	0%	8%	6%
Superfruit Bowls (16 oz)															
Ultimate Açai Bowl™	370	8	2	0	70	3	73	64	5	0	35	6%	0%	4%	4%
Açai Berry Bowl™	340	8	2	0	70	2	66	60	5	0	40	4%	0%	4%	6%
Pitaya Passion Bowl™	260	1.5	0	0	15	4	59	45	6	0	45	8%	0%	8%	10%
Super Fusion Bowl™	270	2.5	0.5	0	25	2	63	55	5	0	15	2%	0%	2%	4%
Cold Brew Acai Bowl	280	4.5	1	0	40	5	55	39	4	0	105	8%	0%	10%	4%
Vital Proteins Blue Bowl	300	0	0	0	0	15	63	52	3	5	100	6%	0%	10%	4%
Protein Acai Bowl™	570	23	4.5	0	210	28	66	45	5	0	320	15%	2%	20%	10%
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Bowl Toppings															
Almonds	35	3	0	0	30	1	1	0	<1	0	0	0%	0%	0%	0%
Coconut Flakes	25	1.5	1	0	15	0	3	2	1	0	20	0%	0%	0%	0%
Cacao Nibs	50	5	3	0	45	1	0	0	0	0	0	0%	0%	0%	0%
Chia Seeds	40	2.5	0	0	25	1	4	0	3	0	0	0%	0%	4%	4%
Goji Berries	20	0	0	0	0	<1	4	3	<1	0	15	0%	0%	0%	2%
Hemp Plus Granola	130	5	1	0	45	3	19	5	3	0	25	0%	0%	0%	6%
Peanuts	50	4.5	1	0	40	2	2	0	1	0	65	0%	0%	0%	2%

- * All products are Gluten-Free, except Bowls, Toppings, and some snack items.
- * Vegetarian items include Raw Juice Blends, Blended Juices, Wheatgrass & Ginger Shots, Ultimate Açai Smoothie and Superfruit Bowls (excluding Vital Proteins Blue Bowl and Cold Brew Acai Bowl).
- * Vegan items include Just Juice, Raw Juice Blends, Blended Juices, Wheatgrass & Ginger Shots, and Ultimate Açai Smoothie.
- * While we do our best to keep all products separate, trace amounts of allergens might be present as all products are made with equipment that also blends dairy, soy, gluten and peanuts.
- * We depend on our suppliers' specification sheets and ingredient statements supplied to us for determining which of our menu items contain certain allergens.

When suppliers make changes to their ingredients we do our best to make prompt allergen updates and any necessary changes to our allergen list.

The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is us for general nutrition advice but calorie needs may vary.