



2018 Nutritional Guide

	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%
Energizer**	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%
Fruit and Vegetable Fusions (20 oz)															
Green Fusion	190	1	0	0	10	5	49	33	7	0	60	20%	0%	10%	15%
Red Fusion	190	0.5	0	0	0	4	50	34	6	0	50	20%	0%	4%	8%
Turmeric Fusion	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%
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%
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%
Superfruit Smoothies (20 oz)															
Ultimate Acai 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 Acai Bowl**	370	8	2	0	70	3	73	64	5	0	35	6%	0%	4%	4%
Acai 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%
Protein Acai Bowl**	640	23	4.5	0	210	28	83	62	5	0	320	15%	2%	20%	10%
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%

SJB Brands, LLC 17915 Sky Park Circle, Ste. J Irvine CA 92614

For franchise information, visit us online at www.juiceitupfranchise.com

©2018 Juice It Up! is corporately owned and operated by SJB Brands, LLC.

All rights reserved. No reproduction or distribution without prior consent of SJB Brands, LLC.

