

RETHINK YOUR DRINK

• what's in
• Your Drink?

Limit added sugars.

Nearly all the calories in this juice are from sugar. There are no other nutrients. If drinking juice, look for 100% juice on the label.



Nutrition Facts

Serving Size 8 FL OZ (240 ml)
Servings Per Container About 2

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 0g 0%

Sodium 10mg 0%

Total Carbohydrate 43g 14%

Sugars 36g

Protein 0g

Vitamin C 0% • Calcium 0%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Find the serving size.

One container isn't always one serving. This container has 2 servings. Drinking the whole container is 360 calories!

*Calories in excess of what your body needs - from any food or beverage - can lead to **unwanted weight gain.***