



## mango dragon fruit

## iced refresher information

### DIRECTIONS

Pour 1 cup (8 fl oz) water into cocktail shaker. Add 3 tablespoons of mix. Shake well for 30 seconds. Pour over 12 oz ice in 16 oz cup and ENJOY!

### MIXING GUIDE

-serving size	16 oz	20 oz	24 oz	30 oz
tablespoons of powder	3	4	5	6
ounces of water	8	10	12	14
ounces of ice	12	15	18	23

### INGREDIENTS

Allulose, icewave Adaptogen Blend™ (Cassava Root Fiber, Chicory Root Inulin, CognatiQ™ Coffee Cherry Extract, Ashwagandha Root), Cane Sugar, Freeze Dried Mango, Freeze Dried Dragon Fruit, Natural Flavor with Other Natural Flavors, Citric Acid, Malic Acid, and Monk Fruit Extract.

## Nutrition Facts

46 servings per container	
<b>Serving size</b>	<b>1.04 Oz (29.5g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 10g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 75mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

