



pineapple passion 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, Cane Sugar, icewave Adaptogen Blend™ (Cassava Root Fiber, Chicory Root Inulin, CognatiQ™ Coffee Cherry Extract, Ashwagandha Root), Freeze Dried Pineapple, Natural Flavors, Citric Acid, Malic Acid, Monk Fruit Extract, Vegetable Juice for Color.

Nutrition Facts

46 servings per container	
Serving size	1.04 Oz (29.5g)
Amount Per Serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 7g Added Sugars	14%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0.2mg	2%
Potassium 75.3mg	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.

