



Nutritional Facts

Frozen Yogurt (Toppings not included)	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)
Signature Tart ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Signature Decadent Dark Chocolate ♡	4 oz	155	0	0	0	0	84	34	1	23	0	4
Acai Berry ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Apple Pie ♡	4 oz	166	34	4	3	6	89	29	1	24	0	5
Banana ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Bananas-n-Cream (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Banana Pudding ♡	4 oz	127	0	0	0	0	70	28	0	20	0	4
Birthday Cake ♡	4 oz	127	0	0	0	0	70	28	0	20	0	4
Blackberry ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Blueberry ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Caramel Custard ♡	4 oz	127	0	0	0	0	70	25	0	20	0	5
Cherry Vanilla (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Chocolate Covered Cherry ♡	4 oz	155	0	0	0	0	84	34	1	23	0	4
Classic Strawberry	4 oz	153	34	4	3	6	83	25	0	20	0	5
Coconut ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Coconut-n-Cream (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Cookie-n-Cream	4 oz	153	34	4	3	6	89	27	0	22	0	5
Cotton Candy ♡	4 oz	114	0	0	0	0	91	23	0	13	0	5
Creamy Acai Berry (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Creamy Clementine (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Creamy Mango (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Creamy Pomegranate (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Dark Chocolate Mint ♡	4 oz	155	0	0	0	0	84	34	1	23	0	4
Egg Nog ♡	4 oz	140	34	4	3	6	64	23	0	17	0	4
Espresso ♡	4 oz	153	34	4	3	6	76	24	0	20	0	5
Green Apple ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Key Lime Chiffon ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Lemon Chiffon ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Mango ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Mango Sorbet ♡	4 oz	115	0	0	0	0	0	28	0	24	0	0
Orange Sorbet	4 oz	115	0	0	0	0	0	28	0	24	0	0
Peach ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Peaches-n-Cream (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Peanut Butter ♡	4 oz	204	80	9	3	6	70	25	0	17	0	5
Pina Colada ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Pink Lemonade Sorbet ♡	4 oz	127	0	0	0	0	70	28	0	20	0	4
Pomegranate ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Pomegranate Energy ♡	4 oz	153	0	0	0	0	115	31	0	29	0	5
Raspberry ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Snickers Doodle Cookie ♡	4 oz	140	0	0	0	0	76	31	0	24	0	5
Tart Orange ♡	4 oz	142	0	0	0	0	71	28	0	23	0	5
Tropical Sorbet	4 oz	127	0	0	0	0	0	31	0	25	0	0
Vanilla Amaretto (NSA) ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Vanilla No Sugar Added ♡	4 oz	101	0	0	0	0	101	20	0	8	5	5
Watermelon Sorbet ♡	4 oz	115	0	0	0	0	6	24	0	25	0	0
White Chocolate Mousse	4 oz	178	29	3	3	6	70	32	0	27	0	4

♡ Contains Live active cultures: *L. Bulgaricus*, *L. Acidophilus* and *S. Thermophilus*. This product does not contain Gluten in the ingredient. However, this product is manufactured in a strict allergen manufacturing procedures facility that processes peanuts, tree nuts, eggs, soy, milk, and wheat products.



Nutritional Facts

Smoothies (Toppings not included)	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)
Signature Tart Base ♡	20 oz	283	0	0	0	0	142	57	0	46	0	10
Signature Decadent Dark Chocolate Base ♡	20 oz	309	0	0	0	0	168	67	3	46	0	8
NSA Vanilla Base ♡	20 oz	202	0	0	0	0	202	40	0	45	10	10
Supplement – Fiber Fuel (Apple Pectin)	1 scoop	40	0	0	0	0	115	9	6	0	0	1
Supplement – Pure Protein	1 scoop	143	14	1.7	1.1	17.2	74	3	0	2.8	0	28.6
Toppings												
Almonds	1 oz	162	128	14	1	0	10	6	3	1	0	6
Banana	1 oz	26	1	0	0	0	0	7	1	3	0	0
Blackberries	1 oz	15	1	0	0	0	0	4	2	1	0	0
Blueberries	1 oz	16	1	0	0	0	2	4	1	3	0	0
Cap'n Crunch	1 oz	115	14	2	1	0	210	24	1	13	0	1
Chocolate Chips - Milk	1 oz	132	77	9	6	9	19	17	2	15	0	2
Chocolate Chips - White	1 oz	151	68	8	7	0	57	17	0	17	0	2
Coconut	1 oz	132	85	9	9	0	76	13	2	13	0	0
Fruitie Febbles	1 oz	104	9	1	1	0	170	25	3	10	0	1
Graham Cracker	1 oz	120	23	3	0	0	189	22	1	7	0	2
Granola	1 oz	108	12	1	0	0	108	23	1	9	0	2
Gummy Bears	1 oz	99	0	0	0	0	25	24	0	17	0	1
Kiwi	1 oz	17	1	0	0	0	1	4	1	3	0	0
M & M's	1 oz	142	55	6	4	0	17	20	1	18	0	1
Mandarin Oranges	1 oz	16	0	0	0	0	3	4	0	3	0	0
Mango	1 oz	22	0	0	0	0	2	3	0	5	0	0
Maraschino Cherry	1 oz	57	0	0	0	0	0	11	0	0	0	0
Mochi Rice Cake	1 oz	106	0	0	0	0	59	26	0	9	0	1
Oreo	1 oz	136	47	5	2	0	136	20	1	12	0	1
Pecan Candied	1 oz	191	147	16	1	0	35	10	2	6	0	2
Pineapple	1 oz	14	1	0	0	0	0	4	0	3	0	0
Raspberries	1 oz	14	1	0	0	0	0	3	2	1	0	0
Reese's Peanut Butter Pieces	1 oz	145	65	7	4	0	55	17	1	15	0	4
Strawberries	1 oz	9	1	0	0	0	0	2	1	1	0	0

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