



**CANADA NUTRITIONAL FACTS based on 250 mL serving.** Last updated 26/02/2020

Nutritional information is based on our standardized recipes and is calculated using information from suppliers and standard databases. Because our frozen yogurt is freshly prepared at our stores, exact information may vary. Data is rounded to meet FDA and/or Health Canada regulations. Percent Daily Values (DV) are based on a 2,000 calorie diet.

SMOOTHIES CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
<b>Low Fat</b>														
Almond Kale	170	7	1	0	5	30	25	2	20	5	100	0.4	200	K
Avocado Kale	150	3.5	1.5	0	5	35	27	2	24	3	100	0.3	200	K
<b>Non-Fat</b>														
Blueberry Breeze	150	0.5	0.3	0	5	55	34	1	28	4	125	0.1	150	K
Kiwi Kale	160	0.5	0.3	0	0	50	34	1	29	5	150	0.4	300	K
Mango Matcha Green Tea	160	0.5	0.3	0	5	65	35	1	32	5	150	0.1	175	K
Mango Mint Pineapple	170	0.4	0.3	0	0	50	37	1	34	5	125	0.3	250	K
Peach Berry Sunset	140	0.4	0.2	0	0	50	34	1	26	4	125	0.3	175	K
Raspberry Blast	160	0.5	0.2	0	0	50	35	2	31	4	125	0.3	125	K
Strawberry Banana	150	0.4	0.2	0	0	50	32	1	27	4	125	0.5	250	K
Tropical Storm	150	0.4	0.2	0	0	40	33	1	28	4	100	0.3	225	K
Very Berry	140	0.5	0.2	0	0	50	31	2	26	4	125	0.3	175	K
<b>Sorbet</b>														
Blueberry Breeze	150	0.2	0	0	0	10	37	1	27	0.3	10	0.2	10	K
Kiwi Kale	150	0.2	0	0	0	10	37	1	28	1	30	0.4	150	K
Mango Matcha Green Tea	160	0.1	0	0	0	10	39	1	30	0.2	10	0.1	10	K
Mango Mint Pineapple	160	0.1	0	0	0	10	40	1	32	1	20	0.3	125	K
Peach Berry Sunset	130	0.1	0	0	0	10	37	1	25	0.4	10	0.4	50	K
Raspberry Blast	150	0.2	0	0	0	10	38	2	30	0.3	10	0.3	0	K
Strawberry Banana	140	0.1	0	0	0	10	35	1	26	1	20	0.5	125	K
Tropical Storm	160	0.1	0	0	0	10	39	1	30	1	10	0.3	125	K
Very Berry	130	0.2	0	0	0	10	34	2	25	0.4	10	0.3	40	K



**CANADA NUTRITIONAL FACTS based on 125 mL (100 g) serving.** Last updated 26/02/2020

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MIX-ITS CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
<b>Low Fat</b>														
Banana	120	2	1.5	0.1	10	35	22	1	19	3	100	0.1	100	K
Blackberry	110	2.5	1.5	0.1	10	40	20	1	19	4	100	0.1	100	K
Blueberry	120	2.5	1.5	0.1	10	40	21	1	20	4	100	0.1	100	K
Kiwi	110	2.5	1.5	0.1	10	35	20	1	19	3	100	0.1	100	K
Mango	120	2.5	1.5	0.1	10	40	21	0	20	3	100	0.1	100	K
Peach	110	2.5	1.5	0.1	10	40	23	0	19	4	100	0.1	100	K
Pineapple	120	2	1.5	0.1	10	40	22	0	22	3	100	0.1	100	K
Raspberry	120	2.5	1.5	0.1	10	40	21	1	19	4	100	0.1	100	K
Strawberry	110	2	1.5	0.1	10	35	19	1	18	3	100	0.2	125	K
Sweet Cherry	110	2.5	1.5	0.1	10	40	20	0	19	4	100	0.1	100	K
Vanilla	130	3	2	0.1	10	50	22	0	22	4	125	0	125	K
Watermelon	100	2	1.5	0.1	10	35	19	0	18	3	100	0.1	125	K
<b>Non-Fat</b>														
Banana	130	0.4	0.3	0	5	60	26	0	23	5	150	0.1	150	K
Blackberry	120	0.5	0.3	0	5	55	23	1	21	5	150	0.2	150	K
Blueberry	120	0.5	0.3	0	5	60	24	1	22	5	150	0.1	150	K
Kiwi	120	0.5	0.3	0	5	55	24	1	21	5	150	0.1	150	K
Mango	120	0.4	0.3	0	5	55	24	0	22	5	150	0.1	150	K
Peach	110	0.4	0.3	0	5	55	26	0	21	5	150	0.1	150	K
Pineapple	120	0.4	0.3	0	5	55	26	0	24	5	150	0.1	150	K
Raspberry	120	0.5	0.3	0	5	60	24	1	21	5	150	0.2	150	K
Strawberry	110	0.4	0.3	0	5	55	23	1	20	5	150	0.2	175	K
Sweet Cherry	120	0.5	0.3	0	5	55	24	0	21	5	150	0.2	150	K
Vanilla	130	0.5	0.4	0	5	70	27	0	24	6	175	0.1	175	K
Watermelon	110	0.4	0.3	0	5	55	22	0	20	5	125	0.1	175	K
<b>No Sugar Added (NSA)</b>														
Banana	90	0.4	0.3	0	0	45	24	0	7	4	100	0.1	100	K
Blackberry	80	0.5	0.3	0	0	40	22	1	6	4	100	0.2	100	K
Blueberry	80	0.5	0.3	0	0	45	23	1	7	4	100	0.1	100	K
Kiwi	80	0.5	0.3	0	0	40	22	1	7	4	100	0.1	100	K
Mango	90	0.4	0.3	0	0	40	23	0	8	4	100	0.1	100	K



**CANADA NUTRITIONAL FACTS based on 125 mL (100 g) serving.** Last updated 26/02/2020

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MIX-ITS CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
<b>No Sugar Added (NSA)</b>														
Peach	80	0.4	0.3	0	0	40	25	0	7	4	100	0.1	100	K
Pineapple	90	0.4	0.3	0	0	40	24	0	10	3	100	0.1	100	K
Raspberry	90	0.5	0.3	0	0	45	23	1	6	4	100	0.2	100	K
Strawberry	80	0.4	0.3	0	0	40	21	1	6	3	100	0.2	125	K
Sweet Cherry	80	0.5	0.3	0	0	40	22	0	7	4	100	0.2	100	K
Watermelon	80	0.4	0.3	0	0	40	21	0	7	3	100	0.1	125	K
<b>Low Fat Chocolate</b>														
Banana	120	2.5	1.5	0.1	10	35	22	1	20	4	75	0.4	150	K
Blackberry	110	2.5	1.5	0.1	10	30	20	1	18	3	75	0.4	150	K
Blueberry	110	2.5	1.5	0.1	10	35	20	1	19	3	75	0.3	150	K
Chocolate	120	3	2	0.1	10	40	22	0	21	4	100	0.4	200	K
Kiwi	110	2.5	1.5	0.1	5	30	20	1	18	3	75	0.4	150	K
Mango	110	2.5	1.5	0.1	10	30	21	1	20	3	75	0.3	150	K
Peach	110	2.5	1.5	0.1	10	30	23	1	18	3	75	0.4	150	K
Pineapple	120	2.5	1.5	0.1	10	30	22	0	21	3	75	0.4	150	K
Raspberry	110	2.5	1.5	0.1	10	35	20	1	18	4	75	0.4	150	K
Strawberry	100	2	1.5	0.1	10	30	19	1	17	3	75	0.5	175	K
Sweet Cherry	110	2.5	1.5	0.1	10	30	20	0	19	3	75	0.4	150	K
Watermelon	100	2	1.5	0.1	5	30	18	0	17	3	75	0.3	175	K
<b>Sorbet</b>														
Banana	110	0	0	0	0	5	28	0	19	0.1	0	0.1	0	K
Blackberry	100	0.1	0	0	0	5	26	1	18	0.2	10	0.2	0	K
Blueberry	100	0.1	0	0	0	5	26	1	19	0.1	0	0.1	0	K
Kiwi	100	0.1	0	0	0	5	26	1	18	0.2	10	0.1	0	K
Mango	100	0.1	0	0	0	5	26	1	19	0.1	0	0.1	0	K
Peach	100	0	0	0	0	5	28	1	18	0.2	0	0.1	0	K
Pineapple	110	0	0	0	0	5	27	0	21	0.1	0	0.1	0	K
Raspberry	100	0.1	0	0	0	5	26	1	18	0.2	10	0.2	0	K
Strawberry	100	0	0	0	0	5	25	1	17	0.1	10	0.2	30	K
Sweet Cherry	100	0.1	0	0	0	5	26	0	19	0.2	0	0.2	0	K
Vegan Chocolate	130	3	2.5	0	0	180	25	1	18	1	10	1.5	0	X
Watermelon	90	0	0	0	0	5	24	0	17	0.1	0	0.1	20	K



**CANADA NUTRITIONAL FACTS based on 125 mL (100 g) serving.** Last updated 26/02/2020

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ÜSENSATIONS CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
<b>Chocolate</b>														
Chocolate Almond	160	6	2	0.1	10	35	23	1	21	5	100	0.3	175	K
Cookies n' Cream	200	6	3	0.1	10	120	33	1	25	4	75	1.5	175	K
Red Velvet	170	5	1.5	0.1	10	60	28	0	25	4	100	0.2	125	K
<b>Low Fat</b>														
Chocolate Mint	170	5	1.5	0.1	10	45	27	1	26	5	100	0.1	100	K
Coffee	170	6	1.5	0.1	10	40	25	1	25	5	100	0	100	X
Cookies n' Cream	210	6	3	0.1	10	130	34	1	26	4	100	1.3	125	K
Key Lime Pie	170	3.5	2	0.1	10	90	32	1	25	4	100	0.5	100	K
Matcha Mochi LF	150	2.5	1.5	0.1	10	45	28	0	20	4	100	0.1	125	X
Pina Colada	160	6	4.5	0.1	10	55	26	1	24	3	75	0.4	75	K
Strawberry Cheesecake	160	5	3	0	25	105	24	1	19	3	100	0.5	100	K
<b>Non-Fat</b>														
Chocolate Mint	170	3	0.3	0	5	60	30	1	28	6	150	0.1	175	K
Coffee	170	4	0.3	0	5	60	29	1	27	6	150	0.1	175	X
Key Lime Pie	160	1	0.5	0	5	95	33	0	27	5	150	0.3	150	K
Matcha Mochi	150	0.4	0.3	0	5	60	32	0	22	6	150	0.1	175	X
Pina Colada	170	4.5	3.5	0	0	70	29	1	26	4	125	0.5	125	K
Strawberry Cheesecake	160	4	2.5	0	20	120	27	1	20	4	125	0.5	150	K



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ÜSERVE CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
<b>Low Fat</b>														
Birthday Cake	130	2	1	0.1	15	85	25	0	20	4	125	0.1	200	K
Chocolate Truffle Explosion	120	2	1	0.1	5	75	24	1	20	4	125	0.1	300	K
Cookies n' Cream	140	2	1	0.1	5	95	26	0	21	4	125	0.2	200	K
Cotton Candy	130	1.5	1	0.1	5	80	25	0	22	4	125	0.1	200	K
Crème Brulee	130	2	1	0.1	15	85	25	0	21	4	125	0.1	225	K
Dulce De Leche Heaven	140	1.5	1	0.1	5	100	25	0	20	3	125	0.1	200	K
Espresso Coffee	130	1.5	1	0.1	10	85	24	0	20	4	125	0.1	225	K
French Vanilla	130	1.5	1	0.1	5	80	25	0	21	3	125	0.1	200	K
Give me S'mores	130	1.5	1	0.1	5	75	25	1	20	4	125	0.1	250	K
Key Lime Meringue Pie	130	1.5	1	0.1	5	80	26	0	21	3	125	0.1	200	K
Marshmallow	130	1.5	1	0.1	5	80	25	0	20	3	125	0.1	200	K
Mint Chocolate	130	1.5	1	0.1	5	75	25	0	21	4	125	0.1	250	K
Mint	130	1.5	1	0.1	5	80	25	0	22	3	125	0.1	200	K
Neapolitan	140	1.5	1	0.1	5	80	27	0	23	3	125	0.1	200	K
Nutella	170	4.5	2	0.1	5	80	27	0	24	4	125	0.1	200	K
Orange Creamsicle	130	1.5	1	0.1	5	80	25	0	22	3	125	0.1	200	K
Peanut Butter	140	3	1.5	0.1	5	95	24	0	20	4	125	0.1	200	K
Pina Colada	130	2	1	0.1	5	80	25	0	21	3	125	0.1	200	K
Pistachio	140	1.5	1	0.1	5	125	24	0	20	4	125	0.1	200	K
Red Velvet	130	1.5	1	0.1	5	80	25	0	21	4	125	0.1	225	K
Strawberry Fields	130	1.5	1	0.1	5	80	25	0	21	3	125	0.1	200	K
Tiramisu	130	2	1	0.1	10	85	25	0	21	4	150	0.1	225	K
Triple Butter Pecan	130	1.5	1	0.1	5	80	25	0	21	3	125	0.1	200	K
White Chocolate Truffle	130	1.5	1	0.1	5	80	26	0	22	3	125	0.1	200	K



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ÜSERVE CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
<b>Non-Fat</b>														
Bananarama	120	0.2	0.1	0	0	90	25	0	22	4	150	0.1	225	K
Mango Alfonso	120	0.2	0.1	0	0	90	25	0	20	4	150	0.1	225	K
Passionfruit	120	0.2	0.1	0	0	90	26	0	22	4	150	0.1	225	K
Peach	120	0.2	0.1	0	0	90	25	0	22	4	150	0.1	225	K
Raspberry	120	0.2	0.1	0	0	90	25	0	22	4	150	0.1	225	K
Wild Watermelon	120	0.2	0.1	0	0	90	26	0	22	4	150	0.1	225	K
<b>Tart</b>														
Mangolicious	120	0.2	0.2	0	5	105	24	0	20	4	150	0.1	550	K
Passionfruit	120	0.2	0.2	0	5	105	24	0	21	4	150	0.1	550	K
Pear	120	0.2	0.2	0	5	105	24	0	20	4	150	0.1	550	K
Tart	110	0.2	0.2	0	5	105	23	0	20	5	175	0.2	550	K
<b>Vegan</b>														
Creamy Coconut	140	3.5	3.5	0	0	100	27	0	13	0.5	0	0.1	0	X
Salted Caramel	140	2	1.5	0	0	240	30	0	15	0.3	0	0.1	0	K

# Nutrition Label

## (2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (1) Small

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 serving (154 g) pour 1 portion (154 g)	
<b>Calories 250</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides</b> 10 g	13 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 32 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 25 g	25 %
<b>Protein / Protéines</b> 8 g	
<b>Cholesterol / Cholestérol</b> 10 mg	
<b>Sodium</b> 60 mg	3 %
Potassium 75 mg	2 %
Calcium 125 mg	10 %
Iron / Fer 0.3 mg	2 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 11 mg	12 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour)

**Contains:** Almonds, Milk, Wheat

**Ingrédients:** Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

**Contient:** Amandes, Blé, Lait

# Nutrition Label

## (2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (2) Regular

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 serving (212 g) pour 1 portion (212 g)	
<b>Calories 340</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides</b> 14 g	19 %
Saturated / saturés 9 g	45 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 43 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 35 g	35 %
<b>Protein / Protéines</b> 12 g	
<b>Cholesterol / Cholestérol</b> 10 mg	
<b>Sodium</b> 85 mg	4 %
Potassium 100 mg	3 %
Calcium 175 mg	13 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 15 mg	17 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour).

**Contains:** Almonds, Milk, Wheat

**Ingrédients:** Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

**Contient:** Amandes, Blé, Lait

# Nutrition Label

## (2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (3) Large

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 serving (268 g) pour 1 portion (268 g)	
<b>Calories 440</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides</b> 18 g	24 %
Saturated / saturés 12 g	60 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 57 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 44 g	44 %
<b>Protein / Protéines</b> 15 g	
<b>Cholesterol / Cholestérol</b> 15 mg	
<b>Sodium</b> 105 mg	5 %
Potassium 150 mg	4 %
Calcium 225 mg	17 %
Iron / Fer 0.75 mg	4 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 19 mg	21 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour).

**Contains:** Almonds, Milk, Wheat

**Ingrédients:** Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

**Contient:** Amandes, Blé, Lait

# Nutrition Label

## (2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (4) XI/Pint

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 serving (376 g) pour 1 portion (376 g)	
<b>Calories 620</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 25 g</b>	33 %
Saturated / saturés 17 g	85 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 79 g</b>	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 63 g	63 %
<b>Protein / Protéines 21 g</b>	
<b>Cholesterol / Cholestérol 20 mg</b>	
<b>Sodium 150 mg</b>	7 %
Potassium 200 mg	6 %
Calcium 350 mg	27 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 22 mg	24 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour)

**Contains:** Almonds, Milk, Wheat

**Ingrédients:** Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

**Contient:** Amandes, Blé, Lait

# Nutrition Label Report

## (2025) Fruz Tea, Matcha Latte - 500 Cc

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 drink (479 g) pour 1 boire (479 g)	
<b>Calories 270</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 8 g</b>	<b>11 %</b>
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
<b>Carbohydrate / Glucides 38 g</b>	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 33 g	33 %
<b>Protein / Protéines 11 g</b>	
<b>Cholesterol / Cholestérol 25 mg</b>	
<b>Sodium 150 mg</b>	<b>7 %</b>
Potassium 20 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 2.5 µg	13 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Water, Milk, Vitamin D3, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Eau, Lait, vitamine D3, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Fruz Tea, Matcha Latte - 700 Cc

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 drink (688 g) pour 1 boire (688 g)	
<b>Calories 400</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 12 g</b>	16 %
Saturated / saturés 8 g	42 %
+ Trans / trans 0.4 g	
<b>Carbohydrate / Glucides 57 g</b>	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 49 g	49 %
<b>Protein / Protéines 16 g</b>	
<b>Cholesterol / Cholestérol 40 mg</b>	
<b>Sodium 220 mg</b>	10 %
Potassium 30 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 150 µg	17 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 4 µg	20 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Water, Milk, Vitamin D3, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Eau, Lait, vitamine D3, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Fruz Tea, Matcha Slush - 500 Cc (S)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 drink (510 g) pour 1 boire (510 g)	
<b>Calories 420</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 14 g</b>	<b>19 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 70 g</b>	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 39 g	39 %
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 150 mg</b>	<b>7 %</b>
Potassium 40 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 1.25 mg	7 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Water, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Creamer (Glucose syrup, hydrogenated vegetable oil, sodium caseinate\*, whey powder, whole milk powder, sugar, silicon dioxide, mono- and diglycerides, sodium stearoyl lactylate, salt, sodium pyrophosphate, sodium triphosphate, dipotassium phosphate), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Eau, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Crémier (Sirop de glucose, huile végétale hydrogénée, caséinate de sodium\*, poudre de lactosérum, poudre de lait entier, sucre, dioxyde de silicium, mono- et diglycérides, lactylate de stéaroyle de sodium, sel, pyrophosphate de sodium, triphosphate de sodium, diphosphate de potassium), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Fruz Tea, Matcha Slush - 700 Cc (R)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 drink (703 g) pour 1 boire (703 g)	
<b>Calories 500</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 14 g</b>	<b>19 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 88 g</b>	
Fiber / Fibres 4 g	14 %
Sugars / Sucres 54 g	54 %
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 190 mg</b>	<b>8 %</b>
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Water, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Creamer (Glucose syrup, hydrogenated vegetable oil, sodium caseinate\*, whey powder, whole milk powder, sugar, silicon dioxide, mono- and diglycerides, sodium stearoyl lactylate, salt, sodium pyrophosphate, sodium triphosphate, dipotassium phosphate), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Eau, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Crémier (Sirop de glucose, huile végétale hydrogénée, caséinate de sodium\*, poudre de lactosérum, poudre de lait entier, sucre, dioxyde de silicium, mono- et diglycérides, lactylate de stéaroyle de sodium, sel, pyrophosphate de sodium, triphosphate de sodium, diphosphate de potassium), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Fruz Tea, Strawberry Matcha Latte - 500 Cc

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 drink (473 g) pour 1 boire (473 g)	
<b>Calories 320</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 6 g</b>	<b>8 %</b>
Saturated / saturés 3.5 g	19 %
+ Trans / trans 0.2 g	
<b>Carbohydrate / Glucides 60 g</b>	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 54 g	54 %
<b>Protein / Protéines 8 g</b>	
<b>Cholesterol / Cholestérol 15 mg</b>	
<b>Sodium 150 mg</b>	<b>7 %</b>
Potassium 50 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 50 µg	6 %
Vitamin C / Vitamine C 8 mg	9 %
Vitamin D / Vitamine D 1.5 µg	8 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Water, Milk, Vitamin D3, Strawberry syrup (High fructose corn syrup, sugar, strawberries, strawberry pulp, water, citric acid, malic acid, sodium citrate, flavour, glycine, xanthan gum, pectin, potassium sorbate, polyphosphates, sucralose, colour [Allura Red]), Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Strawberries, Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Eau, Lait, vitamine D3, Sirop de fraise (Sirop de maïs à haute teneur en fructose, sucre, fraises, pulpe de fraise, eau, acide citrique, acide malique, citrate de sodium, arôme, glycine, gomme xanthane, pectine, sorbate de potassium, polyphosphates, sucralose, colorant [rouge allura]), Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Fraises, Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Fruz Tea, Strawberry Matcha Latte - 700 Cc

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 drink (599 g) pour 1 boire (599 g)	
<b>Calories 470</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 9 g</b>	12 %
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
<b>Carbohydrate / Glucides 87 g</b>	
Fiber / Fibres 4 g	14 %
Sugars / Sucres 79 g	79 %
<b>Protein / Protéines 12 g</b>	
<b>Cholesterol / Cholestérol 25 mg</b>	
<b>Sodium 210 mg</b>	9 %
Potassium 75 mg	2 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin C / Vitamine C 12 mg	13 %
Vitamin D / Vitamine D 2.5 µg	13 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b> * 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Water, Milk, Vitamin D3, Strawberry syrup (High fructose corn syrup, sugar, strawberries, strawberry pulp, water, citric acid, malic acid, sodium citrate, flavour, glycine, xanthan gum, pectin, potassium sorbate, polyphosphates, sucralose, colour [Allura Red]), Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Strawberries, Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Eau, Lait, vitamine D3, Sirop de fraise (Sirop de maïs à haute teneur en fructose, sucre, fraises, pulpe de fraise, eau, acide citrique, acide malique, citrate de sodium, arôme, glycine, gomme xanthane, pectine, sorbate de potassium, polyphosphates, sucralose, colorant [rouge allura]), Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Fraises, Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Yogen Fruz, Matcha Usensation - (1) Small (5 Oz)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 small (153 g) pour 1 petit (153 g)	
<b>Calories 200</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides</b> 3.5 g	5 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 35 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 31 g	31 %
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 15 mg	
<b>Sodium</b> 85 mg	4 %
Potassium 20 mg	1 %
Calcium 200 mg	15 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 8 mg	9 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Yogen Fruz, Matcha Usensation - (2) Regular (6 Oz)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 regular (205 g) pour 1 régulier (205 g)	
<b>Calories 270</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 5 g</b>	<b>7 %</b>
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 48 g</b>	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 42 g	42 %
<b>Protein / Protéines 8 g</b>	
<b>Cholesterol / Cholestérol 20 mg</b>	
<b>Sodium 115 mg</b>	<b>5 %</b>
Potassium 20 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 8 mg	9 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Yogen Fruz, Matcha Usensation - (3) Large (8 Oz)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 regular (265 g) pour 1 régulier (265 g)	
<b>Calories 350</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides 6 g</b>	<b>8 %</b>
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 63 g</b>	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 54 g	54 %
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 25 mg</b>	
<b>Sodium 150 mg</b>	<b>7 %</b>
Potassium 30 mg	1 %
Calcium 350 mg	27 %
Iron / Fer 0.75 mg	4 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 12 mg	13 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (2025) Yogen Fruz, Matcha Usensation - (4) Pint (16 Oz)

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 regular (372 g) pour 1 régulier (372 g)	
<b>Calories 500</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides</b> 9 g	12 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 88 g	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 76 g	76 %
<b>Protein / Protéines</b> 15 g	
<b>Cholesterol / Cholestérol</b> 30 mg	
<b>Sodium</b> 210 mg	9 %
Potassium 40 mg	1 %
Calcium 500 mg	38 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 16 mg	18 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

**Contains:** Milk

**Ingrédients:** Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

**Contient:** Lait

# Nutrition Label Report

## (Core) Yogen Fruz, Specialized Smoothies, Power

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 serving (480 g) pour 1 portion (480 g)	
<b>Calories 480</b>	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 16 g	21 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides</b> 68 g	
Fiber / Fibres 5 g	18 %
Sugars / Sucres 60 g	60 %
<b>Protein / Protéines</b> 18 g	
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium</b> 115 mg	5 %
Potassium 500 mg	15 %
Calcium 250 mg	19 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin C / Vitamine C 101 mg	112 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

**Ingredients:** Filtered water, Organic concentrated juices (apple and/or grape, orange), Organic mango purée, Organic natural flavour, Citric acid, Vitamin C., Mangos, Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Milk, Vitamin D3, Wild blueberries, Cream, Skim Milk Powder, Bacterial culture, Almonds, Whey protein concentrate, Soy lecithin

**Contains:** Almonds, Milk, Soy

**May Contain:** Nuts, Peanuts

**Ingrédients:** Eau filtrée, jus concentrés biologiques (Pomme et/ou raisin, orange), purée de mangue biologique, arôme naturel biologique, acide citrique, vitamine C., Mangues, Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Lait, vitamine D3, Bleuets sauvages, Crème, Poudre de lait écrémé, Culture bactérienne, Amandes, Concentré de protéines de lactosérum, Lécithine de soya.

**Contient:** Amandes, Lait, Soja

**Peut Contenir:** Arachides, Noix

# Nutrition Label

## (Core) Yogen Fruz, Flavour - Whey Powder

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 scoop (9 g) pour 1 scoop (9 g)	
<b>Calories 35</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Total Fat / Lipides</b> 0.5 g	1 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 0 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 7 g	
<b>Cholesterol / Cholestérol</b> 20 mg	
<b>Sodium</b> 15 mg	1 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 0.1 mg	1 %
* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	
* 5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	
<b>Ingredients:</b> Whey protein concentrate, Soy lecithin	
<b>Contains:</b> Milk, Soy	
<b>Ingrédients:</b> Concentré de protéines de lactosérum, Lécithine de soya.	
<b>Contient:</b> Lait, Soja	