

# The Essentials

## Nutrition Facts

Serving Size: 8 oz. (7g)

Servings Per Container: 2

### Amount Per Serving

**Calories** 50

Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 100mg **4%**

**Total Carbohydrate** 13g **4%**

Dietary Fiber 0g **0%**

Sugars 9g

**Protein** 1g

Vitamin A 240% • Vitamin C 20%

Calcium 2% • Iron 2%

Vitamin D 0% • Vitamin E 6%

Vitamin K 25% • Thiamin 8%

Riboflavin 6% • Niacin 8%

Vitamin B6 10% • Folate 8%

Vitamin B12 0% • Pantothenic Acid 4%

Phosphorus 6% • Magnesium 6%

Zinc 2% • Selenium 0%

Copper 6% • Manganese 10%

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

INGREDIENTS: CARROTS, RAW, COLD PRESSED JUICE, APPLES, LEMON, GINGER