

Nutrition Facts	Amount/serving		% DV																									
	1 serving per container																											
<b>Serving size</b>																												
<b>53g</b>																												
<b>Calories</b> per serving	<b>220</b>																											
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Vit. D 0% • Calcium 8% • Iron 10% • Potas. 4% • Vit. C 35%																												



6641

**INGREDIENTS:** GRANOLA (WHOLE ROLLED OATS, DRIED CANE SYRUP, HIGH OLEIC SUNFLOWER OIL, MOLASSES, WHOLE OAT FLOUR, RICE FLOUR, HONEY, MALTODEXTRIN, SALT, NATURAL FLAVOR, MIXED TOCOPHEROLS, SOY LECITHIN), **WHEY PROTEIN ISOLATE, GREEK YOGURT** (SUGAR, GREEK STYLE YOGURT [CREAM YOGURT (MILK FAT, MILK PROTEINS, YOGURT CULTURES)], TAPIOCA STARCH), **STRAWBERRY\*, BLUEBERRY\*, BLACKBERRY\*, POWDERED MILK, FLAX SEEDS, RASPBERRY\***, SILICON DIOXIDE (ANTI-CAKING AGENT).

**CONTAINS: MILK, SOY.** \*FREEZE DRIED  
 Distributed by: Thrive Life®, 691 South Auto Mall Drive, American Fork, Utah 84003

## Berry Blast

More than a full serving\* of whole fruits in this little cup, bursting with flavor!

\*½ cup serving size.

### REFRESH

Add cold water (we like it icy cold) to fill line and mix well. Let sit for 2 minutes to thicken.

*For a twist, add ¼ cup plain yogurt to your prepped bowl!*



Fill Line (about ¼ cup)

Fill Line (about ¼ cup)

11g  
PROTEIN

NON  
GMO

NO  
ARTIFICIAL  
JUNK

FIBER  
GOOD  
SOURCE

IRON  
GOOD  
SOURCE

Berry Blast

FREEZE DRIED

# To Go

1+  
WHOLE FRUIT  
SERVINGS\*



Net. Wet. 1.86 oz (53g)

Berries • Granola • Yogurt • Flax seeds • Protein