



LEMONKIND
SUPERFOODS

Ingredients & Nutritionals

RESET CORE CLEANSE

960 CALORIES PER DAY



7 am

MANGO PEPPERMINT GREEN TEA

APPLE • CUCUMBER • MANGO • LEMON
ACEROLA • GREEN TEA • PEPPERMINT

NUTRITION FACTS

Serving size (296mL)

Calories per serving **110**

Amount Per Serving	%DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount Per Serving	%DV*
Total Carbohydrate 27g	10%
Dietary Fiber < 1g	3%
Total Sugars 26g	
Includes Og Added Sugars	0%
Protein 0g	0%

Vit. D 0mcg 0% • Cal. 10mg 0% • Iron 0.1mg 0% • Pot. 280mg 6% • Vit. C 59mg 70%

*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.



9 am

TURMERIC PUMPKIN SPICE

APPLE • PUMPKIN • APRICOT
WHOLE GRAIN RICE PROTEIN • LEMON
GINGER • CINNAMON • TURMERIC

NUTRITION FACTS

Serving size (296mL)

Calories per serving **130**

Amount Per Serving	%DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount Per Serving	%DV*
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes Og Added Sugars	0%
Protein 4g	8%

Vit. D 0mcg 0% • Cal. 40mg 2% • Iron 1.1mg 6% • Pot. 370mg 8% • Vit. A 1010mcg 110% • Mn. 0.6mg 25%

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11 am

AVOCADO PINEAPPLE WHEATGRASS

APPLE • PINEAPPLE • LEMON
AVOCADO • BANANA • WHEATGRASS

NUTRITION FACTS

Serving size (296mL)

Calories per serving **130**

Amount Per Serving	%DV*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount Per Serving	%DV*
Total Carbohydrate 26g	9%
Dietary Fiber < 1g	3%
Total Sugars 22g	
Includes Og Added Sugars	0%
Protein 1g	2%

Vit. D 0mcg 0% • Cal. 20mg 2% • Iron 0.2mg 0% • Pot. 290mg 6% • Vit. C 14mg 15%

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1 pm

TURMERIC CARROT GINGERATA

APPLE • CARROT • CUCUMBER • PINEAPPLE
LEMON • MANGO • GINGER • TURMERIC

NUTRITION FACTS

Serving size (296mL)

Calories per serving **120**

Amount Per Serving	%DV*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%

Amount Per Serving	%DV*
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes Og Added Sugars	0%
Protein 1g	2%

Vit. D 0mcg 0% • Cal. 30mg 2% • Iron 0.5mg 2% • Pot. 500mg 10% • Vit. A 730mcg 80% • Vit. C 24mg 25%

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3 pm

CHLORELLA INFUSED GREENS

APPLE • CUCUMBER • LEMON • SPINACH
GINGER • CHLORELLA

NUTRITION FACTS

Serving size (296mL)

Calories per serving **100**

Amount Per Serving	%DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%

Amount Per Serving	%DV*
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes Og Added Sugars	0%
Protein 1g	2%

Vit. D 0mcg 0% • Cal. 30mg 2% • Iron 1mg 6% • Pot. 420mg 8% • Vit. C 10mg 10%

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5 pm

ARONIA BERRY LEMONADE

APPLE • ARONIA • LEMON • CUCUMBER
BLUEBERRY • ACEROLA

NUTRITION FACTS

Serving size (296mL)

Calories per serving **110**

Amount Per Serving	%DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount Per Serving	%DV*
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes Og Added Sugars	0%
Protein 0g	0%

Vit. D 0mcg 0% • Cal. 10mg 0% • Iron 0.1mg 0% • Potassium 250mg 6% • Vit. C 59mcg 70%

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7 pm

MANGO SEA BUCKTHORN

APPLE • CUCUMBER • MANGO
LEMON • APRICOT • SEA BUCKTHORN

NUTRITION FACTS

Serving size (296mL)

Calories per serving **110**

Amount Per Serving	%DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount Per Serving	%DV*
Total Carbohydrate 27g	10%
Dietary Fiber < 1g	2%
Total Sugars 25g	
Includes Og Added Sugars	0%
Protein 0g	0%

Vit. D 0mcg 0% • Cal. 10mg 0% • Iron 0.1mg 0% • Pot. 280mg 6%

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9 pm

BLUEBERRY CINNAMON CHIA

APPLE • BLUEBERRY • MILLED CHIA
CINNAMON • WHOLE GRAIN BROWN
RICE PROTEIN • LOW-FAT COCOA

NUTRITION FACTS

Serving size (296mL)

Calories per serving **150**

Amount Per Serving	%DV*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount Per Serving	%DV*
Total Carbohydrate 33g	12%
Dietary Fiber 2g	11%
Total Sugars 29g	
Includes Og Added Sugars	0%
Protein 2g	4%

Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 0.9mg 4% • Potassium 290mg 6%

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