



Nutrition Facts Information

Product	CASE COUNT	SERVING SIZE	CALORIES (KCAL)	FAT CAL (KCAL)	TOTAL FAT (g)	SAT FAT (g)	TOTAL SUGARS (g)	TOTAL CARB (g)	DIET FIBER (g)	PROTEIN (g)	SODIUM (mg)	CHOLESTEROL (g)	VIT C (%DV)	VIT E (%DV)	NIACIN (%DV)	VIT B6 (%DV)	VIT B12 (%DV)	PANTOTHENIC ACID (%DV)
20 oz. WIDE MOUTH																		
Lemon-Lime	24	8 oz	50	0	0	0	14	14	-	0	110	0	-	-	-	-	-	-
Fruit Punch	24	8 oz	50	0	0	0	14	14	-	0	110	0	-	-	-	-	-	-
Cool Blue	24	8 oz	50	0	0	0	14	14	-	0	110	0	-	-	-	-	-	-
Orange	24	8 oz	50	0	0	0	14	14	-	0	110	0	-	-	-	-	-	-
Fierce® Grape	24	8 oz	50	0	0	0	14	14	-	0	110	0	-	-	-	-	-	-
Riptide Rush™	24	8 oz	50	0	0	0	14	14	-	0	110	0	-	-	-	-	-	-
Xtremo Mango	24	8 oz	50	0	0	0	14	14	-	0	110	0	-	-	-	-	-	-
12 oz. ALL STARS®																		
Berry	48	12 oz	90	0	0	0	22	22	0	0	160	0	-	-	-	-	-	-
Ice Punch™	48	12 oz	90	0	0	0	22	22	0	0	160	0	-	-	-	-	-	-
Strawberry	48	12 oz	90	0	0	0	22	22	0	0	160	0	-	-	-	-	-	-
Lemon-Lime	48	12 oz	90	0	0	0	22	22	0	0	160	0	-	-	-	-	-	-
Grape	48	12 oz	90	0	0	0	22	22	0	0	160	0	-	-	-	-	-	-
11.6 oz. CANS																		
Lemon	24	11.6 oz	80	0	0	0	21	21	0	0	160	0	-	-	-	-	-	-
Fruit Punch	24	11.6 oz	80	0	0	0	21	21	0	0	160	0	-	-	-	-	-	-
Orange	24	11.6 oz	80	0	0	0	21	21	0	0	160	0	-	-	-	-	-	-



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PROPEL FITNESS WATER®																			
Lemon	24	8 oz	10	0	0	0	2	3	-	0	35	40	0	10%	10%	25%	25%	4%	25%
Berry	24	8 oz	10	0	0	0	2	3	-	0	35	40	0	10%	10%	25%	25%	4%	25%
Kiwi Strawberry	24	8 oz	10	0	0	0	2	3	-	0	35	40	0	10%	10%	25%	25%	4%	25%

Denotes Smart Spot™

Date: Last updated 5-19-05