



Calories per 28g (1 fl. oz.)  
 Calories %DV  
 Calories from Fat  
 Protein (g)  
 Carbohydrates (g)  
 Carbohydrates (%DV)  
 Fiber (g)  
 Sugar (g)  
 Fat (g)  
 Fat (%DV)  
 Saturated Fat (g)  
 Trans Fat (g)  
 Cholesterol (mg)  
 Vitamin A (%DV)  
 Vitamin C (%DV)  
 Calcium (%DV)  
 Iron (%DV)  
 Sodium (%DV)

CREAM

2% MILK

Almond	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Banana	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Blueberry	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Chocolate	30	1.5	5	1	6	2	0	5	0.5	1	0	0	0	2	0	4	0	1
Chocolate Peanut Butter	35	1.75	5	1	6	2	0	5	0.5	1	0	0	0	0	0	4	0	1
Chocolate Raspberry	30	1.5	5	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
Coconut	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Grape	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Green Apple	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Green Tea	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Guava	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Kiwi	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Lemon	35	1.75	5	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
Lychee	35	1.75	5	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
Mango	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Melon	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Mint	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Mint Chocolate	35	1.75	5	1	8	3	0	5	0.5	1	0	0	0	2	0	4	0	1
Papaya	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Passion	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Peach	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Peanut Butter	40	2	10	1	7	2	0	5	1	2	0	0	0	0	0	4	0	1
Pina Colada	35	1.75	5	1	8	3	0	5	0	0	0	0	0	0	0	4	0	1
Pineapple	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Pistachio	40	2	5	1	7	2	0	5	0.5	1	0	0	0	0	0	4	0	1
Plum	35	1.75	5	1	8	3	0	5	0	0	0	0	0	0	0	4	0	1
Pomegranate	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Raspberry	35	1.75	5	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
Strawberry Banana	35	1.75	5	1	8	3	0	5	0	0	0	0	0	0	0	4	0	1
Strawberry	35	1.75	5	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
Taro	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
Vanilla	30	1.5	5	1	6	2	0	5	0.5	1	0	0	0	0	0	4	0	1
Watermelon	35	1.75	5	1	8	3	0	5	0	0	0	0	0	0	0	4	0	1
Yacoo	35	1.75	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1

TART

Blueberry	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Coconut	30	1.5	5	1	6	2	0	4	0	0	0	0	0	0	0	4	0	0
Grape	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Green Apple	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Green Tea	30	1.5	5	1	6	2	0	4	0	0	0	0	0	0	0	4	0	0
Guava	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	0	4	0	0
Kiwi	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Lemon	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Lychee	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Mango	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Papaya	30	1.5	5	1	6	2	0	4	0	0	0	0	0	0	0	4	0	0
Passion	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Peach	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Pina Colada	30	1.5	5	1	7	2	0	4	0	0	0	0	0	0	0	4	0	0
Pineapple	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Plum	30	1.5	5	1	7	2	0	4	0	0	0	0	0	0	0	4	0	0
Pomegranate	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Raspberry	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Strawberry Banana	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
Strawberry	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0
TF Tart	30	1.5	5	1	6	2	0	4	0	1	0	0	0	0	0	4	0	1
Watermelon	30	1.5	5	1	7	2	0	4	0	0	0	0	0	0	0	4	0	0
Yacoo	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	0

\*Allergen Information: Our yogurt is processed in a facility that processes wheat, soy, dairy, tree nuts, and peanuts.



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 Carbohydrates (%DV)  
 Fiber (g)  
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 Fat (g)  
 Fat (%DV)  
 Saturated Fat (g)  
 Trans Fat (g)  
 Cholesterol (mg)  
 Vitamin A (%DV)  
 Vitamin C (%DV)  
 Calcium (%DV)  
 Iron (%DV)  
 Sodium (%DV)

CREAM

NON-FAT MILK

Almond	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	0	4	0	1
Banana	30	1.5	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Blueberry	25	1.25	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Chocolate	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	6	0	1
Chocolate Peanut Butter	30	1.5	5	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Chocolate Raspberry	25	1.25	0	1	6	2	0	6	0	0	0	0	0	2	2	4	0	1
Coconut	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	0	4	0	1
Grape	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Green Apple	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Green Tea	30	1.5	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Guava	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Kiwi	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	2	4	0	1
Lemon	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Lychee	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Mango	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Melon	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	0	4	0	1
Mint	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	0	4	0	1
Mint Chocolate	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	2	4	0	1
Papaya	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	0	4	0	1
Passion	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	2	4	0	1
Peach	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Peanut Butter	30	1.5	5	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Pina Colada	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Pineapple	25	1.25	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Pistachio	30	1.5	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Plum	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	0	4	0	1
Pomegranate	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Raspberry	25	1.25	0	1	7	2	0	6	0	0	0	0	0	2	2	4	0	1
Strawberry Banana	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Strawberry	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	2	4	0	1
Taro	30	1.5	0	1	7	2	0	5	0	0	0	0	0	2	0	4	0	1
Vanilla	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Watermelon	25	1.25	0	1	7	2	0	6	0	0	0	0	0	2	0	4	0	1
Yacoo	30	1.5	0	1	7	2	0	6	0	0	0	0	0	2	2	4	0	1

TART

Blueberry	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	0
Coconut	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	0
Grape	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Green Apple	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Green Tea	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Guava	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Kiwi	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	2	4	0	1
Lemon	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Lychee	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Mango	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Papaya	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Passion	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Peach	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Pina Colada	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Pineapple	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	0
Plum	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Pomegranate	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Raspberry	25	1.25	5	1	6	2	0	5	0	0	0	0	0	2	2	4	0	1
Strawberry Banana	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Strawberry	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
TF Tart	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	1
Watermelon	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	0	4	0	0
Yacoo	25	1.25	0	1	6	2	0	5	0	0	0	0	0	2	2	4	0	1

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