



Ardens Garden

31871 - Yoga 1 Vegetable Juice

Yoga 1. Cold Pressed Juice. Juiced in Atlanta, Georgia for over 25 years.  
Pineapple Juice, Apple Juice, Spinach, Kale, Distilled Water, Ginger, Lemons.



Nutrition Facts

Servings per Container 8  
Serving size 8.00Z (8oz)

Amount per serving  
Calories 95

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	5%
Iron 1.2mg	6%
Potassium 303mg	9%

\* 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.

\* Benefits

Yoga 1 64oz- Pineapple juice, apple juice, spinach, kale, distilled water, ginger, lemons. Pineapple Juice - has Vitamin C and beta-carotene and is a popular base for smoothies. Apple Juice - is 88% water and apples are rich in plant compounds; full of vitamins B and C, which are great for the immune system and cell metabolism. Also has soluble fiber pectin. Spinach - a low-calorie leafy green loaded with nutrients. It's a great source of iron, dietary magnesium. Kale contains fiber, antioxidants, calcium and Vitamin K. Also a good source of Vitamin C and iron. Its full of phosphorous, magnesium and potassium, which are important for energy production and cell metabolism. Distilled Water - water that's purified through distillation where water is boiled until it becomes steam and then cooled back down. This process eliminates contaminants. Ginger - is high in gingerol and contains more potassium than a banana. Lemons - good source of Vitamin C, which aids the immune system. Lemons are also rich in bioflavonoids and are a natural diuretic.

Ingredients

Pineapple juice, Apple Juice, Spinach, Kale, Distilled Water, Ginger, Lemons

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

keep refrigerated UNIT UPC: 602804111137

Serving Suggestions

enjoy

Prep & Cooking Suggestions

ready to drink

📄 Product Specifications

Brand	Manufacturer
Ardens Garden	Ardens Garden

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
602804111137	31871	31871	10602804111134		9/64 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
37.2lb	36lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12in	12in	10.25in	0.85ft3	9x3	60days	35°F / 37°F



Ardens Garden

31871 - Yoga 1 Vegatable Juice

Yoga 1. Cold Pressed Juice. Juiced in Atlanta, Georgia for over 25 years.  
Pineapple Juice, Apple Juice, Spinach, Kale, Distilled Water, Ginger, Lemons.



Nutrition Analysis - By Measure

Calories	95	Total Fat	0g	Sodium	13mg
Protein	2	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	11g	Saturated Fat	0g	Iron	1.2mg
Sugars	8g	Added Sugars	0g	Potassium	303mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

