



Ardens Garden

41855 - 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 1
Serving size 15.2OZ

Amount per serving
Calories 190

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 26mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Total Sugars 16g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 120mg	12%
Iron 2mg	12%
Potassium 606mg	17%

* 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 - 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:
602804011130

Serving Suggestions

cold and enjoy

Prep & Cooking Suggestions

ready to drink

Product Specifications

Brand	Manufacturer
Ardens Garden	Ardens Garden

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
602804011130	41855	41855	10602804001138		6/15.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.5lb	6.4lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
6.75in	4.5in	7in	0.12ft3	63x4	60days	35°F / 37°F



Ardens Garden

41855 - 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	190	Total Fat	0g	Sodium	26mg
Protein	4	Trans Fats	0g	Calcium	120mg
Total Carbohydrates...	22g	Saturated Fat	0g	Iron	2mg
Sugars	16g	Added Sugars	0g	Potassium	606mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

