

# Pineapple Basil

## KRUSH'D VITALITY KITCHEN

This sweet & sour, nutritious superfood blend contains pineapple, cucumber, basil, cilantro, limes and has a wealth of health benefits. Pineapple is a good source of dietary fiber, manganese, vitamin C, thiamin and vitamin B6. Basil has antioxidants and anti-bacterial properties that help maintain skin health, boost digestion and detoxify the body. Cucumber is a rich source of silica which is known for its beauty benefits. It also contains potassium, magnesium and vitamin K.

**PINEAPPLE CUCUMBER  
BASIL CILANTRO LIMES**



### Nutrition Facts

Serving Size: 1 x 16 oz Bottle

Amount Per Serving		% Daily Value*
Calories	130 kcal	7 %
Total Fat	0.6 g	1 %
Saturated Fat	0.1 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	44.1 mg	2 %
Total Carbohydrate	31.1 g	10 %
Dietary Fiber	0.6 g	2 %
Sugars	18.9 g	
	3 g	6 %