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Nutrition Facts

1 Serving Per container
Serving size 1 pack (127g)

Amount Per Serving
Calories 116

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Total Sugars 15g	
Incl. 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 0mg	0%
Potassium 254mg	7%

*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 used for general nutrition advice.

INGREDIENTS: Pineapple, banana, Water, Mango, Whey Protein Isolate, Natural Flavor, Citric Acid, Ascorbic Acid (Vitamin C)
Contains: Milk

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Sample Fuel The Fire Nutrition Guide

Rachel Sandford



Sample Fuel The Fire Nutrition Guide:

Sample Fuel The Fire Nutrition Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Sample Fuel The Fire Nutrition Guide**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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