

• REAL FOOD. RIGHT NOW.

# FUEL FOR FIRE®

A delicious blend  
of fruit + protein  
to fuel your day.

## Benefits of Protein:

- Promotes muscle recovery
- Strengthens immune system
- Keeps you feeling full

**FUEL FOR FIRE**  
contains all 9  
essential amino  
acids and more  
protein than 1 egg.

Distributed by:  
**FUEL FOR FIRE, INC.,**  
Natick, MA 01760  
Made in USA  
info@fuelforfire.com  
**FUELFORFIRE.COM**

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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%
<b>Protein 10g</b>	
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**

**ENJOY AT ROOM TEMPERATURE,  
OR TRY IT CHILLED!**

Refrigerate after opening and  
consume within 24 hours

Do not consume if cap seal is  
broken or package is damaged  
or swollen.

**BPA  
FREE**

Clear Pkt NA 1

# Sample Fuel The Fire Nutrition Guide

**Edmund I. Spriggs**



## **Sample Fuel The Fire Nutrition Guide:**

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