

Nutrition guide • Draft for review

Manufacturer nutrition values per 3.5 oz (100 g) serving. Bowl and smoothie nutrition is listed separately below.

Product	Size	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added sugar (g)	Protein (g)	Allergens
Zero Sugar Açai	3.5 oz	45	2.5	0.5	0	0	0	26	3	0	0	0	None declared
Ingredients: Water, organic açai pulp, allulose (plant-based natural sugar non-GMO), organic inulin (chicory fiber), organic lemon juice, seed gums (locust bean, guar).													
Açai Sorbet	3.5 oz	100	2.5	0.5	0	0	0	20	1	14	12	0	None declared
Ingredients: Organic açai pulp, non-GMO unbleached sugar, organic tapioca syrup, organic lemon juice, seed gums (locust bean, guar).													
Power Açai	3.5 oz	130	2.5	0.5	0	<5	20	21	3	13	13	10	Milk
Ingredients: Water, organic açai pulp, non-GMO unbleached sugar, whey protein powder isolate, allulose (plant-based natural sugar non-GMO), organic inulin (chicory fiber), seed gums (locust bean, guar).													
Pitaya Sorbet	3.5 oz	90	0	0	0	0	0	22	3	15	11	0	None declared
Ingredients: Water, organic pitaya dragon fruit, organic raspberry, non-GMO unbleached sugar, organic tapioca syrup, organic lemon juice, organic inulin (chicory root fiber), seed gums (locust bean, guar).													

BOWLS

Values shown per listed serving size. Scroll horizontally on smaller screens.

Product	Size	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added sugar (g)	Protein (g)	Allergens
SWAMIS													
Swamis	16 oz	490	11	2	0	0	50	95	8	54	36	5	Wheat. May contain tree nuts, soy.
Swamis	24 oz	610	14	2.5	0	0	50	119	10	71	50	5	Wheat. May contain tree nuts, soy.
Swamis — Zero Sugar	16 oz	370	11	2	0	0	50	105	13	25	11	5	Wheat. May contain tree nuts, soy.
Swamis — Power	16 oz	550	9	2	0	10	160	97	13	52	34	25	Milk. Wheat. May contain tree nuts, soy.
Swamis — Zero Sugar	24 oz	430	14	2.5	0	0	50	135	16	25	11	5	Wheat. May contain tree nuts, soy.
Swamis — Power	24 oz	700	11	2.5	0	15	230	122	16	68	47	37	Milk. Wheat. May contain tree nuts, soy.
PONTO													
Ponto	16 oz	470	6	1	0	0	50	99	13	52	34	5	Wheat. May contain tree nuts, soy.
Ponto	24 oz	570	6	1	0	0	50	125	16	68	47	5	Wheat. May contain tree nuts, soy.
CAMPGROUND													
Campground	16 oz	490	9	1.5	0	0	50	100	11	56	35	5	Wheat. May contain tree nuts, soy.
Campground	24 oz	610	10	1.5	0	0	50	126	14	72	48	5	Wheat. May contain tree nuts, soy.
SEASIDE													
Seaside	16 oz	500	11	2	0	0	50	99	9	57	36	5	Wheat. May contain tree nuts, soy.
Seaside	24 oz	620	14	2.5	0	0	50	123	10	74	50	5	Wheat. May contain tree nuts, soy.
Seaside — Zero Sugar	16 oz	390	11	2	0	0	50	109	13	28	11	5	Wheat. May contain tree nuts, soy.

Product	Size	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added sugar (g)	Protein (g)	Allergens
Seaside — Power	16 oz	560	9	2	0	10	160	101	13	55	34	26	Milk. Wheat. May contain tree nuts, soy.
Seaside — Zero Sugar	24 oz	440	14	2.5	0	0	50	139	17	28	11	5	Wheat. May contain tree nuts, soy.
Seaside — Power	24 oz	720	11	2.5	0	15	230	126	17	71	47	38	Milk. Wheat. May contain tree nuts, soy.
MOONLIGHT													
Moonlight	16 oz	510	11	2	0	0	50	100	9	58	36	5	Wheat. May contain tree nuts, soy.
Moonlight	24 oz	630	14	2.5	0	0	50	124	10	75	50	5	Wheat. May contain tree nuts, soy.
Moonlight — Zero Sugar	16 oz	390	11	2	0	0	50	110	13	30	11	5	Wheat. May contain tree nuts, soy.
Moonlight — Power	16 oz	570	9	2	0	10	160	102	13	56	34	26	Milk. Wheat. May contain tree nuts, soy.
Moonlight — Zero Sugar	24 oz	450	14	2.5	0	0	50	140	17	30	11	5	Wheat. May contain tree nuts, soy.
Moonlight — Power	24 oz	720	11	2.5	0	15	230	127	17	72	47	38	Milk. Wheat. May contain tree nuts, soy.
T-STREET													
T-Street	16 oz	560	14	4.5	0	0	65	107	10	64	43	5	Wheat, coconut. May contain tree nuts, soy.
T-Street	24 oz	680	17	5	0	0	65	131	11	81	58	5	Wheat, coconut. May contain tree nuts, soy.
T-Street — Zero Sugar	16 oz	440	14	4.5	0	0	65	118	14	36	19	5	Wheat, coconut. May contain tree nuts, soy.
T-Street — Power	16 oz	620	12	4.5	0	10	180	109	14	62	41	26	Milk. Wheat, coconut. May contain tree nuts, soy.
T-Street — Zero Sugar	24 oz	500	17	5	0	0	65	148	17	36	19	5	Wheat, coconut. May contain tree nuts, soy.
T-Street — Power	24 oz	780	14	5	0	15	250	135	17	78	55	38	Milk. Wheat, coconut. May contain tree nuts, soy.
DOUBLE RAINBOW													
Double Rainbow	16 oz	540	14	4.5	0	0	65	103	10	65	43	5	Wheat, coconut. May contain tree nuts, soy.

Product	Size	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added sugar (g)	Protein (g)	Allergens
Double Rainbow	24 oz	660	17	5	0	0	65	127	11	82	58	5	Wheat, coconut. May contain tree nuts, soy.
Double Rainbow — Zero Sugar	16 oz	430	14	4.5	0	0	65	113	14	36	19	5	Wheat, coconut. May contain tree nuts, soy.
Double Rainbow — Power	16 oz	600	12	4.5	0	10	180	105	14	63	41	26	Milk. Wheat, coconut. May contain tree nuts, soy.
Double Rainbow — Zero Sugar	24 oz	480	17	5	0	0	65	143	17	36	19	5	Wheat, coconut. May contain tree nuts, soy.
Double Rainbow — Power	24 oz	760	14	5	0	15	250	130	17	79	55	38	Milk. Wheat, coconut. May contain tree nuts, soy.

LOWERS

Lowers	16 oz	650	25	4.5	0	0	180	101	10	57	38	12	Wheat, peanuts, soy.
Lowers	24 oz	770	28	5	0	0	180	125	12	74	53	12	Wheat, peanuts, soy.
Lowers — Zero Sugar	16 oz	540	25	4.5	0	0	180	111	14	28	14	12	Wheat, peanuts, soy.
Lowers — Power	16 oz	710	23	4.5	0	10	290	103	14	55	36	33	Milk. Wheat, peanuts, soy.
Lowers — Zero Sugar	24 oz	590	28	5	0	0	180	142	18	28	14	12	Wheat, peanuts, soy.
Lowers — Power	24 oz	870	25	5	0	15	360	129	18	70	50	45	Milk. Wheat, peanuts, soy.

RIVI

Rivi	16 oz	680	29	6	0	0	65	100	11	59	44	11	Wheat, almond, coconut. May contain tree nuts, soy.
Rivi	24 oz	800	32	6	0	0	65	124	12	76	59	11	Wheat, almond, coconut. May contain tree nuts, soy.
Rivi — Zero Sugar	16 oz	570	29	6	0	0	65	111	15	30	20	11	Wheat, almond, coconut. May contain tree nuts, soy.
Rivi — Power	16 oz	740	27	6	0	10	180	102	15	57	42	32	Milk. Wheat, almond, coconut. May contain tree nuts, soy.
Rivi — Zero Sugar	24 oz	620	32	6	0	0	65	141	19	30	20	11	Wheat, almond, coconut. May contain tree nuts, soy.
Rivi — Power	24 oz	900	29	6	0	15	240	128	19	73	55	44	Milk. Wheat, almond, coconut. May contain tree nuts, soy.

DOHO

Product	Size	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added sugar (g)	Protein (g)	Allergens
Doho	16 oz	690	23	7	0	0	80	117	10	75	56	7	Wheat, milk, hazelnut, soy, coconut.
Doho	24 oz	810	26	8	0	0	80	141	11	91	71	7	Wheat, milk, hazelnut, soy, coconut.
Doho — Zero Sugar	16 oz	580	23	7	0	0	80	127	14	46	31	7	Wheat, milk, hazelnut, soy, coconut.
Doho — Power	16 oz	750	21	7	0	10	190	119	14	73	54	27	Milk. Wheat, milk, hazelnut, soy, coconut.
Doho — Zero Sugar	24 oz	630	26	8	0	0	80	157	18	46	31	7	Wheat, milk, hazelnut, soy, coconut.
Doho — Power	24 oz	910	23	8	0	15	260	144	18	88	67	39	Milk. Wheat, milk, hazelnut, soy, coconut.
UPPERS													
Uppers	16 oz	820	34	7	0	0	190	119	11	74	56	14	Wheat, peanuts, milk, hazelnut, soy.
Uppers	24 oz	940	37	8	0	0	190	143	12	91	70	14	Wheat, peanuts, milk, hazelnut, soy.
Uppers — Zero Sugar	16 oz	700	34	7	0	0	190	130	15	45	31	14	Wheat, peanuts, milk, hazelnut, soy.
Uppers — Power	16 oz	880	32	7	0	10	300	121	15	72	54	34	Milk. Wheat, peanuts, milk, hazelnut, soy.
Uppers — Zero Sugar	24 oz	760	37	8	0	0	190	160	19	45	31	14	Wheat, peanuts, milk, hazelnut, soy.
Uppers — Power	24 oz	1040	34	8	0	15	370	147	19	88	67	46	Milk. Wheat, peanuts, milk, hazelnut, soy.

SMOOTHIES

Values shown per listed serving size. Scroll horizontally on smaller screens.

Product	Size	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added sugar (g)	Protein (g)	Allergens
SHAKA													
Shaka, almond milk	16 oz	180	5	0	0	0	170	34	7	19	0	3.5	Almond.
Shaka, apple juice	16 oz	260	1	0	0	0	15	66	6	49	0	2	None from standard build.
Shaka, almond milk	24 oz	220	7	0	0	0	240	39	9	22	0	4.5	Almond.
SUNSET													
Sunset, guava	16 oz	230	0	0	0	0	15	56	2.5	50	0	1	None from standard build.
Sunset, guava	24 oz	360	0.5	0	0	0	25	89	4.5	77	0	2	None from standard build.
EMERALD BAY													
Emerald Bay	16 oz	280	0	0	0	0	10	68	4.5	51	0	4.5	None from standard build.
Emerald Bay	24 oz	390	0.5	0	0	0	15	95	6	73	0	6	None from standard build.
ACAI													
Acai, almond milk	16 oz	270	8	0.5	0	0	170	51	7	31	12	3	Almond.
Acai, apple juice	16 oz	350	3.5	0.5	0	0	15	83	6	61	12	2	None from standard build.
Acai, almond milk	24 oz	340	10	1	0	0	240	62	9	38	16	4	Almond.
SUNRISE													
Sunrise, orange juice	16 oz	310	0.5	0	0	0	0	74	6	59	12	3.5	None from standard build.
Sunrise, orange juice	24 oz	440	1	0	0	0	0	105	8	84	16	5	None from standard build.
MANGO													
Mango, guava	16 oz	330	1	0	0	0	15	82	5	68	0	2.5	None from standard build.
Mango, mango nectar	16 oz	340	1	0	0	0	15	85	5	71	0	2.5	None from standard build.
Mango, guava	24 oz	450	1	0	0	0	25	111	6	94	0	3	None from standard build.
PENDLETON													
Pendleton	16 oz	420	19	3	0	0	300	61	9	31	3	11	Peanuts, soy, almond.
Pendleton + protein	16 oz	490	21	3	0	0	450	68	13	32	3	19	Peanuts, soy, almond.

Product	Size	Calories	Total fat (g)	Sat. fat (g)	Trans fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added sugar (g)	Protein (g)	Allergens
Pendleton	24 oz	510	21	3	0	0	370	79	12	41	3	13	Peanuts, soy, almond.

Nutrition information notice: Base values transcribed from supplied GelatoLove labels (per 3.5 oz / 100 g). Bowl and smoothie values are from Alohana's supplied nutrition grid. All values and allergen declarations require review before publication. "None declared" means the supplied base label did not list an allergen, not a guarantee of allergen-free preparation. Ingredients for bowls and smoothies are not available in this chart. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.