

Freshens Smoothie Company

EAT FREE YOGURT SMOOTHIES

FRUIT JUICE SMOOTHIES

NO SUGAR ADDED! NO FAT!

1 JAMAICAN JAMMER.
Bananas, Strawberry, Pineapple, Orange & Blueberry



4 CARIBBEAN CRAZE.
Strawberry, Banana, Pineapple & Blueberry

2 STRAWBERRY SQUEEZE.
Strawberry, Pineapple, Orange & Blueberry



7 STRAWBERRY SHOOTER.
Strawberry, Pineapple, Orange & Blueberry

3 ALL THAT RAZZ.
Raspberries, Strawberry, Pineapple, Orange & Blueberry



8 RASPBERRY ROYALE.
Raspberries, Peach, Strawberry, Orange & Blueberry

4 PEACHY PINEAPPLE.
Peaches, Pineapple, Orange & Blueberry



9 PEACH SUNSET.
Peaches, Strawberry, Pineapple, Orange & Blueberry

5 BLUEBERRY BAY.
Blueberries, Strawberry, Pineapple, Orange & Blueberry



10 BERRY BREEZE.
Blueberries, Strawberry, Pineapple, Orange & Blueberry

REGULAR 21oz LANCE 32oz

Enriched with 100% OF USDA OR VITAMIN A, C, D & E Plus 20% Calcium!



LOW CAL Smoothies

NO SUGAR ADDED! NO FAT!

Less Than 155 Calories Each!

11 STRAWBERRY OASI.
Strawberry, Pineapple, Orange & Blueberry

13 STRAWBERRY SUNRISE.
Strawberry, Pineapple, Orange & Blueberry

12 MANGO BEACH.
Mango, Peach, Pineapple, Orange & Blueberry

14 PEACH PASSION.
Peaches, Strawberry, Pineapple, Orange & Blueberry

REGULAR 21oz LANCE 32oz

TROPICAL OASIS Smoothies

15 MAUI MANGO.
Mango, Pineapple, Strawberry, Orange & Blueberry

18 ORANGE SUNRISE.
Orange, Strawberry, Pineapple, Orange & Blueberry

16 MYSTIC MANGO.
Mango, Strawberry, Pineapple, Orange & Blueberry

19 ORANGE SHOOTER.
Orange, Strawberry, Pineapple, Orange & Blueberry

17 PINA COLLIDER.
Pineapple, Orange, Strawberry, Orange & Blueberry

20 PINEAPPLE PARADISE.
Pineapple, Orange, Strawberry, Orange & Blueberry

REGULAR 21oz LANCE 32oz

MET-Rx HOUSTONAL BOOSTERS

- ENERGY
- IMMUNE
- MULTI VITAMIN
- PROTEIN
- SLIM DOWN
- FEMALE SUPPORT

SELECT A FREE MET-Rx BOOSTER IN EVERY SMOOTHIE!