BOOST®

the nitty-gritty details

our real juicy menu

TROPICAL

Mango Magic
Mango, banana, mango nectar, vanilla yoghurt & ice orig 1760 kJ med 1360 kJ jnr 1070 kJ

Passion Mango
Mango, passionfruit, tropical juice, sorbet, mango yoghurt & ice orig 1820 kJ med 1350 kJ jnr 1010 kJ

Blue Honolulu
Mango, blue spirulina, banana, tropical juice, mango yoghurt, vanilla yoghurt & ice orig 1580 kJ med 1310 kJ jnr 1030 kJ

Green Tea Mango Mantra†^
Mango, green tea^, mango nectar, vanilla yoghurt, sorbet & ice + immunity booster^‡
orig 1920 kJ med 1440 kJ jnr 1160 kJ

Banana Buzz
Banana, honey, low fat milk, vanilla yoghurt & ice orig 1750 kJ med 1410 kJ jnr 1010 kJ

Mango Tango Crush
Mango, passionfruit, mango nectar, tropical juice, sorbet & ice orig 1370 kJ med 1100 kJ jnr 782 kJ

Watermelon Crush
Freshly juiced watermelon, tropical juice, sorbet & ice
orig 916 kJ med 736 kJ jnr 590 kJ

Lychee Crush
Lychees, mango nectar, tropical juice, sorbet & ice orig 1290 kJ med 966 kJ jnr 730 kJ

Banana Mango Bling
Banana, mango, mango nectar, mango yoghurt & ice
orig 1770 kJ med 1380 kJ jnr 1020 kJ

BERRY

All Berry Bang
Strawberries, raspberries, blueberries, apple juice, strawberry yoghurt & ice
orig 1440 kJ med 1110 kJ jnr 861 kJ

Strawberry Squeeze
Strawberries, banana, apple juice, strawberry yoghurt & ice
orig 1550 kJ med 1210 kJ jnr 891 kJ

Razzberry Mango
Mango, raspberries, mango nectar, vanilla yoghurt & ice orig 1660 kJ med 1280 kJ jnr 1020 kJ

Berry Crush
Raspberries, strawberries, blueberries, apple juice, sorbet & ice orig 1160 kJ med 917 kJ jnr 730 kJ

Blueberry Blast
Blueberries, banana, apple juice, sorbet, vanilla yoghurt & ice orig 1750 kJ med 1330 kJ jnr 1040 kJ

The average adult daily energy intake is 8700 kJ

PROTEIN

source of protein

Gym Junkie†
Strawberries, banana, low fat milk, strawberry yoghurt, vanilla yoghurt, whey protein & ice (20.5 g of protein*) orig 1630 kJ med 1170 kJ

Energy Lift†
Mango, banana, tropical juice, mango yoghurt & ice + energiser booster^ (8.3 g of protein*)
orig 1740 kJ med 1350 kJ

Wondermelon†
Strawberries, freshly juiced watermelon, strawberry yoghurt, whey protein & ice + superfruit booster (13.1g of protein*)
orig 798 kJ med 651 kJ

Protein Supreme†
Banana, muesli, dates, honey, coconut water, coconut mylk, whey protein, chia seeds, cinnamon & ice + immunity^‡ & vita booster# (30.1 g of protein*)
orig 2320 kJ med 1490 kJ

Choc Muscle Hustle†
Chocolate powder, banana, oats, chia seeds, coconut water, coconut mylk, vanilla yoghurt, whey protein & ice (24.2 g of protein*)
orig 2330 kJ med 1760 kJ

ANYTIME BREKKIE

Brekkie to Go-Go†
Banana, muesli, honey, low fat milk, vanilla yoghurt & ice + energiser booster^ orig 2560 kJ med 1910 kJ jnr 1780 kJ

Strawbrekkie†
Strawberries, blueberries, banana, apple juice, strawberry yoghurt, oats, whey protein & ice
orig 1770 kJ med 1340 kJ jnr 960 kJ

CHEEKY

King William Chocolate
Chocolate powder, banana, low fat milk, vanilla yoghurt & ice
orig 1830 kJ med 1390 kJ jnr 1080 kJ

Cookies & Creme
Chocolate biscuits, banana, low fat milk, vanilla yoghurt, sorbet & ice orig 2140 kJ med 1610 kJ jnr 1140 kJ

Salted Caramel Latte^◊
Coffee^, caramel blend^, banana, dates, low fat milk, sorbet, vanilla yoghurt & ice
orig 2320 kJ med 1790 kJ jnr 1350 kJ

Raspberry Ripe
Chocolate powder, raspberries, coconut mylk, low fat milk, strawberry yoghurt, sorbet & ice
orig 2000 kJ med 1570 kJ jnr 1100 kJ

Coffee Dream^
Coffee^, low fat milk, banana, chocolate powder, vanilla yoghurt, sorbet & ice
orig 1930 kJ med 1460 kJ jnr 1150 kJ

Café Latte^◊
Coffee^, espresso blend^, banana, low fat milk, sorbet, vanilla yoghurt & ice orig 1930 kJ med 1400 kJ jnr 1100 kJ

VEGAN

plant based & low gluten <

Mango Pash N Go<
Mango, passionfruit, banana, mango nectar, frozen coconut cream & ice orig 2330 kJ med 1850 kJ jnr 1360 kJ

Coconuts For Choc<
Chocolate powder, banana, soy mylk, coconut mylk, frozen coconut cream & ice orig 2420 kJ med 1900 kJ jnr 1400 kJ

Power Plant Protein†<
Mango, passionfruit, banana, grapes, pineapple, spinach, dates, coconut water, coconut mylk, plant based protein & ice + all greens booster (11.1 g of protein*) orig 1230 kJ med 910 kJ jnr 669 kJ

Lychee Lovin' Berry<
Lychees, raspberries, mango, mango nectar, frozen coconut cream & ice
orig 1750 kJ med 1440 kJ jnr 1200 kJ

Caribbean Green<
Mango, passionfruit, banana, spinach, mango nectar, coconut mylk, coconut water & ice orig 1160 kJ med 877 kJ jnr 664 kJ

Grape Escape◊<
Grapes, spinach, pineapple, banana, coconut water & ice orig 1010 kJ med 766 kJ jnr 519 kJ

Pure Eden Super Smoothie<
Apple, pineapple, grapes, kale, spinach, cucumber, lemon, banana, mint, coconut water & ice + all greens booster
orig 726 kJ med 505 kJ jnr 361 kJ

FRESH JUICE

Create your own fresh juice

Choose your base(s)

Apple	Pineapple
Carrot	Coconut Water
Orange	Watermelon

Then add your ingredients

Banana	Cucumber	Kale	Passionfruit
Beetroot	Dates	Lemon	Raspberry
Blueberry	Ginger	Mango	Spinach
Celery	Grapes	Mint	Strawberry

Immunity† (vit A & C)
Watermelon, orange, strawberries & ice + immunity booster^‡
orig 621 kJ med 477 kJ jnr 360 kJ

Mint Condition
Mint, apple, spinach, cucumber, celery & ice orig 610 kJ med 447 kJ jnr 333 kJ

Wild Berry†
Pineapple, apple, raspberries, strawberries, blueberries & ice + energiser booster^
orig 919 kJ med 728 kJ jnr 541 kJ

Two & Five†°
Orange, apple, carrot, cucumber, celery, beetroot, spinach & ice + vita booster#
orig 710 kJ med 535 kJ jnr 405 kJ

Energiser†
Orange, strawberries, banana & ice + energiser booster^
orig 995 kJ med 663 kJ jnr 502 kJ

Berry Remedy†
Pineapple, blueberries, raspberries, apple, orange & ice + energiser booster^
orig 1030 kJ med 717 kJ jnr 540 kJ

BOOSTERS

POWERPACK
Choose any 3 Boosters

Protein†
Whey protein

Plant Based Protein†
A vegan source of protein made from peas

Energiser^†
Guarana extract, ginseng extract, taurine and vitamin E (vitamin E – 50% RDI)

Immunity^‡† (vit A & C)
Echinacea extract, vitamins A & C

Vita†#
At least 10% of your RDI of essential vitamins and minerals

All Greens
A blend of wheatgrass, alfalfa, barley grass, spinach, spirulina and broccoli plant powders

Superfruit
With cranberry, acai berry extract, pomegranate and goji berries, it's packed with antioxidants!

Chia Seeds
Plant-based source of omega 3

† Boosters with this symbol & Whey Protein is not recommended for young children under 15 years, pregnant or lactating women. For full ingredients and nutritional information refer to boostjuice.com.au
^ Caffeine is not recommended for young children under 15 years, pregnant or lactating women.
* For original size.
# At least 10% of your RDI of essential vitamins and minerals.
‡ Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet.
° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables.
◊ Some products may not be available in all stores
< Low gluten. Although products marked with this symbol are low in gluten, there may be small amounts of gluten present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products.
Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products.

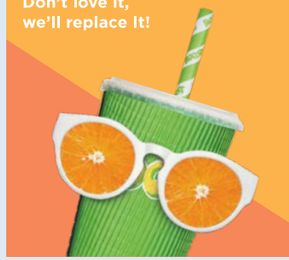
EXTRAS

Fruit & Veg
Chia Seeds
Coconut Water
Soy Mylk
Oat Mylk ◊
Almond Mylk ◊

2 Sip Guarantee

Because we give a sip

Don't love it, we'll replace It!



◊ Please note some products may not be available in all stores

BOOST® original size 610mL

facts & figures

Important to know on the go

		ORIGINAL 610 mL									PER 100 mL								
		Energy			Fat		Carbohydrate				Energy			Fat		Carbohydrate			
		Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium	Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium
TROPICAL	Banana Buzz	1750 kJ	419 Cal	16.4 g	5.1 g	3.2 g	75.0 g	64.2 g	1.9 g	239 mg	287 kJ	69 Cal	2.7 g	0.8 g	0.5 g	12.3 g	10.5 g	0.3 g	39 mg
TROPICAL	Banana Mango Bling	1770 kJ	424 Cal	8.2 g	4.9 g	3.1 g	85.6 g	72.9 g	3.1 g	137 mg	291 kJ	70 Cal	1.3 g	0.8 g	0.5 g	14.0 g	11.9 g	0.5 g	22 mg
TROPICAL	Blue Honolulu	1580 kJ	377 Cal	7.6 g	4.5 g	2.9 g	75.6 g	64.1 g	5.3 g	133 mg	259 kJ	62 Cal	1.3 g	0.7 g	0.5 g	12.4 g	10.5 g	0.9 g	22 mg
TROPICAL	Green Tea Mango Mantra†^	1920 kJ	459 Cal	5.7 g	3.1 g	2.0 g	102 g	90.7 g	2.7 g	87 mg	315 kJ	75 Cal	0.9 g	0.5 g	0.3 g	16.8 g	14.9 g	0.4 g	14 mg
TROPICAL	Lychee Crush	1290 kJ	308 Cal	2.1 g	0.4 g	0.2 g	74.5 g	69.7 g	1.1 g	18 mg	212 kJ	51 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.2 g	11.4 g	0.2 g	3 mg
TROPICAL	Mango Magic	1760 kJ	420 Cal	7.7 g	4.8 g	3.2 g	86.0 g	75.7 g	2.5 g	139 mg	288 kJ	69 Cal	1.3 g	0.8 g	0.5 g	14.1 g	12.4 g	0.4 g	23 mg
TROPICAL	Mango Tango Crush	1370 kJ	326 Cal	3.0 g	0.6 g	0.3 g	75.9 g	68.6 g	6.1 g	21 mg	224 kJ	54 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.4 g	11.2 g	1.0 g	3 mg
TROPICAL	Passion Mango	1820 kJ	435 Cal	6.6 g	3.1 g	1.9 g	95.2 g	83.9 g	4.5 g	89 mg	299 kJ	71 Cal	1.1 g	0.5 g	0.3 g	15.6 g	13.7 g	0.7 g	15 mg
TROPICAL	Watermelon Crush	916 kJ	219 Cal	2.0 g	0.8 g	0.2 g	51.9 g	47.9 g	0.5 g	12 mg	150 kJ	36 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	8.5 g	7.9 g	LESS THAN 0.1 g	2 mg
BERRY	All Berry Bang	1440 kJ	344 Cal	7.1 g	4.7 g	3.1 g	71.4 g	65.4 g	1.1 g	149 mg	236 kJ	56 Cal	1.2 g	0.8 g	0.5 g	11.7 g	10.7 g	0.2 g	24 mg
BERRY	Berry Crush	1160 kJ	277 Cal	1.7 g	0.6 g	0.2 g	63.9 g	60.9 g	2.3 g	26 mg	190 kJ	45 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	10.5 g	10.0 g	0.4 g	4 mg
BERRY	Blueberry Blast	1750 kJ	418 Cal	5.2 g	3.1 g	1.9 g	90.4 g	82.8 g	1.1 g	95 mg	287 kJ	69 Cal	0.9 g	0.5 g	0.3 g	14.8 g	13.6 g	0.2 g	16 mg
BERRY	Razzberry Mango	1660 kJ	397 Cal	7.5 g	4.7 g	3.1 g	79.9 g	71.4 g	3.6 g	136 mg	273 kJ	65 Cal	1.2 g	0.8 g	0.5 g	13.1 g	11.7 g	0.6 g	22 mg
BERRY	Strawberry Squeeze	1550 kJ	371 Cal	7.4 g	4.8 g	3.1 g	77.5 g	70.1 g	1.6 g	150 mg	255 kJ	61 Cal	1.2 g	0.8 g	0.5 g	12.7 g	11.5 g	0.3 g	25 mg
CHEEKY	Café Latte^ ◊	1930 kJ	460 Cal	14.9 g	7.8 g	6.6 g	81.6 g	67.7 g	1.4 g	266 mg	316 kJ	75 Cal	2.4 g	1.3 g	1.1 g	13.4 g	11.1 g	0.2 g	44 mg
CHEEKY	Coffee Dream^	1930 kJ	492 Cal	19.2 g	5.6 g	3.6 g	81.6 g	72.7 g	2.8 g	307 mg	317 kJ	76 Cal	3.2 g	0.9 g	0.6 g	13.4 g	11.9 g	0.5 g	50 mg
CHEEKY	Cookies & Creme	2140 kJ	510 Cal	15.8 g	9.1 g	4.9 g	90.9 g	74.3 g	0.6 g	342 mg	350 kJ	84 Cal	2.6 g	1.5 g	0.8 g	14.9 g	12.2 g	0.1 g	56 mg
CHEEKY	King William Chocolate	1830 kJ	437 Cal	18.3 g	6.4 g	4.1 g	74.4 g	66.2 g	2.8 g	334 mg	300 kJ	72 Cal	3.0 g	1.0 g	0.7 g	12.2 g	10.8 g	0.5 g	55 mg
CHEEKY	Raspberry Ripe	2000 kJ	478 Cal	15.3g	7.4g	4.7 g	88.3 g	81.2 g	4.4 g	295 mg	328 kJ	78 Cal	2.5 g	1.2 g	0.8 g	14.5 g	13.3 g	0.7 g	48 mg
CHEEKY	Salted Caramel Latte^ ◊	2320 kJ	554 Cal	15.9 g	8.0 g	6.5 g	100 g	86.6 g	2.3 g	305 mg	380 kJ	91 Cal	2.6 g	1.3 g	1.1 g	16.4 g	14.2 g	0.4 g	50 mg
FRESH JUICES OR BLENDS	Berry Remedy Blend†	1110 kJ	265 Cal	4.7 g	2.1 g	LESS THAN 0.1 g	53.0 g	50.8 g	13.5 g	12 mg	182 kJ	43 Cal	0.8 g	0.3 g	LESS THAN 0.1 g	8.7 g	8.3 g	2.2 g	2 mg
FRESH JUICES OR BLENDS	Berry Remedy Juice†	1030 kJ	246 Cal	2.5 g	0.7 g	LESS THAN 0.1 g	55.8 g	54.7 g	2.8 g	31 mg	169 kJ	40 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	9.1 g	9.0 g	0.5 g	5 mg
FRESH JUICES OR BLENDS	Energiser Blend†	1040 kJ	249 Cal	5.4 g	4.3 g	LESS THAN 0.1 g	48.7 g	43.3 g	12.5 g	14 mg	171 kJ	41 Cal	0.9 g	0.7 g	0.0 g	8.0 g	7.1 g	2.1 g	2 mg
FRESH JUICES OR BLENDS	Energiser Juice†	995 kJ	238 Cal	3.8 g	0.8 g	LESS THAN 0.1 g	51.2 g	45.8 g	3.9 g	30 mg	163 kJ	39 Cal	0.6 g	0.1 g	0.0 g	8.4 g	7.5 g	0.6 g	5 mg
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	713 kJ	170 Cal	3.5 g	2.9 g	LESS THAN 0.1 g	33.0 g	32.8 g	8.4 g	13 mg	117 kJ	28 Cal	0.6 g	0.5 g	LESS THAN 0.1 g	5.4 g	5.4 g	1.4 g	2 mg
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	621 kJ	148 Cal	2.3 g	0.9 g	LESS THAN 0.1 g	31.1 g	30.9 g	2.4 g	20 mg	102 kJ	24 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	5.1 g	5.1 g	0.4 g	3 mg
FRESH JUICES OR BLENDS	Mint Condition Blend	667 kJ	159 Cal	2.4 g	0.5 g	LESS THAN 0.1 g	33.4 g	32.9 g	5.2 g	164 mg	109 kJ	26 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.5 g	5.4 g	0.8 g	27 mg
FRESH JUICES OR BLENDS	Mint Condition Juice	610 kJ	146 Cal	2.0 g	0.3 g	LESS THAN 0.1 g	32.5 g	32.4 g	1.5 g	177 mg	100 kJ	24 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.3 g	5.3 g	0.2 g	29 mg
FRESH JUICES OR BLENDS	Two & Five Blend†*	752 kJ	180 Cal	4.3 g	2.9 g	LESS THAN 0.1 g	34.5 g	34.1 g	9.3 g	135 mg	123 kJ	30 Cal	0.7 g	0.5 g	LESS THAN 0.1 g	5.7 g	5.6 g	1.5 g	22 mg
FRESH JUICES OR BLENDS	Two & Five Juice†*	710 kJ	170 Cal	3.1 g	0.4 g	LESS THAN 0.1 g	36.3 g	35.7 g	2.9 g	187 mg	116 kJ	28 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	6.0 g	5.9 g	0.5 g	31 mg
FRESH JUICES OR BLENDS	Wild Berry Blend†	962 kJ	230 Cal	3.4 g	0.5 g	LESS THAN 0.1 g	47.3 g	46.9 g	9.7 g	15 mg	158 kJ	38 Cal	0.6 g	LESS THAN 0.1 g	LESS THAN 0.1 g	7.8 g	7.7 g	1.6 g	2 mg
FRESH JUICES OR BLENDS	Wild Berry Juice†	919 kJ	220 Cal	1.2 g	0.3 g	LESS THAN 0.1 g	51.3 g	50.7 g	1.8 g	29 mg	151 kJ	36 Cal	0.2 g	LESS THAN 0.1 g	LESS THAN 0.1 g	8.4 g	8.3 g	0.3 g	5 mg
PROTEIN	Choc Muscle Hustle†	2330 kJ	556 Cal	24.2 g	11.8 g	5.7 g	83.9g	62.5g	8.5 g	333 mg	382 kJ	91 Cal	4.0 g	1.9 g	0.9 g	13.8 g	10.2 g	1.4 g	55 mg
PROTEIN	Energy Lift†	1740 kJ	415 Cal	8.3 g	4.8 g	3.2 g	85.1 g	71.6 g	2.6 g	140 mg	285 kJ	68 Cal	1.4 g	0.8 g	0.5 g	13.9 g	11.7 g	0.4 g	23 mg
PROTEIN	Gym Junkie†	1630 kJ	390 Cal	20.5 g	5.1 g	3.2 g	64.7 g	54.2 g	2.6 g	246 mg	267 kJ	64 Cal	3.4 g	0.8 g	0.5 g	10.6 g	8.9 g	0.4 g	40 mg
PROTEIN	Protein Supreme†	2320 kJ	555 Cal	30.1 g	12.0 g	2.9 g	74.2 g	45.0 g	12.5 g	230 mg	381 kJ	91 Cal	4.9 g	2.0 g	0.5 g	12.2 g	7.4 g	2.1 g	38 mg
PROTEIN	Wondermelon†	798 kJ	191 Cal	13.1 g	2.3 g	1.0 g	27.3 g	24.8 g	6.9 g	92 mg	131 kJ	31 Cal	2.1 g	0.4 g	0.2 g	4.5 g	4.1 g	1.1 g	15 mg
VEGAN	Mango Pash N Go <	2330 kJ	550 Cal	3.4 g	19.9 g	18.0 g	88.1 g	71.2 g	4.6 g	101 mg	378 kJ	90 Cal	0.6 g	3.3 g	3.0 g	14.4 g	11.7 g	0.8 g	17 mg
VEGAN	Lychee Lovin' Berry <	1750 kJ	419 Cal	1.4 g	13.9 g	12.6 g	69.6 g	57.8 g	3.3 g	73 mg	287 kJ	69 Cal	0.2 g	2.3 g	2.1 g	11.4 g	9.5 g	0.5 g	12 mg
VEGAN	Coconuts For Choc <	2420 kJ	578 Cal	9.8 g	27.3 g	21.2 g	71.6 g	53.2 g	4.5 g	292 mg	397 kJ	95 Cal	1.6 g	4.5 g	3.5 g	11.7 g	8.7 g	0.7 g	48 mg
VEGAN	Caribbean Green <	1160 kJ	277 Cal	3.2 g	3.6 g	2.2 g	55.3 g	44.3 g	7.1 g	66 mg	190 kJ	46 Cal	0.5 g	0.6 g	0.4 g	9.1 g	7.3 g	1.2 g	11 mg
VEGAN	Grape Escape ◊ <	1010 kJ	241 Cal	3.7 g	0.6 g	LESS THAN 0.1 g	50.8 g	44.9 g	8.8 g	66 mg	165 kJ	40 Cal	0.6 g	LESS THAN 0.1 g	0.0 g	8.3 g	7.4 g	1.5 g	11 mg
VEGAN	Power Plant Protein† <	1230 kJ	293 Cal	11.1 g	2.7 g	1.3 g	51.2 g	41.1 g	6.9 g	228 mg	201 kJ	48 Cal	1.8 g	0.4 g	0.2 g	8.4 g	6.7 g	1.1 g	37 mg
VEGAN	Pure Eden Super Smoothie <	726 kJ	174 Cal	2.7 g	0.5 g	LESS THAN 0.1 g	36.6 g	31.7 g	5.7 g	80 mg	119 kJ	29 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	6.0 g	5.2 g	0.9 g	13 mg
ANYTIME BREKKIE	Brekkie to Go-Go†	2560 kJ	612 Cal	23.9 g	11.4 g	4.2 g	98.7 g	71.0 g	6.7 g	273 mg	420 kJ	100 Cal	3.9 g	1.9 g	0.7 g	16.2 g	11.6 g	1.1 g	45 mg
ANYTIME BREKKIE	Strawbrekkie†	1770 kJ	423 Cal	21.2 g	5.8 g	2.8 g	71.0 g	52.3 g	5.2 g	168 mg	290 kJ	69 Cal	3.5 g	0.9 g	0.5 g	11.6 g	8.6 g	0.8 g	28 mg

allergens

WHERE A DRINK/INGREDIENT IS MARKED "NO" IN THIS TABLE, THIS MEANS THE ALLERGEN IS NOT PRESENT IN THIS DRINK/INGREDIENT, HOWEVER THERE MAY STILL BE TRACES OF SUCH ALLERGEN IN SUCH DRINK/INGREDIENT. THIS IS DUE TO POTENTIAL CROSS CONTAMINATION THAT MAY OCCUR IN STORE OR DURING THE EXTERNAL MANUFACTURING PROCESS FOR AN INGREDIENT.*

		ALLERGENS													
		Gluten	Dairy	Peanuts	Tree Nuts	Sesame	Soy	Egg	Caffeine	Vegetarian	Vegan	Sulphites	Lupin	Crustacea	Fish
TROPICAL	Banana Buzz	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Banana Mango Bling	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
TROPICAL	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	Blueberry Blast	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Razzberry Mango	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Café Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
CHEEKY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
CHEEKY	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
CHEEKY	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
CHEEKY	Salted Caramel Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Blend	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Juice	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Blend†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Juice†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
PROTEIN	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
PROTEIN	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
PROTEIN	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
PROTEIN	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Mango Pash N Go <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Lychee Lovin' Berry <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Coconuts For Choc <	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Caribbean Green <	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Grape Escape < ◊	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
VEGAN	Power Plant Protein <†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Pure Eden Super Smoothie <	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
ANYTIME BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
ANYTIME BREKKIE	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
BOOSTER	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Vitat#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BOOSTER	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Almond Mylk	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Oat Mylk	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Soy Mylk	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No

***If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marked "No" in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.** Boost Juice is not a nut or gluten free environment. Whilst we take our greatest care in preparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost Juice products may contain traces of wheat, gluten, cereals, egg, milk, peanuts, sesame, sulphites, soy, sunflower seeds or kernels, tree nuts and lupin. Our whey protein does not contain gluten. Soy mylk does not contain gluten and is dairy and lactose free. Our frozen yoghurts do not contain gluten however our Boost sorbet products contain wheat and gluten. Coconut Mylk contains traces of tree nuts & sulphites. † Boosters with this symbol, Whey Protein and ^ Caffeine is not recommended for young children under 15 years, pregnant or lactating women. # At least 10% of your RDI of essential vitamins and minerals. ‡ Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. ★ For original size. ◊ Low gluten. Although products marked with this symbol are low in gluten, there may be small amounts of gluten present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Our kids' collectable cups are 250 mL, our enviro cups are 450 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. The nutrition and allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. We've made sure that all the nitty-gritty info in this flyer is correct at the time of printing. Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up-to-date ingredient listing please refer to our website boostjuice.com.au.

BOOST® medium size 450mL

facts & figures

Important to know on the go

		MEDIUM 450 mL									PER 100 mL								
		Energy			Fat		Carbohydrate				Energy			Fat		Carbohydrate			
		Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium	Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium
TROPICAL	Banana Buzz	1410 kJ	337 Cal	13.1 g	4.1 g	2.6 g	60.4 g	52.3 g	1.3 g	193 mg	313 kJ	75 Cal	2.9 g	0.9 g	0.6 g	13.4 g	11.6 g	0.3 g	43 mg
TROPICAL	Banana Mango Bling	1380 kJ	329 Cal	6.3 g	3.8 g	2.4 g	66.6 g	56.6 g	2.4 g	106 mg	306 kJ	73 Cal	1.4 g	0.8 g	0.5 g	14.8 g	12.6 g	0.5 g	24 mg
TROPICAL	Blue Honolulu	1310 kJ	313 Cal	6.3 g	3.6 g	2.4 g	63.3 g	53.6 g	4.1 g	108 mg	291 kJ	70 Cal	1.4 g	0.8 g	0.5 g	14.1 g	11.9 g	0.9 g	24 mg
TROPICAL	Green Tea Mango Mantra†^	1440 kJ	343 Cal	4.5 g	2.5 g	1.6 g	75.8 g	67.3 g	2.0 g	70 mg	319 kJ	76 Cal	1.0 g	0.6 g	0.4 g	16.8 g	14.9 g	0.4 g	16 mg
TROPICAL	Lychee Crush	966 kJ	231 Cal	1.6 g	0.3 g	0.2 g	56.0 g	52.0 g	0.9 g	14 mg	215 kJ	51 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.4 g	11.6 g	0.2 g	3 mg
TROPICAL	Mango Magic	1360 kJ	325 Cal	6.1 g	3.8 g	2.5 g	66.1 g	57.8 g	2.0 g	110 mg	302 kJ	72 Cal	1.4 g	0.8 g	0.6 g	14.7 g	12.8 g	0.4 g	24 mg
TROPICAL	Mango Tango Crush	1100 kJ	262 Cal	2.3 g	0.5 g	0.2 g	61.4 g	55.4 g	4.5 g	16 mg	243 kJ	58 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	13.6 g	12.3 g	1.0 g	4 mg
TROPICAL	Passion Mango	1350 kJ	323 Cal	5.1 g	2.5 g	1.6 g	69.9 g	61.6 g	3.3 g	72 mg	301 kJ	72 Cal	1.1 g	0.6 g	0.4 g	15.5 g	13.7 g	0.7 g	16 mg
TROPICAL	Watermelon Crush	736 kJ	176 Cal	1.6 g	0.6 g	0.2 g	41.7 g	38.5 g	0.4 g	9 mg	164 kJ	39 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	9.3 g	8.6 g	LESS THAN 0.1 g	2 mg
BERRY	All Berry Bang	1110 kJ	262 Cal	5.6 g	3.7 g	2.5 g	54.3 g	49.5 g	0.8 g	116 mg	244 kJ	58 Cal	1.2 g	0.8 g	0.6 g	12.1 g	11.0 g	0.2 g	26 mg
BERRY	Berry Crush	917 kJ	219 Cal	1.2 g	0.4 g	0.2 g	50.8 g	48.5 g	1.4 g	21 mg	204 kJ	49 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	11.3 g	10.8 g	0.3 g	5 mg
BERRY	Blueberry Blast	1330 kJ	318 Cal	4.3 g	2.5 g	1.6 g	68.0 g	61.7 g	1.0 g	75 mg	295 kJ	71 Cal	1.0 g	0.6 g	0.4 g	15.1 g	13.7 g	0.2 g	17 mg
BERRY	Razzberry Mango	1280 kJ	306 Cal	5.6g	3.4 g	2.3 g	62.2 g	55.6 g	2.8 g	100 mg	284 kJ	68 Cal	1.2 g	0.8 g	0.5 g	13.8 g	12.4 g	0.6 g	22 mg
BERRY	Strawberry Squeeze	1210 kJ	290 Cal	5.9 g	3.8 g	2.5 g	60.3 g	54.2 g	1.3 g	118 mg	270 kJ	64 Cal	1.3 g	0.8 g	0.5 g	13.4 g	12.0 g	0.3 g	26 mg
CHEEKY	Café Latte^ ◊	1400 kJ	335 Cal	10.9 g	5.5 g	4.5 g	60.0 g	50.0 g	1.1 g	189 mg	312 kJ	75 Cal	2.4 g	1.2 g	1.0 g	13.3 g	11.1 g	0.2 g	42 mg
CHEEKY	Coffee Dream^	1460 kJ	350 Cal	14.0 g	4.2 g	2.7 g	62.4 g	55.4 g	2.1 g	226 mg	325 kJ	78 Cal	3.1 g	0.9 g	0.6 g	13.9 g	12.3 g	0.5 g	50 mg
CHEEKY	Cookies & Creme	1610 kJ	384 Cal	11.9 g	6.6 g	3.5 g	68.9 g	56.7 g	0.6 g	246 mg	357 kJ	85 Cal	2.7 g	1.5 g	0.8 g	15.3 g	12.6 g	0.1 g	55 mg
CHEEKY	King William Chocolate	1390 kJ	333 Cal	13.6 g	4.9 g	3.1 g	56.9 g	50.2 g	2.0 g	245 mg	309 kJ	74 Cal	3.0 g	1.1 g	0.7 g	12.6 g	11.2 g	0.5 g	55 mg
CHEEKY	Raspberry Ripe	1570 kJ	374 Cal	12.7 g	5.6g	3.6 g	69.1 g	63.5 g	3.2 g	237 mg	348 kJ	83 Cal	2.8 g	1.2 g	0.8 g	15.4 g	14.1 g	0.7 g	53 mg
CHEEKY	Salted Caramel Latte^ ◊	1790 kJ	427 Cal	11.9 g	6.1 g	4.9 g	77.7 g	67.1 g	1.8 g	228 mg	397 kJ	95 Cal	2.6 g	1.4 g	1.1 g	17.3 g	14.9 g	0.4 g	51 mg
FRESH JUICES OR BLENDS	Berry Remedy Blend†	905 kJ	216 Cal	3.7 g	1.4 g	LESS THAN 0.1 g	43.6 g	41.8 g	10.6 g	9 mg	201 kJ	48 Cal	0.8 g	0.3 g	LESS THAN 0.1 g	9.7 g	9.3 g	2.4 g	2 mg
FRESH JUICES OR BLENDS	Berry Remedy Juice†	717 kJ	171 Cal	1.7 g	0.5 g	LESS THAN 0.1 g	38.9 g	38.0 g	1.8 g	22 mg	159 kJ	38 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	8.6 g	8.5 g	0.4 g	5 mg
FRESH JUICES OR BLENDS	Energiser Blend†	588 kJ	140 Cal	3.1 g	2.5 g	LESS THAN 0.1 g	27.3 g	24.4 g	7.2 g	8 mg	131 kJ	31 Cal	0.7 g	0.6 g	0.0 g	6.1 g	5.4 g	1.6 g	2 mg
FRESH JUICES OR BLENDS	Energiser Juice†	663 kJ	158 Cal	2.5 g	0.5 g	LESS THAN 0.1 g	34.2 g	31.3 g	2.4 g	22 mg	147 kJ	35 Cal	0.6 g	0.1 g	0.0 g	7.6 g	7.0 g	0.5 g	5 mg
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	487 kJ	116 Cal	2.4 g	2.1 g	LESS THAN 0.1 g	22.4 g	22.2 g	6.0 g	9 mg	108 kJ	26 Cal	0.5 g	0.5 g	LESS THAN 0.1 g	5.0 g	4.9 g	1.3 g	2 mg
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	477 kJ	114 Cal	1.8 g	0.7 g	LESS THAN 0.1 g	23.9 g	23.8 g	1.8 g	15 mg	106 kJ	25 Cal	0.4 g	0.2 g	LESS THAN 0.1 g	5.3 g	5.3 g	0.4 g	3 mg
FRESH JUICES OR BLENDS	Mint Condition Blend	531 kJ	127 Cal	1.8 g	0.4 g	LESS THAN 0.1 g	26.6 g	26.2 g	4.2 g	120 mg	118 kJ	28 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.9 g	5.8 g	0.9 g	27 mg
FRESH JUICES OR BLENDS	Mint Condition Juice	447 kJ	107 Cal	1.4 g	0.2 g	LESS THAN 0.1 g	23.9 g	23.9 g	1.1 g	129 mg	99 kJ	24 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.3 g	5.3 g	0.2 g	29 mg
FRESH JUICES OR BLENDS	Two & Five Blend†*	561 kJ	134 Cal	3.2 g	2.1 g	LESS THAN 0.1 g	25.8 g	25.4 g	6.9 g	115 mg	125 kJ	30 Cal	0.7 g	0.5 g	LESS THAN 0.1 g	5.7 g	5.7 g	1.5 g	26 mg
FRESH JUICES OR BLENDS	Two & Five Juice†*	535 kJ	128 Cal	2.3 g	0.3 g	LESS THAN 0.1 g	27.5 g	27.0 g	2.1 g	151 mg	119 kJ	28 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	6.1 g	6.0 g	0.5 g	34 mg
FRESH JUICES OR BLENDS	Wild Berry Blend†	723 kJ	173 Cal	2.5 g	0.4 g	LESS THAN 0.1 g	36.1 g	35.8 g	6.8 g	12 mg	161 kJ	38 Cal	0.6 g	LESS THAN 0.1 g	LESS THAN 0.1 g	8.0 g	7.9 g	1.5 g	3 mg
FRESH JUICES OR BLENDS	Wild Berry Juice†	728 kJ	174 Cal	0.9 g	0.2 g	LESS THAN 0.1 g	40.9 g	40.3 g	1.3 g	24 mg	162 kJ	39 Cal	0.2 g	LESS THAN 0.1 g	LESS THAN 0.1 g	9.1 g	9.0 g	0.3 g	5 mg
PROTEIN	Choc Muscle Hustle†	1760 kJ	421 Cal	18.7 g	8.8 g	4.4 g	63.6 g	48.2 g	6.1 g	262 mg	392 kJ	94 Cal	4.2 g	2.0 g	1.0 g	14.1 g	10.7 g	1.4 g	58 mg
PROTEIN	Energy Lift†	1350 kJ	322 Cal	6.5 g	3.8 g	2.5 g	65.5 g	54.9 g	2.0 g	110 mg	300 kJ	72 Cal	1.5 g	0.8 g	0.6 g	14.6 g	12.2 g	0.4 g	25 mg
PROTEIN	Gym Junkie†	1170 kJ	279 Cal	14.0 g	3.7 g	2.3 g	46.9 g	39.4 g	1.7 g	177 mg	260 kJ	62 Cal	3.1 g	0.8 g	0.5 g	10.4 g	8.8 g	0.4 g	39 mg
PROTEIN	Protein Supreme†	1490 kJ	357 Cal	20.7 g	6.7 g	1.8 g	49.3 g	32.3 g	7.2 g	183 mg	332 kJ	79 Cal	4.6 g	1.5 g	0.5 g	11.0 g	7.2 g	1.6 g	41 mg
PROTEIN	Wondermelon†	651 kJ	156 Cal	10.2 g	1.9 g	0.9 g	23.0 g	21.0 g	4.9 g	75 mg	145 kJ	35 Cal	2.3 g	0.4 g	0.2 g	5.1 g	4.7 g	1.1 g	17 mg
VEGAN	Mango Pash N Go <	1850 kJ	441 Cal	2.7 g	15.8 g	14.3 g	71.1 g	57.8 g	3.7 g	81 mg	410 kJ	98 Cal	0.6 g	3.5 g	3.2 g	15.8 g	12.9 g	0.8 g	18 mg
VEGAN	Lychee Lovin' Berry <	1440 kJ	345 Cal	1.1 g	11.0 g	10.0 g	58.3 g	48.7 g	2.9 g	59 mg	321 kJ	77 Cal	0.3 g	2.4 g	2.2 g	13.0 g	10.8 g	0.6 g	13 mg
VEGAN	Coconuts For Choc <	1900 kJ	454 Cal	8.0 g	21.5 g	16.7 g	55.8 g	41.2 g	3.5 g	232 mg	423 kJ	101 Cal	1.8 g	4.8 g	3.7 g	12.4 g	9.2 g	0.8 g	52 mg
VEGAN	Caribbean Green <	877 kJ	210 Cal	2.4 g	2.7 g	1.7 g	41.5 g	33.5 g	5.8 g	52 mg	195 kJ	47 Cal	0.5 g	0.6 g	0.4 g	9.2 g	7.5 g	1.3 g	12 mg
VEGAN	Grape Escape ◊ <	766 kJ	183 Cal	2.8 g	0.4 g	LESS THAN 0.1 g	38.5 g	34.4 g	6.8 g	52 mg	170 kJ	41 Cal	0.6 g	LESS THAN 0.1 g	0.0 g	8.6 g	7.6 g	1.5 g	12 mg
VEGAN	Power Plant Protein† <	910 kJ	271 Cal	7.7g	2.0 g	0.9 g	38.8 g	31.3 g	5.1 g	168 mg	202 kJ	48 Cal	1.7 g	0.4 g	0.2 g	8.6 g	7.0 g	1.1 g	37 mg
VEGAN	Pure Eden Super Smoothie <	505 kJ	121 Cal	1.8 g	0.3 g	LESS THAN 0.1 g	25.2 g	22.3 g	4.8 g	58 mg	112 kJ	27 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.6 g	5.0 g	1.1 g	13 mg
ANYTIME BREKKIE	Brekkie to Go-Go†	1910 kJ	456 Cal	17.1 g	8.2 g	2.9 g	74.6 g	53.7 g	5.1 g	191 mg	424 kJ	101 Cal	3.8 g	1.8 g	0.6 g	16.6 g	11.9 g	1.1 g	43 mg
ANYTIME BREKKIE	Strawbrekkie†	1340 kJ	321 Cal	16.6 g	4.5 g	2.0 g	52.8 g	37.1 g	4.3 g	121 mg	299 kJ	71 Cal	3.7 g	1.0 g	0.4 g	11.7 g	8.2 g	1.0 g	27 mg

allergens

WHERE A DRINK/INGREDIENT IS MARKED "NO" IN THIS TABLE, THIS MEANS THE ALLERGEN IS NOT PRESENT IN THIS DRINK/INGREDIENT, HOWEVER THERE MAY STILL BE TRACES OF SUCH ALLERGEN IN SUCH DRINK/INGREDIENT. THIS IS DUE TO POTENTIAL CROSS CONTAMINATION THAT MAY OCCUR IN STORE OR DURING THE EXTERNAL MANUFACTURING PROCESS FOR AN INGREDIENT.*

		ALLERGENS													
		Gluten	Dairy	Peanuts	Tree Nuts	Sesame	Soy	Egg	Caffeine	Vegetarian	Vegan	Sulphites	Lupin	Crustacea	Fish
TROPICAL	Banana Buzz	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Banana Mango Bling	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
TROPICAL	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	Blueberry Blast	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Razzberry Mango	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Café Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
CHEEKY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
CHEEKY	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
CHEEKY	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
CHEEKY	Salted Caramel Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Blend	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Juice	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Blend†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Juice†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
PROTEIN	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
PROTEIN	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
PROTEIN	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
PROTEIN	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Mango Pash N Go <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Lychee Lovin' Berry <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Coconuts For Choc <	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Caribbean Green <	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Grape Escape < ◊	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
VEGAN	Power Plant Protein <†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Pure Eden Super Smoothie <	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
ANYTIME BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
ANYTIME BREKKIE	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
BOOSTER	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Vitat#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BOOSTER	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Almond Mylk	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Oat Mylk	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Soy Mylk	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No

***If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marked "No" in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.** Boost Juice is not a nut or gluten free environment. Whilst we take our greatest care in preparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost Juice products may contain traces of wheat, gluten, cereals, egg, milk, peanuts, sesame, sulphites, soy, sunflower seeds or kernels, tree nuts and lupin. Our whey protein does not contain gluten. Soy mylk does not contain gluten and is dairy and lactose free. Our frozen yoghurts do not contain gluten however our Boost sorbet products contain wheat and gluten. Coconut Mylk contains traces of tree nuts & sulphites. † Boosters with this symbol, Whey Protein and ^ Caffeine is not recommended for young children under 15 years, pregnant or lactating women. # At least 10% of your RDI of essential vitamins and minerals. ‡ Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ◊ Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. ★ For original size. < Low gluten. Although products marked with this symbol are low in gluten, there may be small amounts of gluten present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Our kids' collectable cups are 250 mL, our enviro cups are 450 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. The nutrition and allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. We've made sure that all the nitty-gritty info in this flyer is correct at the time of printing. Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up-to-date ingredient listing please refer to our website boostjuice.com.au.

BOOST junior size 350mL

facts & figures

Important to know on the go

		JUNIOR 350 mL									PER 100 mL								
		Energy			Fat		Carbohydrate				Energy			Fat		Carbohydrate			
		Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium	Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium
TROPICAL	Banana Buzz	1010 kJ	242 Cal	10.0 g	3.0 g	1.9 g	42.8 g	36.9 g	1.0 g	146 mg	290 kJ	69 Cal	2.9 g	0.9 g	0.5 g	12.2 g	10.5 g	0.3 g	42 mg
TROPICAL	Banana Mango Bling	1020 kJ	243 Cal	4.7 g	2.9 g	1.8 g	49.0 g	42.0 g	1.6 g	81 mg	291 kJ	70 Cal	1.4 g	0.8 g	0.5 g	14.0 g	12.0 g	0.5 g	23 mg
TROPICAL	Blue Honolulu	1030 kJ	245 Cal	4.9 g	2.8 g	1.8 g	49.9 g	42.3 g	3.1 g	83 mg	294 kJ	70 Cal	1.4 g	0.8 g	0.5 g	14.3 g	12.1 g	0.9 g	24 mg
TROPICAL	Green Tea Mango Mantra†^	1160 kJ	277 Cal	3.8 g	2.2 g	1.4 g	60.5 g	53.7 g	1.7 g	62 mg	331 kJ	79 Cal	1.1 g	0.6 g	0.4 g	17.3 g	15.4 g	0.5 g	18 mg
TROPICAL	Lychee Crush	730 kJ	174 Cal	1.2 g	0.2 g	0.1 g	42.4 g	39.4 g	0.7 g	11 mg	209 kJ	50 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.1 g	11.2 g	0.2 g	3 mg
TROPICAL	Mango Magic	1070 kJ	255 Cal	4.6 g	2.9 g	1.9 g	52.4 g	45.9 g	1.7 g	82 mg	305 kJ	73 Cal	1.3 g	0.8 g	0.5 g	15.0 g	13.1 g	0.5 g	24 mg
TROPICAL	Mango Tango Crush	782 kJ	187 Cal	1.5 g	0.3 g	0.2 g	44.5 g	40.5 g	2.4 g	11 mg	224 kJ	53 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.7 g	11.6 g	0.7 g	3 mg
TROPICAL	Passion Mango	1010 kJ	242 Cal	3.9 g	2.0 g	1.3 g	52.1 g	45.7 g	2.4 g	56 mg	290 kJ	69 Cal	1.1 g	0.6 g	0.4 g	14.9 g	13.1 g	0.7 g	16 mg
TROPICAL	Watermelon Crush	590 kJ	141 Cal	1.3 g	0.5 g	0.1 g	33.6 g	30.9 g	0.3 g	7 mg	169 kJ	40 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	9.6 g	8.8 g	LESS THAN 0.1 g	2 mg
BERRY	All Berry Bang	861 kJ	206 Cal	4.2 g	2.8 g	1.8 g	42.7 g	39.2 g	0.7 g	88 mg	246 kJ	59 Cal	1.2 g	0.8 g	0.5 g	12.2 g	11.2 g	0.2 g	25 mg
BERRY	Berry Crush	730 kJ	174 Cal	1.1 g	0.4 g	0.2 g	40.3 g	38.3 g	1.4 g	16 mg	209 kJ	50 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	11.5 g	10.9 g	0.4 g	4 mg
BERRY	Blueberry Blast	1040 kJ	249 Cal	3.4 g	2.0 g	1.2 g	53.0 g	48.0 g	0.8 g	60 mg	297 kJ	71 Cal	1.0 g	0.6 g	0.4 g	15.1 g	13.7 g	0.2 g	17 mg
BERRY	Razzberry Mango	1020 kJ	244 Cal	4.5 g	2.8 g	1.8 g	49.7g	44.6 g	2.1 g	81 mg	292 kJ	70 Cal	1.3 g	0.8 g	0.5 g	14.2 g	12.7 g	0.6 g	23 mg
BERRY	Strawberry Squeeze	891 kJ	213 Cal	4.4 g	2.8 g	1.8 g	44.2 g	39.4 g	1.0 g	87 mg	255 kJ	61 Cal	1.3 g	0.8 g	0.5 g	12.6 g	11.2 g	0.3 g	25 mg
CHEEKY	Café Latte^ ◊	1100 kJ	263 Cal	8.6 g	4.2 g	3.4 g	47.2 g	39.3 g	0.8 g	149 mg	315 kJ	75 Cal	2.5 g	1.2 g	1.0 g	13.5 g	11.2 g	0.2 g	43 mg
CHEEKY	Coffee Dream^	1150 kJ	275 Cal	11.2 g	3.3 g	2.1 g	49.0 g	43.2 g	1.6 g	175 mg	329 kJ	79 Cal	3.2 g	0.9 g	0.6 g	14.0 g	12.3 g	0.5 g	50 mg
CHEEKY	Cookies & Creme	1140 kJ	274 Cal	9.6 g	4.1 g	2.3 g	49.3 g	41.4 g	0.6 g	172 mg	327 kJ	78 Cal	2.8 g	1.2 g	0.6 g	14.1 g	11.8 g	0.2 g	49 mg
CHEEKY	King William Chocolate	1080 kJ	259 Cal	10.9 g	3.7 g	2.3 g	44.2 g	38.9 g	1.7 g	191 mg	309 kJ	74 Cal	3.1 g	1.1 g	0.7 g	12.6 g	11.1 g	0.5 g	55 mg
CHEEKY	Raspberry Ripe	1100 kJ	262 Cal	9.2 g	3.8 g	2.4 g	48.9 g	44.8 g	2.0 g	170 mg	313 kJ	75 Cal	2.6 g	1.1 g	0.7 g	14.0 g	12.8 g	0.6 g	49 mg
CHEEKY	Salted Caramel Latte^ ◊	1350 kJ	323 Cal	9.4 g	4.4 g	3.5 g	58.7 g	50.8 g	1.5 g	171 mg	386 kJ	92 Cal	2.7 g	1.3 g	1.0 g	16.8 g	14.5 g	0.4 g	49 mg
FRESH JUICES OR BLENDS	Berry Remedy Blend†	709 kJ	169 Cal	2.7 g	1.1 g	LESS THAN 0.1 g	34.4g	32.9 g	8.2 g	7 mg	203 kJ	48 Cal	0.8 g	0.3 g	LESS THAN 0.1 g	9.8g	9.4 g	2.3 g	2 mg
FRESH JUICES OR BLENDS	Berry Remedy Juice†	540 kJ	129 Cal	1.3 g	0.4 g	LESS THAN 0.1 g	29.3 g	28.8 g	1.3 g	17 mg	154 kJ	37 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	8.4 g	8.2 g	0.4 g	5 mg
FRESH JUICES OR BLENDS	Energiser Blend†	510 kJ	122 Cal	2.7 g	2.3 g	LESS THAN 0.1 g	23.6 g	21.7 g	6.5 g	8 mg	147 kJ	35 Cal	0.8 g	0.7 g	0.0 g	6.7 g	6.2 g	1.9 g	2 mg
FRESH JUICES OR BLENDS	Energiser Juice†	502 kJ	120 Cal	1.9 g	0.4 g	LESS THAN 0.1 g	25.9 g	24.0 g	1.8 g	17 mg	143 kJ	34 Cal	0.5 g	0.1 g	0.0 g	7.4 g	6.9 g	0.5 g	5 mg
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	374 kJ	89 Cal	1.9 g	1.6 g	LESS THAN 0.1 g	17.3 g	17.2 g	4.5 g	7 mg	107 kJ	26 Cal	0.5 g	0.5 g	LESS THAN 0.1 g	4.9 g	4.9 g	1.3 g	2 mg
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	360 kJ	86 Cal	1.3 g	0.5 g	LESS THAN 0.1 g	18.2 g	18.1 g	1.1 g	12 mg	103 kJ	25 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	5.2 g	5.2 g	0.3 g	3 mg
FRESH JUICES OR BLENDS	Mint Condition Blend	377 kJ	90 Cal	1.2 g	0.3 g	LESS THAN 0.1 g	18.9 g	18.7 g	3.0 g	88 mg	108 kJ	26 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.4 g	5.3 g	0.8 g	25 mg
FRESH JUICES OR BLENDS	Mint Condition Juice	333 kJ	80 Cal	1.0 g	0.1 g	LESS THAN 0.1 g	17.9 g	17.9 g	0.7 g	94 mg	95 kJ	23 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.1 g	5.1 g	0.2 g	27 mg
FRESH JUICES OR BLENDS	Two & Five Blend†*	438 kJ	105 Cal	2.5 g	1.7 g	LESS THAN 0.1 g	20.1 g	19.8 g	5.4 g	98 mg	125 kJ	30 Cal	0.7 g	0.5 g	LESS THAN 0.1 g	5.8 g	5.7 g	1.5 g	28 mg
FRESH JUICES OR BLENDS	Two & Five Juice†*	405 kJ	97 Cal	1.8 g	0.3 g	LESS THAN 0.1 g	20.6 g	20.2 g	1.7 g	128 mg	116 kJ	28 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.9 g	5.8 g	0.5 g	37 mg
FRESH JUICES OR BLENDS	Wild Berry Blend†	580 kJ	138 Cal	2.0 g	0.3 g	LESS THAN 0.1 g	28.8 g	28.6 g	5.6 g	9 mg	166 kJ	40 Cal	0.6 g	LESS THAN 0.1 g	LESS THAN 0.1 g	8.2 g	8.2 g	1.6 g	3 mg
FRESH JUICES OR BLENDS	Wild Berry Juice†	541 kJ	129 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	30.5 g	30.2 g	0.8 g	18 mg	155 kJ	37 Cal	0.2 g	LESS THAN 0.1 g	LESS THAN 0.1 g	8.7 g	8.6 g	0.2 g	5 mg
PROTEIN	Choc Muscle Hustle†	1350 kJ	300 Cal	9.4 g	4.4g	3.5 g	58.7 g	50.8 g	4.5 g	171 mg	386 kJ	92 Cal	2.7 g	1.3 g	1.0 g	16.8 g	14.5 g	1.3 g	49 mg
PROTEIN	Energy Lift†	1080 kJ	259 Cal	5.3 g	3.1 g	2.0 g	52.7 g	44.0 g	1.7 g	88 mg	310 kJ	74 Cal	1.5 g	0.9 g	0.6 g	15.1 g	12.6 g	0.5 g	25 mg
PROTEIN	Gym Junkie†	890 kJ	213 Cal	11.3 g	2.8 g	1.7 g	35.1 g	29.6 g	1.2 g	139 mg	254 kJ	61 Cal	3.2 g	0.8 g	0.5 g	10.0 g	8.5 g	0.3 g	40 mg
PROTEIN	Protein Supreme†	963 kJ	230 Cal	13.6 g	4.2 g	1.1 g	31.6 g	21.7 g	4.8 g	122 mg	275 kJ	66 Cal	3.9 g	1.2 g	0.3 g	9.0 g	6.2 g	1.4 g	35 mg
PROTEIN	Wondermelon†	475 kJ	113 Cal	7.0 g	1.4 g	0.7 g	17.4 g	16.1 g	2.8 g	52 mg	136 kJ	32 Cal	2.0 g	0.4 g	0.2 g	5.0 g	4.6 g	0.8 g	15 mg
VEGAN	Mango Pash N Go <	1360 kJ	325 Cal	2.0 g	10.5 g	9.5 g	55.0 g	45.2 g	2.8 g	55 mg	389 kJ	93 Cal	0.6 g	3.0 g	2.7 g	15.7 g	12.9 g	0.8 g	16 mg
VEGAN	Lychee Lovin' Berry <	1200 kJ	286 Cal	1.0 g	8.7 g	7.9 g	49.4 g	41.7 g	2.4 g	48 mg	342 kJ	82 Cal	0.3 g	2.5 g	2.3 g	14.1 g	11.9 g	0.7 g	14 mg
VEGAN	Coconuts For Choc <	1400 kJ	335 Cal	6.3 g	15.7 g	11.9 g	41.0 g	30.3 g	2.7 g	182 mg	401 kJ	96 Cal	1.8 g	4.5 g	3.4 g	11.7 g	8.7 g	0.8 g	52 mg
VEGAN	Caribbean Green <	664 kJ	159 Cal	1.7 g	1.8 g	1.1 g	32.2 g	26.3 g	4.2 g	41 mg	190 kJ	45 Cal	0.5 g	0.5 g	0.3 g	9.2 g	7.5 g	1.2 g	12 mg
VEGAN	Grape Escape ◊ <	519 kJ	124 Cal	1.7 g	0.3 g	LESS THAN 0.1 g	26.4 g	23.8 g	4.4 g	44 mg	148 kJ	35 Cal	0.5 g	LESS THAN 0.1 g	0.0 g	7.6 g	6.8 g	1.3 g	12 mg
VEGAN	Power Plant Protein† <	669 kJ	160 Cal	5.7 g	1.4 g	0.6 g	28.8 g	22.8 g	3.6 g	128 mg	191 kJ	46 Cal	1.6 g	0.4 g	0.2 g	8.2 g	6.5 g	1.0 g	37 mg
VEGAN	Pure Eden Super Smoothie <	361 kJ	86 Cal	1.3 g	0.2 g	LESS THAN 0.1 g	18.1 g	15.6 g	3.3 g	45 mg	103 kJ	25 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.2 g	4.5 g	0.9 g	13 mg
ANYTIME BREKKIE	Brekkie to Go-Go†	1780 kJ	426 Cal	16.6 g	7.6 g	2.9 g	69.5 g	50.6 g	4.4 g	195 mg	510 kJ	122 Cal	4.8 g	2.2 g	0.8 g	19.9 g	14.5 g	1.3 g	56 mg
ANYTIME BREKKIE	Strawbrekkie†	960 kJ	229 Cal	11.9 g	3.0 g	1.5 g	38.3 g	28.9 g	2.5 g	93 mg	274 kJ	66 Cal	3.4 g	0.9 g	0.4 g	10.9 g	8.3 g	0.7 g	27 mg

allergens

WHERE A DRINK/INGREDIENT IS MARKED "NO" IN THIS TABLE, THIS MEANS THE ALLERGEN IS NOT PRESENT IN THIS DRINK/INGREDIENT, HOWEVER THERE MAY STILL BE TRACES OF SUCH ALLERGEN IN SUCH DRINK/INGREDIENT. THIS IS DUE TO POTENTIAL CROSS CONTAMINATION THAT MAY OCCUR IN STORE OR DURING THE EXTERNAL MANUFACTURING PROCESS FOR AN INGREDIENT.*

		ALLERGENS													
		Gluten	Dairy	Peanuts	Tree Nuts	Sesame	Soy	Egg	Caffeine	Vegetarian	Vegan	Sulphites	Lupin	Crustacea	Fish
TROPICAL	Banana Buzz	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Banana Mango Bling	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
TROPICAL	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	Blueberry Blast	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Razzberry Mango	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Café Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
CHEEKY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
CHEEKY	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
CHEEKY	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
CHEEKY	Salted Caramel Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Blend	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Juice	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Blend†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Juice†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
PROTEIN	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
PROTEIN	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
PROTEIN	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
PROTEIN	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Mango Pash N Go <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Lychee Lovin' Berry <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Coconuts For Choc <	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Caribbean Green <	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Grape Escape < ◊	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
VEGAN	Power Plant Protein <†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Pure Eden Super Smoothie <	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
ANYTIME BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
ANYTIME BREKKIE	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
BOOSTER	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Vita†#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BOOSTER	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Almond Mylk	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Oat Mylk	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Soy Mylk	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No

***If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marked "No" in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.** Boost Juice is not a nut or gluten free environment. Whilst we take our greatest care in preparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost Juice products may contain traces of wheat, gluten, cereals, egg, milk, peanuts, sesame, sulphites, soy, sunflower seeds or kernels, tree nuts and lupin. Our whey protein does not contain gluten. Soy mylk does not contain gluten and is dairy and lactose free. Our frozen yoghurts do not contain gluten however our Boost sorbet products contain wheat and gluten. Coconut Mylk contains traces of tree nuts & sulphites. † Boosters with this symbol, Whey Protein and ^ Caffeine is not recommended for young children under 15 years, pregnant or lactating women. # At least 10% of your RDI of essential vitamins and minerals. ‡ Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. * For original size. < Low gluten. Although products marked with this symbol are low in gluten, there may be small amounts of gluten present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Our kids' collectable cups are 250 mL, our enviro cups are 450 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. The nutrition and allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. We've made sure that all the nitty-gritty info in this flyer is correct at the time of printing. Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up-to-date ingredient listing please refer to our website boostjuice.com.au.

BOOST collectable cups 250mL

facts & figures

Important to know on the go

		COLLECTABLE CUPS 250 mL									PER 100 mL								
		Energy			Fat		Carbohydrate				Energy			Fat		Carbohydrate			
		Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium	Kilojoules	Calories	Protein	Total	- saturated	Total	- sugars	Dietary fibre, total	Sodium
TROPICAL	Banana Buzz	770 kJ	184 Cal	7.3 g	2.3 g	1.5 g	32.8 g	28.4 g	0.7 g	109 mg	308 kJ	74 Cal	2.9 g	0.9 g	0.6 g	13.1 g	11.4 g	0.3 g	44 mg
TROPICAL	Banana Mango Bling	687 kJ	164 Cal	3.2 g	2.0 g	1.3 g	33.1 g	28.6 g	1.0 g	56 mg	275 kJ	66 Cal	1.3 g	0.8 g	0.5 g	13.2 g	11.4 g	0.4 g	22 mg
TROPICAL	Blue Honolulu	742 kJ	177 Cal	3.4 g	1.9 g	1.3 g	36.5 g	30.9 g	1.8 g	57 mg	297 kJ	71 Cal	1.4 g	0.8 g	0.5 g	14.6 g	12.3 g	0.7 g	23 mg
TROPICAL	Green Tea Mango Mantra†^	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
TROPICAL	Lychee Crush	475 kJ	113 Cal	0.8 g	0.1 g	LESS THAN 0.1 g	27.7 g	25.6 g	0.5 g	7 mg	190 kJ	45 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	11.1 g	10.2 g	0.2 g	3 mg
TROPICAL	Mango Magic	788 kJ	188 Cal	3.6 g	2.2 g	1.4 g	38.1 g	32.7 g	1.3 g	62 mg	315 kJ	75 Cal	1.4 g	0.9 g	0.6 g	15.2 g	13.1 g	0.5 g	25 mg
TROPICAL	Mango Tango Crush	558 kJ	133 Cal	1.2 g	0.2 g	0.1 g	31.4 g	28.2 g	2.2 g	8 mg	228 kJ	54 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	12.5 g	11.4 g	0.9 g	3 mg
TROPICAL	Passion Mango	770 kJ	184 Cal	3.0 g	1.5 g	1.0 g	39.3 g	34.4 g	2.1 g	42 mg	308 kJ	74 Cal	1.2 g	0.6 g	0.4 g	15.7 g	13.7 g	0.9 g	76 mg
TROPICAL	Watermelon Crush	396 kJ	95 Cal	0.9 g	0.3 g	LESS THAN 0.1 g	22.6 g	20.7 g	0.3 g	6 mg	158 kJ	38 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	9.1 g	8.3 g	0.1 g	2 mg
BERRY	All Berry Bang	665 kJ	159 Cal	3.2 g	2.1 g	1.4 g	32.9 g	30.2 g	0.7 g	68 mg	266 kJ	64 Cal	1.3 g	0.9 g	0.6 g	13.2 g	12.1 g	0.3 g	27 mg
BERRY	Berry Crush	489 kJ	117 Cal	0.7 g	0.2 g	LESS THAN 0.1 g	27.0 g	25.8 g	0.8 g	11 mg	196 kJ	47 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	10.8 g	10.3 g	0.3 g	4 mg
BERRY	Blueberry Blast	758 kJ	181 Cal	2.6 g	1.5 g	0.9 g	38.4 g	34.3 g	0.7 g	43 mg	303 kJ	72 Cal	1.0 g	0.6 g	0.4 g	15.4 g	13.7 g	0.3 g	17 mg
BERRY	Razzberry Mango	699 kJ	167 Cal	3.1 g	1.9 g	1.3 g	33.7 g	30.2 g	1.6 g	56 mg	280 kJ	67 Cal	1.2 g	0.8 g	0.5 g	13.5 g	12.1 g	0.7 g	22 mg
BERRY	Strawberry Squeeze	596 kJ	142 Cal	2.9 g	1.8 g	1.1 g	29.7 g	26.1 g	0.9 g	54 mg	247 kJ	59 Cal	1.2 g	0.7 g	0.5 g	12.3 g	10.8 g	0.4 g	22 mg
CHEEKY	Café Latte^ ◊	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
CHEEKY	Coffee Dream^	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
CHEEKY	Cookies & Creme	921 kJ	220 Cal	6.9 g	3.6 g	1.9 g	39.8 g	32.6 g	0.6 g	136 mg	368 kJ	88 Cal	2.8 g	1.4 g	0.8 g	15.9 g	13.1 g	0.2 g	54 mg
CHEEKY	King William Chocolate	806 kJ	193 Cal	7.7 g	2.7 g	1.7 g	33.3 g	28.9 g	1.3 g	135 mg	323 kJ	77 Cal	3.1 g	1.1 g	0.7 g	13.3 g	11.6 g	0.5 g	54 mg
CHEEKY	Raspberry Ripe	881 kJ	210 Cal	6.9 g	2.9 g	1.8 g	39.8 g	36.5 g	1.9 g	137 mg	352 kJ	84 Cal	2.7 g	1.2 g	0.7 g	15.9 g	14.6 g	0.8 g	55 mg
CHEEKY	Salted Caramel Latte^ ◊	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Berry Remedy Blend†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Berry Remedy Juice†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Energiser Blend†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Energiser Juice†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Mint Condition Blend	275 kJ	66 Cal	1.0 g	0.2 g	LESS THAN 0.1 g	13.6 g	13.4 g	2.3 g	66 mg	110 kJ	26 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.5 g	5.4 g	0.8 g	27 mg
FRESH JUICES OR BLENDS	Mint Condition Juice	259 kJ	62 Cal	0.8 g	0.1 g	LESS THAN 0.1 g	13.9 g	13.9 g	0.6 g	72 mg	104 kJ	25 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.6 g	5.6 g	0.2 g	29 mg
FRESH JUICES OR BLENDS	Two & Five Blend†*	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Two & Five Juice†*	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Wild Berry Blend†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
FRESH JUICES OR BLENDS	Wild Berry Juice†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PROTEIN	Choc Muscle Hustle†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PROTEIN	Energy Lift†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PROTEIN	Gym Junkie†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PROTEIN	Protein Supreme†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PROTEIN	Wondermelon†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
VEGAN	Mango Pash N Go <	883 kJ	211 Cal	1.3 g	5.9 g	5.3 g	38.0 g	32.1 g	1.9 g	33 mg	353 kJ	84 Cal	0.5 g	2.3 g	2.1 g	15.2 g	12.8 g	0.8 g	13 mg
VEGAN	Lychee Lovin' Berry <	850 kJ	203 Cal	0.6 g	6.9 g	6.3 g	33.5 g	27.8 g	1.5 g	36 mg	340 kJ	81 Cal	0.2 g	2.8 g	2.5 g	13.4 g	11.1 g	0.6 g	15 mg
VEGAN	Coconuts For Choc <	889 kJ	212 Cal	4.6 g	9.9 g	7.2 g	25.5 g	18.8 g	1.9 g	127 mg	356 kJ	85 Cal	1.9 g	4.0 g	2.9 g	10.2 g	7.5 g	0.8 g	51 mg
VEGAN	Caribbean Green <	474 kJ	113 Cal	1.3 g	1.0 g	0.6 g	23.4 g	18.6 g	3.2 g	25 mg	190 kJ	45 Cal	0.5 g	0.4 g	0.2 g	9.4 g	7.4 g	1.3 g	10 mg
VEGAN	Grape Escape ◊ <	374 kJ	89 Cal	1.4 g	0.2 g	LESS THAN 0.1 g	18.9 g	16.8 g	3.3 g	26 mg	150 kJ	36 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	7.6 g	6.7 g	1.3 g	10 mg
VEGAN	Power Plant Protein† <	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
VEGAN	Pure Eden Super Smoothie <	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
ANYTIME BREKKIE	Brekkie to Go-Go†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
ANYTIME BREKKIE	Strawbrekkie†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

allergens

WHERE A DRINK/INGREDIENT IS MARKED "NO" IN THIS TABLE, THIS MEANS THE ALLERGEN IS NOT PRESENT IN THIS DRINK/INGREDIENT, HOWEVER THERE MAY STILL BE TRACES OF SUCH ALLERGEN IN SUCH DRINK/INGREDIENT. THIS IS DUE TO POTENTIAL CROSS CONTAMINATION THAT MAY OCCUR IN STORE OR DURING THE EXTERNAL MANUFACTURING PROCESS FOR AN INGREDIENT.*

		ALLERGENS													
		Gluten	Dairy	Peanuts	Tree Nuts	Sesame	Soy	Egg	Caffeine	Vegetarian	Vegan	Sulphites	Lupin	Crustacea	Fish
TROPICAL	Banana Buzz	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Banana Mango Bling	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
TROPICAL	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
TROPICAL	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
TROPICAL	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY	Blueberry Blast	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Razzberry Mango	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BERRY	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Café Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
CHEEKY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
CHEEKY	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
CHEEKY	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
CHEEKY	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
CHEEKY	Salted Caramel Latte^ ◊	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Berry Remedy Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Energiser Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Immunity Blend† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Immunity Juice† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Blend	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Mint Condition Juice	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Blend†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Two & Five Juice†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Blend†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
FRESH JUICES OR BLENDS	Wild Berry Juice†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
PROTEIN	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
PROTEIN	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
PROTEIN	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
PROTEIN	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Mango Pash N Go <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Lychee Lovin' Berry <	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
VEGAN	Coconuts For Choc <	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Caribbean Green <	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Grape Escape < ◊	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
VEGAN	Power Plant Protein <†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
VEGAN	Pure Eden Super Smoothie <	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
ANYTIME BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
ANYTIME BREKKIE	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
BOOSTER	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
BOOSTER	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Vitat#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
BOOSTER	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BOOSTER	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
BOOSTER	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Almond Mylk	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Oat Mylk	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
MYLK / EXTRAS	Soy Mylk	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No

***If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marked "No" in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.** Boost Juice is not a nut or gluten free environment. Whilst we take our greatest care in preparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost Juice products may contain traces of wheat, gluten, cereals, egg, milk, peanuts, sesame, sulphites, soy, sunflower seeds or kernels, tree nuts and lupin. Our whey protein does not contain gluten. Soy mylk does not contain gluten and is dairy and lactose free. Our frozen yoghurts do not contain gluten however our Boost sorbet products contain wheat and gluten. Coconut Mylk contains traces of tree nuts & sulphites. † Boosters with this symbol, Whey Protein and ^ Caffeine is not recommended for young children under 15 years, pregnant or lactating women. # At least 10% of your RDI of essential vitamins and minerals. ‡ Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. * For original size. < Low gluten. Although products marked with this symbol are low in gluten, there may be small amounts of gluten present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products. Our kids' collectable cups are 250 mL, our enviro cups are 450 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. The nutrition and allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. We've made sure that all the nitty-gritty info in this flyer is correct at the time of printing. Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up-to-date ingredient listing please refer to our website boostjuice.com.au.