OUR REAL JUICY MENU

THE CORE DETAILS

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 1390 kJ jnr 1010 kJ

BLUE HONOLULU Mango, blue spirulina, banana, tropical juice, mango yoghurt, vanilla yoghurt & ice
orig 1560 kJ med 1340 kJ jnr 1030 kJ

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

GREEN TEA MANGO MANTRA†^
Mango, green tea^, mango nectar, vanilla yoghurt, sorbet & ice + immunity booster^‡
orig 1810 kJ med 1410 kJ jnr 1160 kJ

MANGO TANGO CRUSH V
Mango, passionfruit, mango nectar, tropical juice, sorbet & ice orig 1370 kJ med 1100 kJ jnr 782 kJ

WATERMELON CRUSH V
Freshly juiced watermelon, tropical juice, sorbet & ice orig 916 kJ med 736 kJ jnr 590 kJ

LYCHEE CRUSH V
Lychees, mango nectar, tropical juice, sorbet & ice
orig 1290 kJ med 966 kJ jnr 730 kJ

TROPICAL CRUSH V
Mango, banana, tropical juice, sorbet & ice
orig 1370 kJ med 1070 kJ jnr 849 kJ

BERRY BEST

ALL BERRY BANG
Strawberries, raspberries, blueberries, apple juice, strawberry yoghurt & ice
orig 1440 kJ med 1110 kJ jnr 861 kJ

PINK PARADISE
Pink dragon fruit, mango, mango nectar, strawberry yoghurt & ice
orig 1500 kJ med 1280 kJ jnr 965 kJ

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

LYCHEE CHARM
Lychees, strawberries, tropical juice, strawberry yoghurt, sorbet & ice
orig 1620 kJ med 1300 kJ jnr 986 kJ

BERRY CRUSH V
Raspberries, strawberries, blueberries, apple juice, sorbet & ice
orig 1160 kJ med 917 kJ jnr 730 kJ

DREAMY

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

HONEYCOMB HEAVEN Banana, honeycomb powder, low fat milk, vanilla yoghurt, sorbet & ice orig 2000 kJ med 1580 kJ jnr 1250 kJ

STRAWBS WONDERLAND◊
Strawberries, golden biscuit, low fat milk, strawberry yoghurt, sorbet & ice
orig 2090 kJ med 1650 kJ jnr 1260 kJ

COFFEE DREAM^ Coffee^, low fat milk, banana, chocolate powder, vanilla yoghurt, sorbet & ice orig 1750 kJ med 1460 kJ jnr 1150 kJ

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

VEGAN

MANGO & CO V Mango, passionfruit, banana, mango nectar, frozen coconut cream & ice orig 2230 kJ med 1890 kJ jnr 1380 kJ

LYCHEE LOVIN' BERRY V Lychees, raspberries, mango, mango nectar, frozen coconut cream & ice
orig 1720 kJ med 1410 kJ jnr 1200 kJ

BANANAS FOR CHOC V Chocolate powder, banana, soy mylk, coconut mylk, frozen coconut cream & ice
orig 2420 kJ med 1940 kJ jnr 1490 kJ

CARIBBEAN GREEN V Mango, passionfruit, banana, spinach, mango nectar, coconut mylk, coconut water & ice
orig 1160 kJ med 877 kJ jnr 664 kJ

ISLAND BREEZE V Pineapple, mango, tropical juice, frozen coconut cream & ice orig 2170 kJ med 1650 kJ jnr 1320 kJ

PURE EDEN SUPER SMOOTHIE V Apple, pineapple, grapes, spinach, cucumber, lemon, banana, mint, coconut water & ice + all greens booster orig 716 kJ med 499 kJ jnr 357 kJ

POWER PLANT PROTEIN† V Mango, passionfruit, banana, grapes, pineapple, spinach, dates, coconut water, coconut mylk, plant based protein & ice + all greens booster (11.2 g of protein*)
orig 1210 kJ med 928 kJ jnr 687 kJ

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 (13.1 g of protein*)
orig 798 kJ med 651 kJ

CHOC MUSCLE HUSTLE† Chocolate powder, banana, oats, chia seeds, coconut water, coconut mylk, vanilla yoghurt, whey protein & ice (22 g of protein*) orig 2030 kJ med 1630 kJ

PROTEIN SUPREME† Banana, muesli, dates, honey, coconut water, coconut mylk, whey protein, chia seeds, cinnamon & ice + immunity^‡ & vita booster# (29.1 g of protein*) orig 2100 kJ med 1430 kJ

FRESH JUICES

Create your own fresh juice V

Choose your bases

Apple	Orange	Watermelon
Carrot	Pineapple	

Then add your ingredients

Banana	Ginger	Passionfruit
Beetroot	Grapes	Pink Dragon Fruit
Blueberry	Lemon	Raspberry
Celery	Mango	Spinach
Cucumber	Mint	Strawberry

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

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

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

MINT CONDITION V
Mint, apple, spinach, cucumber, celery & ice
orig 610 kJ med 447 kJ jnr 333 kJ

MELON MOMENT V
Watermelon, pink dragon fruit, strawberries, apple & ice
orig 854 kJ med 601kJ jnr 462 kJ

GINGER ZING V
Ginger, orange, carrot, celery & ice
orig 707 kJ med 549 kJ jnr 433 kJ

The average adult daily energy intake is 8700 kJ

BOOSTERS

Protein†
Whey protein

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

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

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

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

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

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

† 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.
V 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.

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

EXTRAS

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

BREKKIE

BREKKIE-TO-GO GO† Banana, muesli, honey, low fat milk, vanilla yoghurt & ice + energiser booster^
orig 2430 kJ med 1760 kJ jnr 1520 kJ

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

MORNIN' MOCHA†^ Coffee^, low fat milk, banana, chocolate powder, oats, vanilla yoghurt, sorbet, whey protein & ice orig 2070 kJ med 1500 kJ jnr 1160 kJ

BOOST® ORIGINAL SIZE 610ML

FACTS & FIGURES

Important to know on the go

		ORIGINAL 610 ML									PER 100 ML								
		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium	Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
		Kilojoules	Calories		Total	- saturated	Total	- sugars			Kilojoules	Calories		Total	- saturated	Total	- sugars		
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	287 kJ	69 Cal	2.7 g	0.8 g	0.5 g	12.3 g	10.5 g	0.3 g	39 mg
	Blue Honolulu	1560 kJ	373 Cal	7.3 g	4.1 g	2.7 g	75.6 g	63.9 g	5.5 g	124 mg	256 kJ	61 Cal	1.2 g	0.7 g	0.4 g	12.4 g	10.5 g	0.9 g	20 mg
	Green Tea Mango Mantra†^	1810 kJ	433 Cal	5.3 g	2.9 g	1.8 g	96.9 g	86.8 g	2.3 g	81 mg	297 kJ	71 Cal	0.9 g	0.5 g	0.3 g	15.9 g	14.2 g	0.4 g	13 mg
	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
	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
	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
	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 Crush	1340 kJ	319 Cal	2.8 g	0.6 g	0.3 g	77.3 g	66.8 g	2.7 g	16 mg	219 kJ	52 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.7 g	11.0 g	0.4 g	3 mg
	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 BEST	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 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
	Lychee Charm	1620 kJ	386 Cal	5.5 g	2.6 g	1.6 g	88.8 g	79.6 g	1.7 g	75 mg	265 kJ	63 Cal	0.9 g	0.4 g	0.3 g	14.6 g	13.0 g	0.3 g	12 mg
	Pink Paradise	1500 kJ	357 Cal	7.0 g	4.4 g	2.9 g	77..6 g	69.0 g	1.6 g	127 mg	245 kJ	59 Cal	1.2 g	0.7 g	0.5 g	12.7 g	11.3 g	0.3 g	21 mg
	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
DREAMY	Coffee Dream^	1750 kJ	418 Cal	16.1 g	4.3 g	2.7 g	77.2 g	69.3 g	2.7 g	253 mg	287 kJ	69 Cal	2.6 g	0.7 g	0.4 g	12.7 g	11.4 g	0.4 g	41 mg
	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
	Honeycomb Heaven	2000 kJ	477 Cal	16.7 g	6.6 g	5.3 g	83.0 g	72.4 g	1.0 g	250 mg	327 kJ	78 Cal	2.7 g	1.1 g	0.9 g	13.6 g	11.9 g	0.2 g	41 mg
	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
	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
	Strawbs Wonderland®	2090 kJ	499 Cal	17.1 g	6.9 g	3.8 g	94.1 g	70.1 g	2.1 g	297 mg	342 kJ	82 Cal	2.8 g	1.1 g	0.6 g	15.4 g	11.5 g	0.4 g	49 mg
FRESH JUICES	Energiser †	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
	Ginger Zing	707 kJ	169 Cal	3.7 g	0.6 g	LESS THAN 0.1 g	35.5 g	34.8 g	2.3 g	178 mg	116 kJ	28 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	5.8 g	5.7 g	0.4 g	29 mg
	Immunity† (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
	Mint Condition	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
	Melon Moment	854 kJ	204 Cal	1.8 g	0.8 g	LESS THAN 0.1 g	45.8 g	45.1 g	1.7 g	29 mg	140 kJ	33 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	7.5 g	7.4 g	0.3 g	5 mg
	Two & Five†*	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
PROTEIN	Choc Muscle Hustle†	2030 kJ	485 Cal	22.3 g	8.8 g	4.2 g	75.1g	55.8g	7.4 g	228 mg	333 kJ	80 Cal	3.7 g	1.5 g	0.7 g	12.3 g	9.2 g	1.2 g	50 mg
	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
	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 Supreme†	2100 kJ	502 Cal	29.1 g	10.6 g	2.5 g	66.4 g	40.5 g	11.2 g	228 mg	344 kJ	882 Cal	4.8 g	1.7 g	0.4 g	10.9 g	6.6 g	1.8 g	37 mg
	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	Bananas For Choc	2420 kJ	578 Cal	11.2 g	24.2 g	18.0 g	76.1 g	57.1 g	6.0 g	322 mg	397 kJ	95 Cal	1.8 g	4.0 g	2.9 g	12.5 g	9.4 g	1.0 g	53 mg
	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	189 kJ	45 Cal	0.5 g	0.5 g	0.3 g	9.3 g	7.5 g	1.2 g	10 mg
	Island Breeze	2170 kJ	518 Cal	4.1 g	18.0 g	16.3 g	84.6 g	68.3 g	4.5 g	92 mg	355 kJ	85 Cal	0.7 g	2.9 g	2.7 g	13.9 g	11.2 g	0.7 g	15 mg
	Lychee Lovin' Berry	1720 kJ	412 Cal	1.3 g	13.9 g	12.6 g	68.2 g	56.8 g	2.9 g	73 mg	283 kJ	68 Cal	0.2 g	2.3 g	2.1 g	11.2 g	9.3 g	0.5 g	12 mg
	Mango & Co	2230 kJ	532 Cal	3.2 g	18.0 g	16.3 g	88.2 g	71.7 g	4.6 g	93 mg	365 kJ	87 Cal	0.5 g	3.0 g	2.7 g	14.5 g	11.8 g	0.8 g	15 mg
	Power Plant Protein†	1210 kJ	290 Cal	11.2 g	2.0 g	0.7 g	51.9 g	41.1 g	7.0 g	219 mg	199 kJ	48 Cal	1.8 g	0.3 g	0.1 g	8.5 g	6.7 g	1.1 g	36 mg
	Pure Eden Super Smoothie	716 kJ	171 Cal	2.5 g	0.5 g	LESS THAN 0.1 g	36.2 g	31.4 g	5.4 g	78 mg	117 kJ	28 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.9 g	5.2 g	0.9 g	13 mg
BREKKIE	Brekkie to Go-Go†	2430 kJ	580 Cal	22.6 g	10.3 g	4.0 g	94.9 g	70.4 g	5.7 g	268 mg	398 kJ	95 Cal	3.7 g	1.7 g	0.7 g	15.6 g	11.5 g	0.9 g	44 mg
	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
	Mornin' Mocha†^	2070 kJ	493 Cal	22.6 g	5.5 g	2.7 g	86.0 g	68.3 g	4.3 g	237 mg	339 kJ	81 Cal	3.7 g	0.9 g	0.4 g	14.1 g	11.2 g	0.7 g	39 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	Milk	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
	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Tropical Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY BEST	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Lychee Charm	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Pink Paradise	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
DREAMY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Honeycomb Heaven	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
	Strawbs Wonderland®	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
FRESH JUICES	Energiser †	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
	Ginger Zing	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Immunity† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Mint Condition	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Melon Moment	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Two & Five†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Bananas For Choc	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
	Caribbean Green	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Island Breeze	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Lychee Lovin' Berry	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Mango & Co	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Power Plant Protein†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Pure Eden Super Smoothie	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Mornin' Mocha†^	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Vita†#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
MYLK/ EXTRAS	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Almond Mylk®	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Oat Mylk®	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	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. Ⓥ 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. 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.

MEDIUM SIZE 450ML

FACTS & FIGURES

Important to know on the go

		MEDIUM 450 ML									PER 100 ML								
		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium	Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
		Kilojoules	Calories		Total	- saturated	Total	- sugars			Kilojoules	Calories		Total	- saturated	Total	- sugars		
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
	Blue Honolulu	1340 kJ	319 Cal	6.2 g	3.5 g	2.3 g	65.1 g	54.9 g	4.3 g	105 mg	297 kJ	71 Cal	1.4 g	0.8 g	0.5 g	14.5 g	12.2 g	1.0 g	23 mg
	Green Tea Mango Mantra†^	1410 kJ	337 Cal	4.5 g	2.5 g	1.6 g	74.2 g	66.1 g	1.88 g	70 mg	313 kJ	75 Cal	1.0 g	0.6 g	0.4 g	16.5 g	14.7 g	0.4 g	16 mg
	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
	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
	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
	Passion Mango	1390 kJ	333 Cal	5.2 g	2.5 g	1.6 g	72.3 g	63.7 g	3.4 g	72 mg	310 kJ	74 Cal	1.2 g	0.6 g	0.4 g	16.1 g	14.2 g	0.7 g	16 mg
	Tropical Crush	1070 kJ	256Cal	2.3 g	0.4 g	0.2 g	61.9 g	53.5 g	2.2 g	13 mg	238 kJ	57 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	13.8 g	11.9 g	0.5 g	3 mg
	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 BEST	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 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
	Lychee Charm	1300 kJ	311 Cal	4.4 g	2.1 g	1.3 g	71.6 g	64.1 g	1.5 g	60 mg	290 kJ	69 Cal	1.0 g	0.5 g	0.3 g	15.9 g	14.2 g	0.3 g	13 mg
	Pink Paradise	1280 kJ	307 Cal	5.8g	3.6 g	2.3 g	67.2 g	59.9 g	1.5 g	103 mg	285 kJ	68 Cal	1.3 g	0.8 g	0.5 g	14.9 g	13.3 g	0.3 g	23 mg
	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
DREAMY	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
	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
	Honeycomb Heaven	1580 kJ	378 Cal	14.1 g	5.4 g	4.3 g	64.6 g	56.8 g	0.6 g	213 mg	351 kJ	84 Cal	3.1 g	1.2 g	1.0 g	14.4 g	12.6 g	0.1 g	47 mg
	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
	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
	Strawbs Wonderland®	1650 kJ	394 Cal	13.3 g	5.3 g	2.9 g	75.0 g	56.5 g	1.7 g	228 mg	367 kJ	88 Cal	3.0 g	1.2 g	0.6 g	16.7 g	12.6 g	0.4 g	51 mg
FRESH JUICES	Energiser †	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
	Ginger Zing	549 kJ	131 Cal	2.8 g	0.5 g	LESS THAN 0.1 g	27.7 g	27.1 g	1.7 g	129 mg	122 kJ	29 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	6.2 g	6.0 g	0.4 g	29 mg
	Immunity† (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
	Mint Condition	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
	Melon Moment	601 kJ	144 Cal	1.3 g	0.5 g	LESS THAN 0.1 g	32.1 g	31.5 g	1.4 g	21 mg	134 kJ	32 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	7.1 g	7.0 g	0.3 g	5 mg
	Two & Five†•	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
PROTEIN	Choc Muscle Hustle†	1630 kJ	390 Cal	17.7 g	7.3 g	3.4 g	60.4 g	45.4g	6.3 g	241 mg	363 kJ	87 Cal	3.9 g	1.6 g	0.8 g	13.4 g	10.1 g	1.4 g	54 mg
	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
	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 Supreme†	1430 kJ	340 Cal	20.3 g	6.1 g	1.8 g	47.1 g	31.7 g	6.88 g	183 mg	317 kJ	76 Cal	4.5 g	1.4 g	0.4 g	10.5 g	7.0 g	1.5 g	41 mg
	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	Bananas For Choc	1940 kJ	463 Cal	8.5 g	19.9 g	15.1 g	60.7 g	45.1 g	4.5 g	242 mg	431 kJ	103 Cal	1.9 g	4.4 g	3.4 g	13.5 g	10.0 g	1.0 g	54 mg
	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
	Island Breeze	1650 kJ	394 Cal	3.1 g	13.2 g	12.0 g	65.7 g	53.1 g	3.5 g	69 mg	367 kJ	88 Cal	0.7 g	2.9 g	2.7 g	14.6 g	11.8 g	0.8 g	15 mg
	Lychee Lovin' Berry	1410 kJ	338 Cal	1.1 g	11.0 g	10.0 g	56.9 g	47.6 g	2.6 g	59 mg	314 kJ	75 Cal	0.2 g	2.4 g	2.2 g	12.6 g	10.6 g	0.6 g	13 mg
	Mango & Co	1890 kJ	451 Cal	2.8 g	15.0 g	13.6 g	75.3 g	61.1 g	3.7 g	77 mg	419 kJ	100 Cal	2.8 g	15.0 g	13.6 g	75.3 g	61.1 g	3.7 g	77 mg
	Power Plant Protein†	928 kJ	222 Cal	7.8 g	1.5 g	0.6 g	40.8 g	32.3 g	5.1 g	160 mg	206 kJ	49 Cal	1.7 g	0.3 g	0.1 g	9.1 g	7.2 g	1.1 g	36 mg
	Pure Eden Super Smoothie	499 kJ	119 Cal	1.7 g	0.3 g	LESS THAN 0.1 g	25.0 g	22.2 g	4.7 g	57 mg	111 kJ	27 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.6 g	2.9 g	1.0 g	13 mg
BREKKIE	Brekkie to Go-Go†	1760 kJ	419 Cal	16.4 g	7.4 g	2.8 g	68.4 g	49.9 g	4.4 g	191 mg	390 kJ	93 Cal	3.7 g	1.7 g	0.6 g	15.2 g	11.1 g	1.0 g	42 mg
	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
	Mornin' Mocha†^	1500 kJ	359 Cal	16.2 g	4.1 g	2.1 g	63.0 g	51.3 g	2.7 g	185 mg	334 kJ	80 Cal	3.6 g	0.9 g	0.5 g	14.0 g	11.4 g	0.6 g	41 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	Milk	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
	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Tropical Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY BEST	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Lychee Charm	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Pink Paradise	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
DREAMY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Honeycomb Heaven	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
	Strawbs Wonderland®	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
FRESH JUICES	Energiser †	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
	Ginger Zing	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Immunity† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Mint Condition	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Melon Moment	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Two & Five†•	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Bananas For Choc	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
	Caribbean Green	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Island Breeze	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Lychee Lovin' Berry	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Mango & Co	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Power Plant Protein†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Pure Eden Super Smoothie	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Mornin' Mocha†^	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Vita†#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
MYLK/ EXTRAS	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Almond Mylk®	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Oat Mylk®	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	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. Ⓥ 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. 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.

JUNIOR SIZE 350ML

FACTS & FIGURES

Important to know on the go

		JUNIOR 350 ML									PER 100 ML								
		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium	Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
		Kilojoules	Calories		Total	- saturated	Total	- sugars			Kilojoules	Calories		Total	- saturated	Total	- sugars		
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
	Blue Honolulu	1030 kJ	245 Cal	4.7 g	2.6 g	1.7 g	50.2 g	42.4 g	3.3 g	79 mg	294 kJ	70 Cal	1.4 g	0.7 g	0.5 g	14.4 g	12.1 g	0.9 g	23 mg
	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
	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
	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
	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
	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 Crush	849 kJ	203 Cal	1.8 g	0.4 g	0.2 g	48.9 g	42.2 g	1.7 g	10 mg	243 kJ	58 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	14.0 g	12.0 g	0.5 g	3 mg
	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 BEST	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 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
	Lychee Charm	986 kJ	235 Cal	3.3 g	1.5 g	1.0 g	54.3 g	48.6 g	1.0 g	45 mg	282 kJ	67 Cal	0.9 g	0.4 g	0.3 g	15.5 g	13.9 g	0.3 g	13 mg
	Pink Paradise	965 kJ	230 Cal	4.1 g	2.5 g	1.6 g	51.0g	45.8 g	1.1 g	72 mg	276 kJ	66 Cal	1.2 g	0.7 g	0.5 g	14.6 g	13.1 g	0.3 g	21 mg
	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
DREAMY	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
	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
	Honeycomb Heaven	1250 kJ	300 Cal	11.4 g	4.2 g	3.4 g	51.1 g	44.8 g	0.5 g	171 mg	358 kJ	86 Cal	3.3 g	1.2 g	1.0 g	14.6 g	12.8 g	0.2 g	49 mg
	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
	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
	Strawbs Wonderland®	1260 kJ	301 Cal	10.1 g	3.9 g	2.2 g	57.7 g	44.8 g	1.5 g	168 mg	360 kJ	86 Cal	2.9 g	1.1 g	0.6 g	16.5 g	12.8 g	0.4 g	48 mg
FRESH JUICES	Energiser †	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
	Ginger Zing	433 kJ	103 Cal	2.2 g	0.4 g	LESS THAN 0.1 g	21.7 g	21.3 g	1.4 g	106 mg	124 kJ	30 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	6.2 g	6.1 g	0.4 g	30 mg
	Immunity† (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	143 kJ	34 Cal	0.5 g	0.1 g	0.0 g	7.4 g	6.9 g	0.5 g	5 mg
	Mint Condition	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
	Melon Moment	462 kJ	110 Cal	1.0 g	0.4 g	LESS THAN 0.1 g	24.7 g	24.2 g	1.1 g	16 mg	132 kJ	32 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	7.1 g	6.9 g	0.3 g	5 mg
	Two & Five†*	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
PROTEIN	Choc Muscle Hustle†	1210 kJ	2888 Cal	13.2 g	5.2g	2.5 g	44.8 g	33.8 g	4.4 g	182 mg	1210 kJ	2888 Cal	13.2 g	5.2g	2.5 g	44.8 g	33.8 g	4.4 g	182 mg
	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	1080 kJ	259 Cal	5.3 g	3.1 g	2.0 g	52.7 g	44.0 g	1.7 g	88 mg
	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	890 kJ	213 Cal	11.3 g	2.8 g	1.7 g	35.1 g	29.6 g	1.2 g	139 mg
	Protein Supreme†	937 kJ	224 Cal	13.4 g	4.0 g	1.1 g	30.8 g	21.5 g	4.6 g	121 mg	937 kJ	224 Cal	13.4 g	4.0 g	1.1 g	30.8 g	21.5 g	4.6 g	121 mg
	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	475 kJ	113 Cal	7.0 g	1.4 g	0.7 g	17.4 g	16.1 g	2.8 g	52 mg
VEGAN	Bananas For Choc	1490 kJ	356 Cal	6.8 g	15.2 g	11.4 g	46.4 g	34.6 g	3.5 g	193 mg	425 kJ	102 Cal	1.9 g	4.4 g	3.3 g	13.3 g	9.9 g	1.0 g	55 mg
	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
	Island Breeze	1320 kJ	315 Cal	2.5 g	10.8 g	9.8 g	51.8 g	41.8 g	2.8 g	56 mg	377 kJ	90 Cal	0.7 g	3.1 g	2.8 g	14.8 g	11.9 g	0.8 g	16 mg
	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
	Mango & Co	1380 kJ	330 Cal	2.2 g	9.7 g	8.7 g	57.7 g	47.1 g	3.3 g	52 mg	394 kJ	94 Cal	0.6 g	2.8 g	2.5 g	16.5 g	13.5 g	0.9 g	15 mg
	Power Plant Protein†	687 kJ	164 Cal	5.7 g	1.0 g	0.4 g	30.5 g	24.2 g	3.6 g	126 mg	196 kJ	47 Cal	1.6 g	0.3 g	0.1 g	8.7 g	6.9 g	1.0 g	36 mg
	Pure Eden Super Smoothie	357 kJ	85 Cal	1.2 g	0.2 g	LESS THAN 0.1 g	18.0 g	15.5 g	3.1 g	43 mg	102 kJ	24 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.1 g	4.4 g	0.9 g	12 mg
BREKKIE	Brekkie to Go-Go†	1520 kJ	364 Cal	14.2 g	6.9 g	2.5 g	58.2 g	40.5 g	4.3 g	1588 mg	435 kJ	104 Cal	4.1 g	2.0 g	0.7 g	16.6 g	11.6 g	1.2 g	45 mg
	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
	Mornin' Mocha†^	1160 kJ	278 Cal	12.5 g	3.2 g	1.7 g	48.4 g	39.0 g	2.2 g	152 mg	332 kJ	79 Cal	3.6 g	0.9 g	0.5 g	13.8 g	11.1 g	0.6 g	44 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	Milk	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
	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Tropical Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY BEST	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Lychee Charm	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Pink Paradise	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
DREAMY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Honeycomb Heaven	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
	Strawbs Wonderland®	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
FRESH JUICES	Energiser †	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
	Ginger Zing	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Immunity† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Mint Condition	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Melon Moment	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Two & Five†*	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Bananas For Choc	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
	Caribbean Green	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Island Breeze	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Lychee Lovin' Berry	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Mango & Co	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Power Plant Protein†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Pure Eden Super Smoothie	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Mornin' Mocha†^	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Vita†#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
MYLK/ EXTRAS	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Almond Mylk®	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Oat Mylk®	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	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. Ⓥ 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. 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

		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
		Kilojoules	Calories		Total	- saturated	Total	- sugars		
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
	Blue Honolulu	781 kJ	187 Cal	3.6 g	2.0 g	1.3 g	38.4 g	32.3 g	2.0 g	59 mg
	Green Tea Mango Mantra†^	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	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
	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
	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
	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
	Tropical Crush	666 kJ	159 Cal	1.4 g	0.3 g	0.1 g	38.2 g	32.9 g	1.3 g	7 mg
	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
BERRY BEST	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
	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
	Lychee Charm	712 kJ	170 Cal	2.3 g	1.0 g	0.7 g	39.4 g	35.2 g	0.9 g	31 mg
	Pink Paradise	676 kJ	161 Cal	2.9 g	1.8 g	1.2 g	35.6 g	31.9 g	0.8 g	52 mg
	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
DREAMY	Coffee Dream^	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	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
	Honeycomb Heaven	1060 kJ	253 Cal	9.7 g	3.6 g	2.8 g	43.1 g	37.6 g	0.5 g	146 mg
	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
	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
	Strawbs Wonderland®	971 kJ	232 Cal	8.2 g	3.2 g	1.7 g	43.5 g	31.9 g	1.0 g	142 mg
FRESH JUICES	Energiser †	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Ginger Zing	298 kJ	71 Cal	1.7 g	0.3 g	LESS THAN 0.1 g	14.6 g	14.3 g	1.2 g	91 mg
	Immunity† (vitA&C)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Mint Condition	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
	Melon Moment	333 kJ	80 Cal	0.8 g	0.3 g	LESS THAN 0.1 g	17.7 g	17.3 g	0.8 g	11 mg
	Two & Five†•	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
	Energy Lift†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Gym Junkie†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Protein Supreme†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Wondermelon†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
VEGAN	Bananas 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
	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
	Island Breeze	1010 kJ	240 Cal	1.9 g	7.2 g	6.5 g	41.8 g	34.0 g	2.3 g	39 mg
	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
	Mango & Co	883 kJ	211 Cal	1.3 g	5.9 g	5.3 g	38.0 g	32.1 g	1.9 g	33 mg
	Power Plant Protein†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Pure Eden Super Smoothie	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
BREKKIE	Brekkie to Go-Go†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Strawbrekkie†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Mornin' Mochat^	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

PER 100 ML

		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
		Kilojoules	Calories		Total	- saturated	Total	- sugars		
TROPICAL	Banana Buzz	308 kJ	74 Cal	2.9 g	0.9 g	0.6 g	13.1 g	11.4 g	0.3 g	44 mg
	Blue Honolulu	312 kJ	75 Cal	1.4 g	0.8 g	0.5 g	15.4 g	12.9 g	0.8 g	23 mg
	Green Tea Mango Mantra†^	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Lychee Crush	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
	Mango Magic	315 kJ	75 Cal	1.4 g	0.9 g	0.6 g	15.2 g	13.1 g	0.5 g	25 mg
	Mango Tango Crush	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
	Passion Mango	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 Crush	266 kJ	64 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	15.3 g	13.2 g	0.5 g	3 mg
	Watermelon Crush	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 BEST	All Berry Bang	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 Crush	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
	Lychee Charm	285 kJ	68 Cal	0.9 g	0.4 g	0.3 g	15.8 g	14.1 g	0.3 g	13 mg
	Pink Paradise	270 kJ	65 Cal	1.2 g	0.7 g	0.5 g	14.2 g	12.7 g	0.3 g	21 mg
	Strawberry Squeeze	247 kJ	59 Cal	1.2 g	0.7 g	0.5 g	12.3 g	10.8 g	0.4 g	22 mg
DREAMY	Coffee Dream^	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Cookies & Creme	368 kJ	88 Cal	2.8 g	1.4 g	0.8 g	15.9 g	13.1 g	0.2 g	54 mg
	Honeycomb Heaven	303 kJ	72 Cal	2.8 g	1.0 g	0.8 g	12.3 g	10.7 g	0.2 g	42 mg
	King William Chocolate	323 kJ	77 Cal	3.1 g	1.1 g	0.7 g	13.3 g	11.6 g	0.5 g	54 mg
	Raspberry Ripe	352 kJ	84 Cal	2.7 g	1.2 g	0.7 g	15.9 g	14.6 g	0.8 g	55 mg
	Strawbs Wonderland®	389 kJ	93 Cal	3.3 g	1.3 g	0.7 g	17.4 g	12.7 g	0.4 g	57 mg
FRESH JUICES	Energiser †	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Ginger Zing	119 kJ	28 Cal	0.7 g	0.1 g	LESS THAN 0.1 g	5.9 g	5.7 g	0.5 g	37 mg
	Immunity† (vitA&C)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Mint Condition	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
	Melon Moment	133 kJ	32 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	7.1 g	6.9 g	0.3 g	4 mg
	Two & Five†•	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
	Energy Lift†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Gym Junkie†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Protein Supreme†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Wondermelon†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
VEGAN	Bananas For Choc	356 kJ	85 Cal	1.9 g	4.0 g	2.9 g	10.2 g	7.5 g	0.8 g	51 mg
	Caribbean Green	190 kJ	45 Cal	0.5 g	0.4 g	0.2 g	9.4 g	7.4 g	1.3 g	10 mg
	Island Breeze	402 kJ	96 Cal	0.8 g	2.9 g	2.6 g	16.7 g	13.6 g	0.9 g	16 mg
	Lychee Lovin' Berry	340 kJ	81 Cal	0.2 g	2.8 g	2.5 g	13.4 g	11.1 g	0.6 g	15 mg
	Mango & Co	353 kJ	84 Cal	0.5 g	2.3 g	2.1 g	15.2 g	12.8 g	0.8 g	13 mg
	Power Plant Protein†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Pure Eden Super Smoothie	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
BREKKIE	Brekkie to Go-Go†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Strawbrekkie†	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Mornin' Mochat^	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	Milk	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
	Blue Honolulu	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Green Tea Mango Mantra†^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Lychee Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Mango Magic	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Mango Tango Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Passion Mango	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Tropical Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Watermelon Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BERRY BEST	All Berry Bang	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Berry Crush	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Lychee Charm	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Pink Paradise	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Strawberry Squeeze	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
DREAMY	Coffee Dream^	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Cookies & Creme	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Honeycomb Heaven	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	King William Chocolate	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Raspberry Ripe	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
	Strawbs Wonderland®	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
FRESH JUICES	Energiser †	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Ginger Zing	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Immunity† (vitA&C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Mint Condition	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Melon Moment	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Two & Five†•	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
PROTEIN	Choc Muscle Hustle†	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
	Energy Lift†	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No
	Gym Junkie†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Protein Supreme†	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	Yes	No	No	No
	Wondermelon†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
VEGAN	Bananas For Choc	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No
	Caribbean Green	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Island Breeze	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Lychee Lovin' Berry	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Mango & Co	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No
	Power Plant Protein†	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No
	Pure Eden Super Smoothie	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
BREKKIE	Brekkie to Go-Go†	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No
	Strawbrekkie†	Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Mornin' Mochat^	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No
BOOSTER	All Greens	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Energiser^†	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
	Immunity^‡† (vit A & C)	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No
	Plant Based Protein†	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Protein†	No	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No
	Superfruit	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Vita†#	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No
	Blue Spirulina (not available as a Booster)	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Green Tea^ (not available as a Booster)	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
MYLK/ EXTRAS	Chia Seeds	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Almond Mylk®	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No
	Coconut Water	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Extra Fruit & Veg	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	Oat Mylk®	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
	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. Ⓥ 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. 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.