

RANSOM MIDDLE SCHOOL ORIENTATION

WEDNESDAY, AUGUST 7 9:15AM - 12:00PM

FUNDRAISER FOR RANSOM MS

Vita-Blend

Stay Healthy & Happy!

Nutrition Facts

Amount Per S	Serving		
Calories 42			Calories of Fat 0
			% Daily Value*
Total Fat (g)	0g		0%
Cholesterol	0mg		0%
Sodium	10mg		1%
Total Carboh	ydrates 10g		3%
	Dietary Fiber	0g	
	Sugars (g)	10g	
Vitamin D 60%			Vitamin C 25 %
	ilues based on a 2,00 lye-free flavors are a		t.

Our low calorie Vita-Blend contains 40% less sugar and the powerful antioxidants, Vitamins C and D. These antioxidants will boost immunity and keep you active and ready to play in the sand and surf the waves!







\$5.00





\$7.00



KONA ICE PENSACOLA NORTH 850.748.9124 GUYNFRANK@KONA-ICE.COM

\$6.00

WWW.KONA-ICE.COM