

**Colada Cooler**

Piña could be jealous! Chill out on a pineapple, coconut, banana and fat-free frozen yogurt smoothie.

**Hawaiian Dream**

An island luau of passion fruit, pineapple and banana that whisks you away to paradise.

**Tahiti Delight****FAV FLAV!**

Catch this wave of strawberry, blueberry, pineapple and peach. Ride the tide!

**Tropical Breeze**

Look what the wind carried in! A gentle breeze of fresh-squeezed orange juice, pineapple, raspberry and blueberry.

**Kool Kiwi**

A refreshing blend of kiwi, strawberry, peach and fat-free frozen yogurt. It's sure to kool you down!

**Tango Mango**

Get your mouth in motion with this creamy rhythm of mango, peach, watermelon and fat-free frozen yogurt. It's a commotion of flavor!

**inta citrus****Luscious Lemon**

Let us tempt your taste buds with this refreshing blend of lemon, lime, raspberry, blueberry and strawberry.

**Lime You're Mine**

All to yourself! A tangy, sweet combination of lime, raspberry and strawberry. Don't let the fun colors fool ya

**Krazy Katona**

Go berserk for this krazy recipe of kiwi, passion fruit, peach and lime.

**Citrus Cyclone**

This forecast calls for a whirlwind of flavor; lemon, orange, strawberry and mango.

**Orange Crush**

Our rendition of the orange creamsicle! Re-live the memories with this combo of fresh-squeezed orange juice and fat-free frozen yogurt.

**inta tropical****The Islander****NO DAIRY!**

Lose yourself in this tropical mix of guava, passion fruit, mango and peach.

**Groovin' Guava**

Find your groove in this exotic blend of guava, pineapple, banana and peach.

**Caribbean Blend****FAV FLAV!**

Warm up to this cool paradise of peach, strawberry, pineapple, orange and banana.

**Pineapple Paradise****NO DAIRY!**

Discover paradise in this island's treasure of pineapple, coconut, banana and strawberry.

**Fruit Fusion**

No degree necessary! A break-thru formula of pineapple, watermelon, banana and strawberry.

**Just Peach**

Need a pick-me-up? This fresh blend of peach and fat-free frozen yogurt is sure to leave you feeling peachy!

**Summer's Dream**

Indulge in the savory taste of orange, pineapple, peach and strawberry. You won't want to wake up!

**Cran-Orange Twist****FAV FLAV!**

Mix it up with this unique pairing of cranberry with orange and peach with strawberry!

**Squeeze Please****NO DAIRY!**

Bananas, strawberries and fresh-squeezed orange juice make this smoothie ripe with pleasure.

**Sunset Beach****FAV FLAV!**

Remember that unforgettable sunset, with this blend of orange, watermelon, strawberry and peach!

**Sunshine Passion**

This desirable blend of passion fruit, peach, orange and strawberry will refresh you like a summer's day.

**Razz-a-Lade**

Raspberry-Lemonade never tasted THIS good! A cool refreshment.

**"Pickett" Yourself**

Create your own! For those thirsting for individuality: choose one juice, two fruits and a frozen product.

**FAV FLAV!**

**Soy Joy**

Experience the joy of soy! This glorious combo contains soy milk, bananas, honey and a fruit of your choice.

**NO DAIRY!**

**Choc-o-Nutter**

Packed with Vitamin D! For those who crave the classic taste of chocolate and peanut butter, this dairy delight also includes banana and fat-free frozen yogurt.

**FAV FLAV!**

**Udder Chocolate**

Utterly indulge your chocolate moo'd with this calcium-rich, chocolate and fat-free frozen yogurt smoothie.

# whaddaya inta

**Chai High**

The cool sensation of chai tea, fat-free frozen yogurt and strawberry. It's a pure sip of nirvana!

**Kiwi Lime Pie**

This world-famous tangy treat blends lemon, lime, kiwi and yogurt. Tantalize your taste buds!

**For Your Eyes Only**

This top secret blend of carrot juice, oranges and fat-free frozen yogurt was made just for you. Shhh—don't tell!

## inta supplements

Echinacea

Energy Boost

Ginkgo

Calcium

Ginseng

Bee Pollen

Lecithin

Wheat Germ

Oat Bran

Protein Boost

RDA

Brewer's Yeast

Vitamin C

Plain Yogurt

Spirulina

Super Weight Gain

## fresh-squeezed juices

Available in 12 oz., 16 oz. & 24 oz.

**Orange • Carrot • Celery • Cucumber • Beet**

**Veggie Energizer**

Carrots, celery, cucumbers and beets join together in this nutritious kick!

**Carrot-Orange**

For those who like orange, this is the best orange and carrot juice combination around!

**Carrot-Apple**

This apple and carrot drink is sure to please. That is to say, "another, please!"

**"Pickett" Yourself Juice Combo**

Create your own! For those thirsting for individuality: combine any fresh-squeezed juices you like!

**Wheat Grass Juice**

Available in 1 oz. or 2 oz. shots

For those who dare! Enjoy 2 1/2 lbs. of vegetables per 1 oz. shot!

**Wild Banana**

Unleash your wild side! A raving blend of banana, raspberry, blackberry, orange and fat-free frozen yogurt.

**Love Potion #9**

A romantic prescription of watermelon, raspberry, blackberry and strawberry. Guaranteed to increase your passion!

**Crazy Cranberry**

Savor the insanity! A crazy combo of cranberries, raspberries, strawberries and blueberries.

**Jazzberry**

For the serious raspberry lover! A rhythmic session of bananas and raspberries.

**Peachy Keen**

For those who are sassy! Peach intertwined with raspberry, banana and fat-free frozen yogurt.

**Strawberry Splash**

Dive into this mouth-watering mixture of strawberry, banana, orange and fat-free frozen yogurt. The taste is smooth and fruity!

**Fruit Flirtation**

Do you dare? A playful blend of strawberry, banana, raspberry and orange.

**FAV FLAV!****into power****Açaí Smoothie (ah-sigh-ee!)**

Nature's own energy food! The Brazilian açai fruit is combined with strawberry, banana, raspberry and soy milk to propel you through the day!

**FAV FLAV!****Power Immunity**

2,000 mg of Vitamin C! Fresh-squeezed orange juice, raspberry, mango, banana, echinacea and zinc is just what the doctor ordered.

**Trail Mixer**

Blaze through any trail, with this hearty mix of raspberry, banana, fat-free frozen yogurt and granola.

**into berry****Watermelon Wave**

Surf's up on this blend of watermelon, raspberry, strawberry and banana. Ride the wave!

**FAV FLAV!****Raspberry Allure**

An enticing blend of apples, bananas and raspberries to tickle your tongue.

**NO DAIRY!****Betcha' Wanna Blackberry**

Generous helpings of peach, banana, blackberry and fat-free frozen yogurt. Betcha want another!

**Berry Berry Blue**

A delicious melody of blueberry, orange, pineapple and banana. Sure to make you berry, berry satisfied!

**Banana-Berry Burst**

A creamy blend of skim milk, fat-free frozen yogurt, banana, blueberry OR strawberry. It's sure to burst your expectations!

**Fruit Kiss**

A sensuous blend of watermelon, strawberry, orange, banana and fat-free frozen yogurt. The unforgettable kiss!

**Strawberry Blast**

An explosion of fruit flavor; strawberry, apple, banana and fat-free frozen yogurt! It will knock you off your feet!

**Intense Energy**

If Red Bull gives you wings, this smoothie makes you fly! Red Bull, raspberry, orange, strawberry and banana.

**FAV FLAV!****Pike's Peak**

Ain't no mountain high enough! Not after this get-up-and-go of orange, banana, strawberry and 7 supplements, including: plain yogurt, bee pollen, wheat germ, oat bran, protein boost, brewer's yeast and BDA.

**Power Protein**

40 grams of a protein boost! Work out to this raspberry, strawberry, peach, banana and whey protein smoothie!