



NUTRITIONAL INFORMATION

All sizes and flavors of each product have the same nutritional profile.

All values per 8oz serving.
Please note that 16oz sizes contain two 8oz servings.

Product	ND	Cals	Sodium	Carb	Sugar	Protein	Fiber	Vit. E	Potassium	Calcium	Vit. A	Vit. D	Vit. B12	Vit. C
Riptide® Stoked*	Yes	60	10mg	16g	14g	0g	1g	0%	90 mg	15%	10%	25%	15%	10%
Riptide® F5®**	Yes	60	10mg	16g	13g	0g	1g	10%	90 mg	30%	10%	25%	15%	0%
Riptide Bliss®**	Yes	120	5mg	30g	23g	0g	1g	10%	90 mg	30%	10%	25%	15%	10%
Riptide® F5® Zip**	Yes	10	10mg	3g	0g	0g	1g	10%	90 mg	30%	10%	25%	15%	0%
Riptide Wave™***	No	0	0mg	0g	0g	0g	0g	0%	0 mg	10%	10%	10%	10%	0%
Riptide FX™**	Yes	60	10mg	15g	13g	0g	1g	10%	90mg	15%	10%	25%	15%	0%

* Naturally sweetened, Naturally flavored

** Sweetened with sucralose (ie: Splenda), Naturally flavored

Not a significant source of Fat, Saturated Fat or Trans Fat

USDA Nutrients of Concern

Key Nutrients in Milk

Other Nutrients in Milk

OUR MISSION:

To assist parents and schools in their efforts to improve the nutritional intake of children.



ND = Meets Criteria for Nutrient-Dense



Riptide beverages contain a special organic calcium shown in studies to be absorbed as well as the calcium in milk.

More Like Milk!™

Skim milk is the healthy, nutrient-dense beverage benchmark. Our beverages are “More Like Milk!”

Riptide is not designed to be a replacement for milk. It’s designed to replace nutrient-poor beverages that are nothing like milk. Riptide beverages fill the void between skim milk and other beverage choices. They’re similar to skim milk in nutrient-density and contain many of the same key nutrients with about the same or fewer calories than skim milk, so they’re “More Like Milk!” than traditional sodas, sports drinks, flavored waters, and even fruit juices.