

| | Size | Calories (kcal) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Protein % DV* | Calcium (mg) | Calcium % DV* | Caffeine (mg) | Allergies |
|--|--------|---|---------|-------------------|------------------|-------------|-----------|-------------------|------------------|-------------|---------------|---------------------|---------------|---------------|---------------------|
| Protein Coffee | | | | | | | | | | | | | | | |
| Salted Caramel Protein Mocha (Hot) | Large | 430 | 10 | 6 | 50 | 370 | 50 | 5 | 21 | 39 | 78% | 1060 | 80% | 190 | Contains Milk, Soy. |
| Salted Caramel Protein Mocha (Hot) | Medium | 370 | 9 | 6 | 40 | 340 | 45 | 5 | 18 | 33 | 66% | 909 | 70% | 95 | Contains Milk, Soy. |
| Salted Caramel Protein Mocha (Hot) | Small | 290 | 7 | 4 | 30 | 280 | 39 | 5 | 12 | 22 | 44% | 607 | 45% | 95 | Contains Milk, Soy. |
| Salted Caramel Protein Mocha (Iced) | Large | 340 | 8 | 5 | 35 | 310 | 44 | 5 | 15 | 28 | 56% | 758 | 60% | 190 | Contains Milk, Soy. |
| Salted Caramel Protein Mocha (Iced) | Medium | 290 | 7 | 4 | 30 | 280 | 39 | 5 | 12 | 22 | 44% | 607 | 45% | 95 | Contains Milk, Soy. |
| Salted Caramel Protein Mocha (Iced) | Small | 200 | 4.5 | 2.5 | 15 | 220 | 33 | 5 | 6 | 12 | 24% | 305 | 25% | 95 | Contains Milk, Soy. |
| Salted Caramel Protein Latte (Hot) | Large | 420 | 11 | 7 | 50 | 400 | 46 | 7 | 21 | 38 | 76% | 1061 | 80% | 190 | Contains Milk, Soy. |
| Salted Caramel Protein Latte (Hot) | Medium | 360 | 10 | 6 | 45 | 370 | 42 | 6 | 18 | 32 | 64% | 910 | 70% | 95 | Contains Milk, Soy. |
| Salted Caramel Protein Latte (Hot) | Small | 280 | 7 | 4.5 | 30 | 310 | 36 | 6 | 12 | 22 | 44% | 608 | 45% | 95 | Contains Milk, Soy. |
| Salted Caramel Protein Latte (Iced) | Large | 330 | 9 | 5 | 35 | 340 | 41 | 7 | 15 | 28 | 56% | 759 | 60% | 190 | Contains Milk, Soy. |
| Salted Caramel Protein Latte (Iced) | Medium | 280 | 7 | 4.5 | 30 | 310 | 36 | 6 | 12 | 22 | 44% | 608 | 45% | 95 | Contains Milk, Soy. |
| Salted Caramel Protein Latte (Iced) | Small | 190 | 5 | 3 | 20 | 250 | 30 | 6 | 7 | 11 | 22% | 306 | 25% | 95 | Contains Milk, Soy. |
| Protein Milk (Per oz) | 1oz | Calories: 21.3, Fat: 0.6g, Sugars: 1.4g, Added Sugars: 0g, Cholesterol: 3.1 mg, Sodium: 14.8 mg, Protein: 2.6g | | | | | | | | | | | | | |
| Protein Milk Ingredients: | | Reduced Fat Milk, Milk Protein Concentrate, Vitamin A Palmitate, Vitamin D3 | | | | | | | | | | | | | |
| | | * % of Daily Value is determined using a 2,000 calorie diet and uses the guidelines established by the U.S. FDA | | | | | | | | | | | | | |
| | Size | Calories (kcal) | Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Caffeine (mg) | Allergies | | | |
| Shine Drinks | | | | | | | | | | | | | | | |
| Midnight Rebel w/Shine (Iced) | Large | 450 | 0 | 0 | 0 | 170 | 112 | 0 | 109 | 2 | 151 | | | | |
| Midnight Rebel w/Shine (Iced) | Medium | 320 | 0 | 0 | 0 | 120 | 80 | 0 | 78 | 1 | 114 | | | | |
| Midnight Rebel w/Shine (Iced) | Small | 270 | 0 | 0 | 0 | 85 | 68 | 0 | 67 | 1 | 80 | | | | |
| Tropical Green Tea w/Shine (Iced) | Large | 340 | 0 | 0 | 0 | 15 | 87 | 0 | 86 | 0 | 46 | | | | |
| Tropical Green Tea w/Shine (Iced) | Medium | 250 | 0 | 0 | 0 | 10 | 65 | 0 | 64 | 0 | 35 | | | | |
| Tropical Green Tea w/Shine (Iced) | Small | 170 | 0 | 0 | 0 | 10 | 43 | 0 | 43 | 0 | 25 | | | | |
| Electric Berry Lemonade w/Shine (Iced) | Large | 370 | 0 | 0 | 0 | 30 | 93 | 0 | 91 | 0 | 0 | | | | |
| Electric Berry Lemonade w/Shine (Iced) | Medium | 320 | 0 | 0 | 0 | 20 | 79 | 0 | 78 | 0 | 0 | | | | |
| Electric Berry Lemonade w/Shine (Iced) | Small | 260 | 0 | 0 | 0 | 15 | 66 | 0 | 65 | 0 | 0 | | | | |
| Vanilla Cold Brew w/Shine (Iced) | Large | 180 | 0 | 0 | 0 | 65 | 45 | 0 | 42 | 1 | 283 | Contains Milk, Soy. | | | |
| Vanilla Cold Brew w/Shine (Iced) | Medium | 180 | 0 | 0 | 0 | 50 | 44 | 0 | 42 | 1 | 207 | Contains Milk, Soy. | | | |
| Vanilla Cold Brew w/Shine (Iced) | Small | 170 | 0 | 0 | 0 | 30 | 43 | 0 | 42 | 1 | 132 | Contains Milk, Soy. | | | |
| Double Rainbro Soda w/Shine (Iced) | Large | 440 | 0 | 0 | 0 | 0 | 110 | 0 | 107 | 0 | 0 | | | | |
| Double Rainbro Soda w/Shine (Iced) | Medium | 350 | 0 | 0 | 0 | 0 | 88 | 0 | 86 | 0 | 0 | | | | |
| Double Rainbro Soda w/Shine (Iced) | Small | 260 | 0 | 0 | 0 | 0 | 65 | 0 | 64 | 0 | 0 | | | | |