



# Arginaid® Powder

## Mixing Suggestions and Recipes



### Try mixing one 9.2 gram packet of Arginaid® Arginine Powder (orange or cherry flavor), into any of the following foods and beverages:

- **6 – 8 fl oz fruit juice** – orange, apple, cranberry, tropical fruit or pineapple juice
- **4 – 6 oz low-fat yogurt** – plain, vanilla, orange, cherry, strawberry, or lemon
- **4 – 6 oz unsweetened applesauce** – plain, cinnamon, or berry flavors

#### ARGINAID® Fruit Juice

**Ingredients** 1 packet Arginaid® Powder, any flavor  
8 fl oz juice of choice\*  
\*Suggested fruit juices: orange, apple, cranberry, tropical fruit and pineapple.

**Preparation** Pour fruit juice into a large glass. Add contents of Arginaid® packet and stir briskly. Serve chilled.

Makes 1 – 8 fl oz serving

#### NUTRITION INFORMATION

Serving Size: 8 fl oz  
Calories: 150, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 260 mg, Sodium: 80 mg, Total Carb: 32 g, Dietary Fiber: 0 g, Sugars: 24 g, Protein: 4.5 g

*Nutrient content may vary with ingredients used*

#### ARGINAID® Yogurt

**Ingredients** 1 packet Arginaid® Powder, any flavor  
6 oz low-fat yogurt of choice\*  
\*Suggested yogurt flavors include: plain, vanilla, orange, cherry, strawberry, and lemon.

**Preparation** Combine yogurt and contents of Arginaid® packet in a bowl; stir until dissolved.

Makes 1 – 6 oz serving

#### NUTRITION INFORMATION

Serving Size: 6 oz (3/4 cup)  
Calories: 140, Total Fat: 3 g, Saturated Fat: 2 g, Cholesterol: 10 mg, Potassium: 405 mg, Sodium: 190 mg, Total Carb: 16 g, Dietary Fiber: 0 g, Sugars: 12 g, Protein: 13 g

*Nutrient content may vary with ingredients used*

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### ARGINAID® Applesauce

**Ingredients** 1 packet Arginaid® Powder, any flavor  
½ cup applesauce

**Preparation** Combine applesauce and contents of Arginaid® packet in a bowl; stir until dissolved.

Makes 1 – ½ cup serving

#### NUTRITION INFORMATION

Serving Size: 1/2 cup  
Calories: 105, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 100 mg, Sodium: 70 mg, Total Carb: 18 g, Dietary Fiber: 1 g, Sugars: 12 g, Protein: 4.5 g

*Nutrient content may vary with ingredients used*

### ARGINAID® Smoothie

**Ingredients** 1 packet Arginaid® Powder, orange flavor  
½ cup orange juice  
½ medium banana, sliced  
½ cup sliced strawberries, fresh or frozen

**Preparation** Place all ingredients in a blender and mix until smooth. Smoothie will be frothy. Allow to rest for 2-3 minutes before drinking.

Makes 1 – 12 fl oz serving

#### NUTRITION INFORMATION

Serving Size: 12 fl oz  
Calories: 230, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 585 mg, Sodium: 75 mg, Total Carb: 36 g, Dietary Fiber: 3 g, Sugars: 11 g, Protein: 7 g

*Nutrient content may vary with ingredients used*

### ARGINAID® Cherry Berry Cream

**Ingredients** 1 packet Arginaid® Powder, cherry flavor  
½ cup milk or cream  
½ cup mixed berries

**Preparation** Place all ingredients in a blender and mix until smooth. Smoothie will be frothy. Allow to rest for 2-3 minutes before drinking.

Makes 1 – 8 fl oz serving

#### NUTRITION INFORMATION

Serving Size: 8 fl oz  
Calories: 140, Total Fat: 3 g, Saturated Fat: 2 g, Cholesterol: 10 mg, Potassium: 230 mg, Sodium: 140 mg, Total Carb: 20 g, Dietary Fiber: 2 g, Sugars: 13 g, Protein: 10 g

*Nutrient content may vary with ingredients used*

### ARGINAID® Pineapple Citrus Delight

**Ingredients** 1 packet Arginaid® Powder, orange flavor  
½ cup pineapple juice  
½ cup vanilla ice cream or nonfat frozen yogurt  
½ cup pineapple chunks  
strawberry, and lemon

**Preparation** Place all ingredients in a blender and mix until smooth. Smoothie will be frothy. Allow to rest for 2-3 minutes before drinking.

Makes 1 – 6 oz serving

#### NUTRITION INFORMATION

Serving Size: 12 fl oz  
Calories: 290, Total Fat: 7 g, Saturated Fat: 4.5 g, Cholesterol: 30 mg, Potassium: 408 mg, Sodium: 130 mg, Total Carb: 49 g, Dietary Fiber: 2 g, Sugars: 39 g, Protein: 7 g

*Nutrient content may vary with ingredients used*

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### ARGINAID® Cranberry Orange

**Ingredients** 1 packet Arginaid® Powder, orange flavor  
8 fl oz cranberry juice or cranberry juice cocktail

**Preparation** Pour cranberry juice into a large glass. Add contents of Arginaid® packet and stir briskly. Serve chilled.

Makes 1 – 8 fl oz serving

#### NUTRITION INFORMATION

Serving Size: 8 fl oz  
Calories: 170, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 45 mg, Sodium: 75 mg, Total Carb: 38 g, Dietary Fiber: 0 g, Sugars: 30 g, Protein: 4.5 g

*Nutrient content may vary with ingredients used*

### ARGINAID® Creamsicle

**Ingredients** 1 packet Arginaid® Powder, orange flavor  
½ cup milk or cream  
½ cup orange sherbet

**Preparation** Place all ingredients in a blender and mix until smooth. Smoothie will be frothy. Allow to rest for 2-3 minutes before drinking.

Makes 1 – 8 fl oz serving

#### NUTRITION INFORMATION

Serving Size: 8 fl oz  
Calories: 210, Total Fat: 4 g, Saturated Fat: 3 g, Cholesterol: 15 mg, Potassium: 80 mg, Sodium: 170 mg, Total Carb: 33 g, Dietary Fiber: 1 g, Sugars: 25 g, Protein: 10 g

*Nutrient content may vary with ingredients used*

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