

### Mixing Suggestions

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Try mixing one 9.2 gram packet of Arginaid® 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 grapefruit juice

**6 - 8 fl oz carbonated beverage**

- regular or diet lemon lime, ginger ale, orange, strawberry, or grape soda

**6 - 8 fl oz hot tea**

- black, green, white or herbal tea

**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 - 9.2 gram packet Arginaid® Powder, any flavor  
8 fl oz fruit juice of choice\*

\*Suggested fruit juices: orange, apple, cranberry, tropical fruit and grapefruit.

**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*

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**ARGINAID® SODA****Ingredients**

1 - 9.2 gram packet Arginaid® Powder, any flavor  
6-8 fl oz soda of choice\*

\* Suggested soda flavors: (regular or diet) lemon-lime, ginger ale, cream soda, orange, strawberry, or grape.

**Preparation**

Pour soda into a large glass. Add contents of Arginaid® packet and stir briskly. Serve chilled.

**Note:** Foaming of soda may occur. Make sure to use an extra-large glass for mixing.

Makes 1 – 8 fl oz serving

**NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 140, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 10 mg, Sodium: 120 mg, Total Carb: 30 g, Dietary Fiber: 0 g, Sugars: 26 g, Protein: 4.5 g**

*Nutrient content may vary with ingredients used*

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### ARGINAIID® TEA

#### **Ingredients**

1 - 9.2 gram packet Arginaid® Powder, any flavor  
8 fl oz prepared hot tea

#### **Preparation**

Add contents of Arginaid® packet to hot teal and stir briskly. Serve hot or chill and serve with ice for a refreshing fruity iced tea.

Makes 1 – 8 fl oz serving

#### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 35, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 55 mg, Sodium: 70 mg, Total Carb: 4 g, Dietary Fiber: 0 g, Sugars: 0 g, Protein: 4.5 g**

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### ARGINAIID® YOGURT

#### **Ingredients**

1 - 9.2 gram 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*

**ARGINAID® APPLESAUCE****Ingredients**

1 - 9.2 gram 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: 90, 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**

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**ARGINAID® CHERRY ALE****Ingredients**

1 - 9.2 gram packet Arginaid® Powder, cherry flavor  
8 fl oz ginger ale

**Preparation**

Pour soda into a large glass. Add contents of Arginaid® packet and stir briskly. Serve chilled.

**Note:** Foaming of soda may occur. Make sure an extra-large glass is used for mixing.

**Recipe Variation**

Freeze cherry ale until firm. Thaw slightly and enjoy!

Makes 1 – 8 fl oz serving

**NUTRITION INFORMATION**

Serving Size: 8 fl oz (1 cup)

**Calories: 115, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 10 mg, Sodium: 95 mg, Total Carb: 26 g, Dietary Fiber: 0 g, Sugars: 22 g, Protein: 4.5 g**

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## ARGINAID® Powder Mixing Suggestions and Recipes

### ARGINAID® SMOOTHIE

#### **Ingredients**

1 - 9.2 gram 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.

#### **Recipe Variation**

Freeze smoothie until firm. Thaw slightly and enjoy!

Makes 1 – 12 fl oz serving

#### **NUTRITION INFORMATION**

Serving Size: 12 fl oz

**Calories:** 170, **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

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### ARGINAID® PINEAPPLE CITRUS DELIGHT

#### **Ingredients**

1 - 9.2 gram packet Arginaid® Powder, orange flavor  
½ cup pineapple juice or water  
½ cup vanilla ice cream or nonfat frozen yogurt  
½ cup pineapple chunks

#### **Preparation**

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

#### **Recipe Variation**

Freeze until firm. Thaw slightly and enjoy!

Makes 1 – 12 fl 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

### ARGINAID® CHERRY BERRY CREAM

#### **Ingredients**

1 - 9.2 gram 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.

#### **Recipe Variation**

Freeze until firm. Thaw slightly and enjoy!

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**

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### ARGINAID® CRANBERRY ORANGE

#### **Ingredients**

1 - 9.2 gram 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**

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# ARGINAID® Powder

## Mixing Suggestions and Recipes

### ARGINAID® ORANGE CREAMSICLE

#### **Ingredients**

1 - 9.2 gram 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**

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