



# POWER-UP YOUR SMOOTHIE!

with our **“NUTRI-SCOOPS”**



## Whey Protein

Contains one ingredient only! Ultra-Filtered 100% whey protein concentrate provides superior bioavailability. It promotes lean muscle mass growth and helps with muscle protein synthesis. Whey protein consists of a variety of essential amino acids which is absorbed by your body quickly. No flavors are used, just pure protein.

## Pea Protein

Non-GMO Vegetable Protein Isolate, pure and naturally unflavored with branched-chain amino acids. Corn-free, dairy-free, egg-free, nut-free, soy-free and sugar-free. Kosher and made without gluten. Vegan/vegetarian.

## Super Green Blend

A combination of potent super green foods – wheat grass juice powder, alfalfa, spirulina, and chlorella. **Think green!**

## Chia Seeds

Chia seeds are a concentrated food containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium. Chia Seeds help you maintain healthy bones and teeth along with being rich in antioxidants that help protect the body from free radicals, aging and cancer.

## Flaxseed

Flaxseed contains some nutrients that may have various health benefits. Like other plant-based foods, flaxseed is rich in antioxidants. These can help prevent disease by removing molecules called free radicals from the body. Flaxseed is a good source of lignans, which appear to have antioxidant properties.

*\* Additional \$1.00 charge for extra Sherbets and Fruit. Also for Blueberries, Acai Juice, Pomegranate Juice, Fresh Orange Juice, subbed to any order.*





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## Ginger

Ginger is an herb/root. It's a rich source of antioxidants. Ginger actually has broad-spectrum antibacterial, antiviral, antioxidant, anti-inflammatory, and anti-parasitic properties, to name just a few of its more than 40 health benefits!



## Oatmeal

Contains soluble fiber that absorbs bad cholesterol to help lower blood cholesterol. Contains plenty of vitamin B to assist brain and nervous system to function properly. Feel alert and with improved memory. Also contains plenty of insoluble fiber to absorb bile acids and their toxicity.

## Organic Turmeric

Turmeric is a root. It has a special chemical compound called “curcuminoids” that is some of nature’s most powerful antioxidants. Turmeric has incredible properties that include, strong anti-inflammatory, natural antiseptic, natural analgesic, kills certain cancer cells, strengthens immune system, helps memory, helps reduce arthritis, helps purify blood, and helps skin conditions.

## Matcha Energy

Made from powdered green tea. Rich in antioxidants, naturally occurring caffeine, and chlorophyll. Naturally boosts mood and metabolism.

## Weight Loss Fat Burner Blend

Rice Pollen has a thermic effect on the body, meaning that it takes more energy to digest compared to carbohydrates or fat. By combining Rice Protein, Dietary Fiber, Green Tea Extract, Chromium Picolinate, Garcinia Cambogia and L-Carnitine, our *Weight Loss Blend* provides a fuller feeling along with a support in cellular metabolism for your healthy weight loss program.

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