

Astonishing SMOOTHIE INGREDIENTS



How You Can Use the Power of Smoothies to Improve Energy, Focus, Libido, Stress Reduction and More



Astonishing SMOOTHIE INGREDIENTS





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Doc V1



Increase

MUSCLE TONE / DEFINITION



Sexy, feminine muscle gives a woman a great figure. The following foods have been linked to improving muscle health.



Increase

MUSCLE TONE / DEFINITION



BEETS

Improves blood flow and helps provide extra muscle definition flowing workouts

NUT BUTTER

Provides building blocks for muscle maintenance and growth, combats body fat gain



PROTEIN POWDER

Provides building blocks for muscle maintenance and growth, combats body fat gain

UNSWEETENED YOGURT

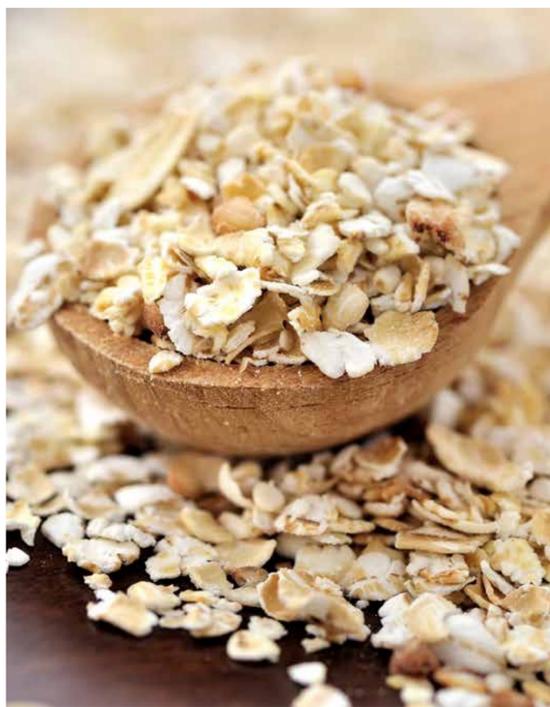
Provides building blocks for muscle maintenance and growth, combats body fat gain





Increase

L I B I D O



History is full of examples of foods that people believed to be aphrodisiacs. While many have been absurd, the following ingredients have been linked to improving mood and elevating levels of testosterone, a hormone known to increase sexual drive in both men and women.

Increase

L I B I D O



MACA ROOT POWDER

Traditionally used to enhance sexual desire

OATS

Helps promote testosterone production and increase sexual desire



CACAO

Improves mood and has traditionally been used to enhance sexual desire

ASHWAGANDA

Traditionally used to enhance sexual desire, shown to improve sexual function in both men and women



Increase

L I B I D O

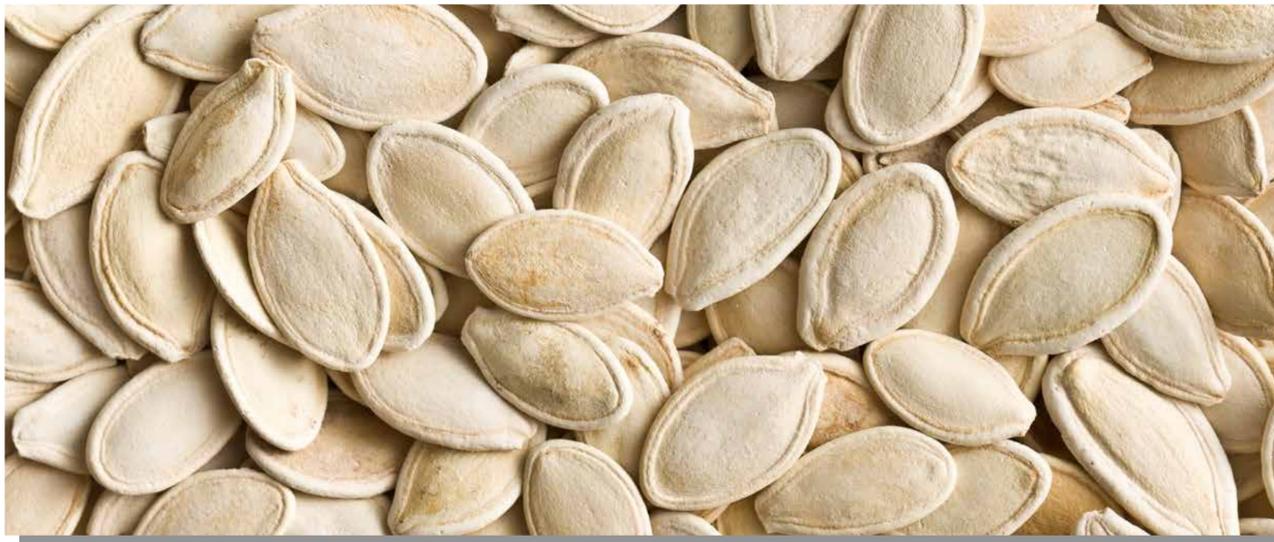


CINNAMON

Improves blood flow, creates a warming effect in the body, and has traditionally been used to enhance sexual desire

POMEGRANATES

Helps promote testosterone production and increase sexual desire



PUMPKIN SEEDS

Helps promote testosterone production and increase sexual desire





Increase

E N E R G Y



Do you see the boundless energy of a 5 year old and wish you could harness it yourself? While they will not give you the raw, unfettered stamina of a child, the following smoothie ingredients have been linked to helping adults maintain higher energy levels.



Increase

E N E R G Y

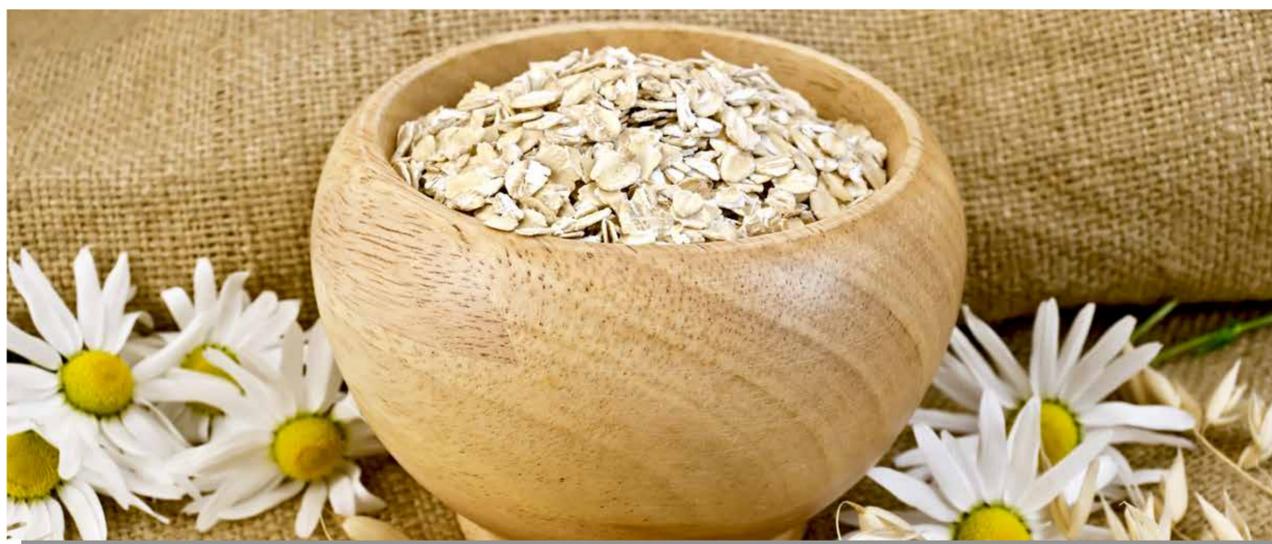


MATCHA

Packed with caffeine and shown to improve energy levels without the sudden drop experienced from other caffeinated sources

MACA ROOT POWDER

Boosts energy levels and improves mood



OATS

Oats are digested slowly, leading to consistent energy delivery over an extended period

GREEN TEA (COLD)

Packed with caffeine and shown to improve energy levels



Increase

E N E R G Y



NUTS

Packed with protein and good fats to provide lasting energy

BANANAS

Contains vitamins and healthy sugars for added energy



GRAPEFRUIT

Helps with energy production

PINEAPPLE

Helps with energy production



Increase

E N E R G Y



CACAO

Boosts energy levels and improves mood

ASHWAGANDA

Shown to help maintain energy levels



KIWI

Packed with iron and vitamins to combat fatigue





Reduce

C R A V I N G S



Cravings have been the downfall of so many excited and determined individuals hoping to improve their bodies. But there is hope! The following smoothie ingredients have been linked to fighting sugar cravings or staving off hunger longer than most other foods.

Reduce

C R A V I N G S



OATS

Keeps you fuller, longer than most foods and improves balance of blood sugar

CHIA SEEDS

Known to absorb liquid and keep feeling fuller, longer



PROTEIN POWDER

Provides energy and shown to combat sugar cravings

NUT BUTTER

Packed with protein and good fats to provide lasting energy



CINNAMON

Fights sugar cravings





Improve

I M M U N I T Y



In these times, everyone wants to make sure they have a strong immune system. The strength of your immunity relies heavily on your nutrition. The following ingredients have been linked to the proper function of the immune system.



Improve

I M M U N I T Y



KIWI

Contains nearly twice the Vitamin C of an orange and Vitamin E for an additional immunity boost

CAMU CAMU POWDER

Highly concentrated source of Vitamin C and is believed to combat inflammation



CITRUS FRUITS

High in Vitamin C

MINT

Contains menthol which can help combat respiratory illnesses



Improve

I M M U N I T Y



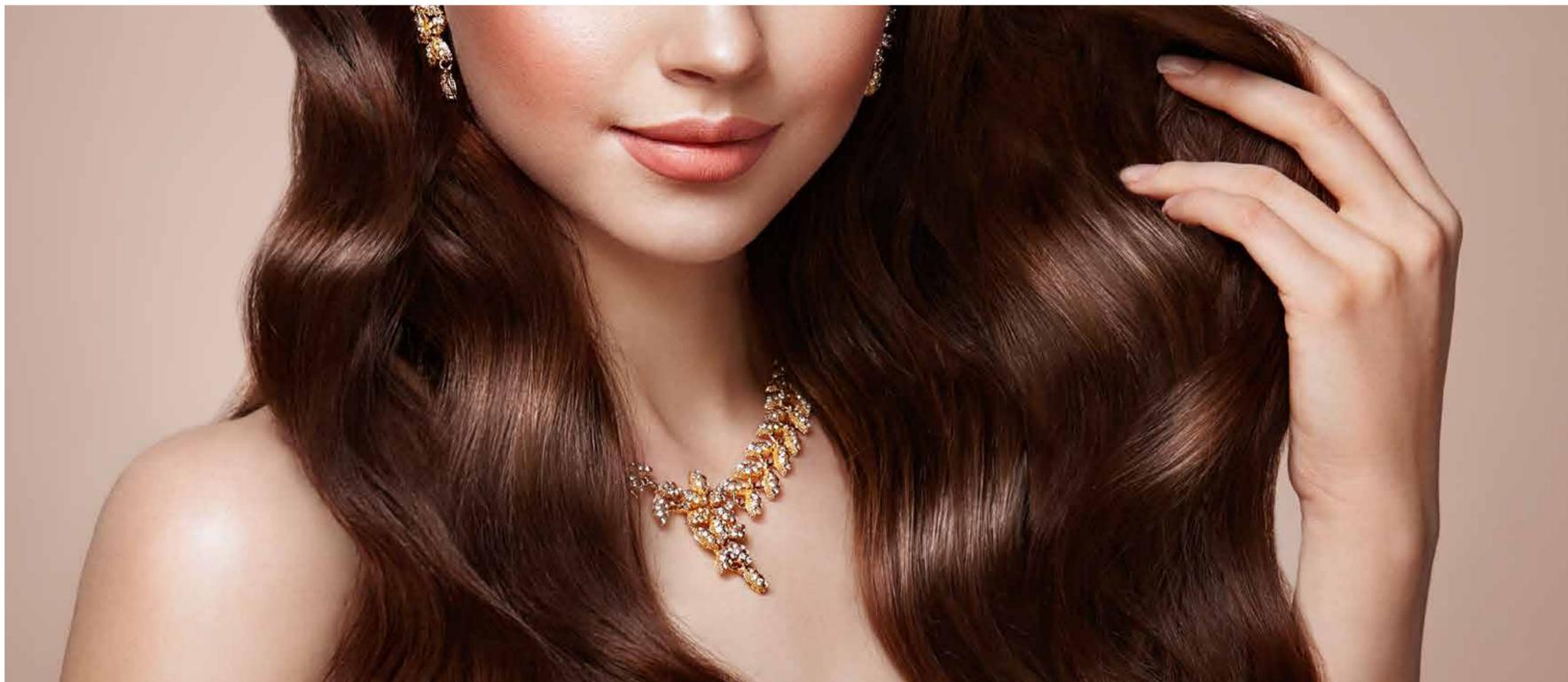
PINEAPPLE

High in Vitamin C

NON-FLAVORED, UNSWEETENED, NATURAL YOGURTS

Provides beneficial gut
bacteria which help
support immunity





Improve

S K I N A N D H A I R



Glowing skin, shiny hair, healthy nails are all signs that your body is getting proper nutrition. You can give your skin, hair, and nails a boost with the right foods. The following ingredients have been linked to improving the health of skin, hair, and nails.

Improve

S K I N A N D H A I R



C A C A O

Increases blood flow to the skin to improve skin health and appearance

C O L L A G E N P O W D E R

Building block for skin, hair, and nails. Believed to reduce appearance of wrinkles



S W E E T P O T A T O

High in beta-carotene, which is linked to scalp and skin health

W A L N U T S

Contains multiple nutrients that promote hair and nail health



Improve

S K I N A N D H A I R



CARROTS

High in beta-carotene, which is linked to scalp and skin health

POMEGRANATE

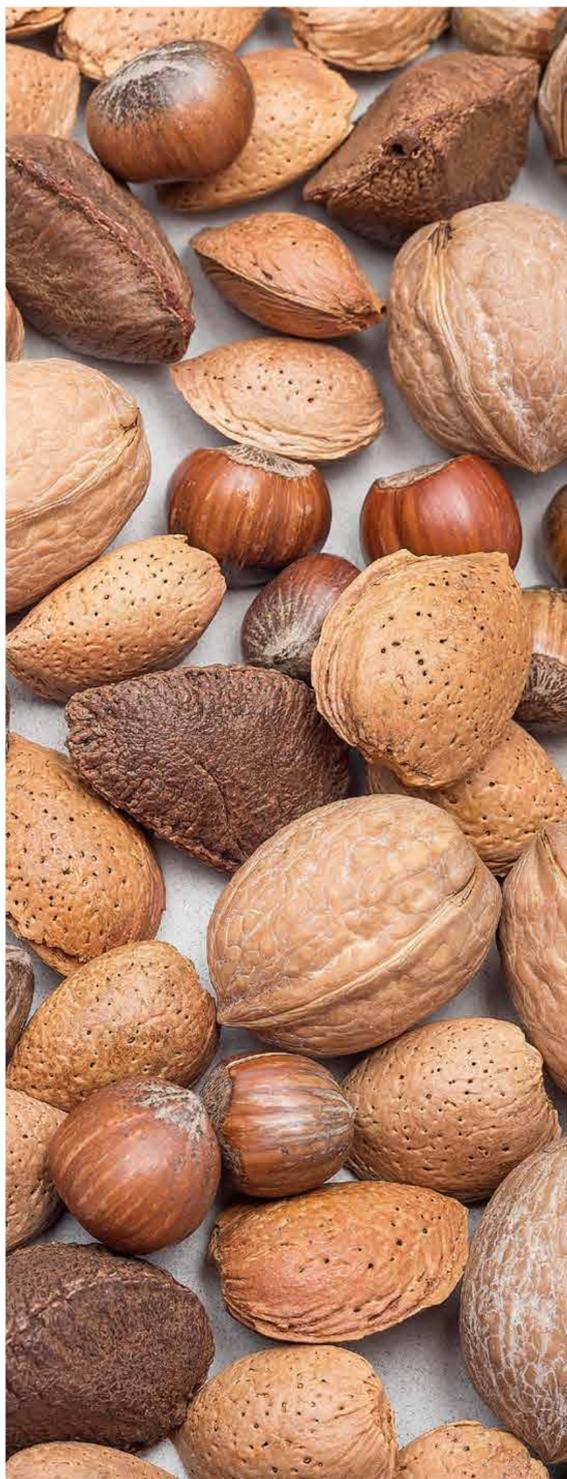
Believed to improve circulation to the scalp





Improve

F O C U S



Everyone wants to feel sharp, focused, and productive throughout the day. The following smoothie ingredients have been linked to improved cognitive function.



Improve

F O C U S



BLUEBERRIES

Shown to improve cognitive function

GREEN TEA (COLD)

Packed with caffeine and shown to improve cognitive function



CACAO

Believed to help neural function

CINNAMON

Shown to improve cognitive function



Improve

F O C U S



POMEGRANATE

Shown to improve memory function

MATCHA

Shown to increase attention, focus, and productivity



NUTS

Shown to improve cognitive function





Reduce

S T R E S S



Chronic stress has been linked to ailments and physical disorders that modern medicine is only now realizing are linked. Fatigue, body fat increases, heart disease and mental health issues have all been tied to experiencing elevated stress levels. The following ingredients have been linked to improving mood and reducing stress hormones in the body.

Reduce

S T R E S S



LAVENDER FLOWERS

Shown to improve sleep quality and reduce anxiety and depression

CAMU CAMU POWDER

Shown to lower cortisol (stress hormone) levels



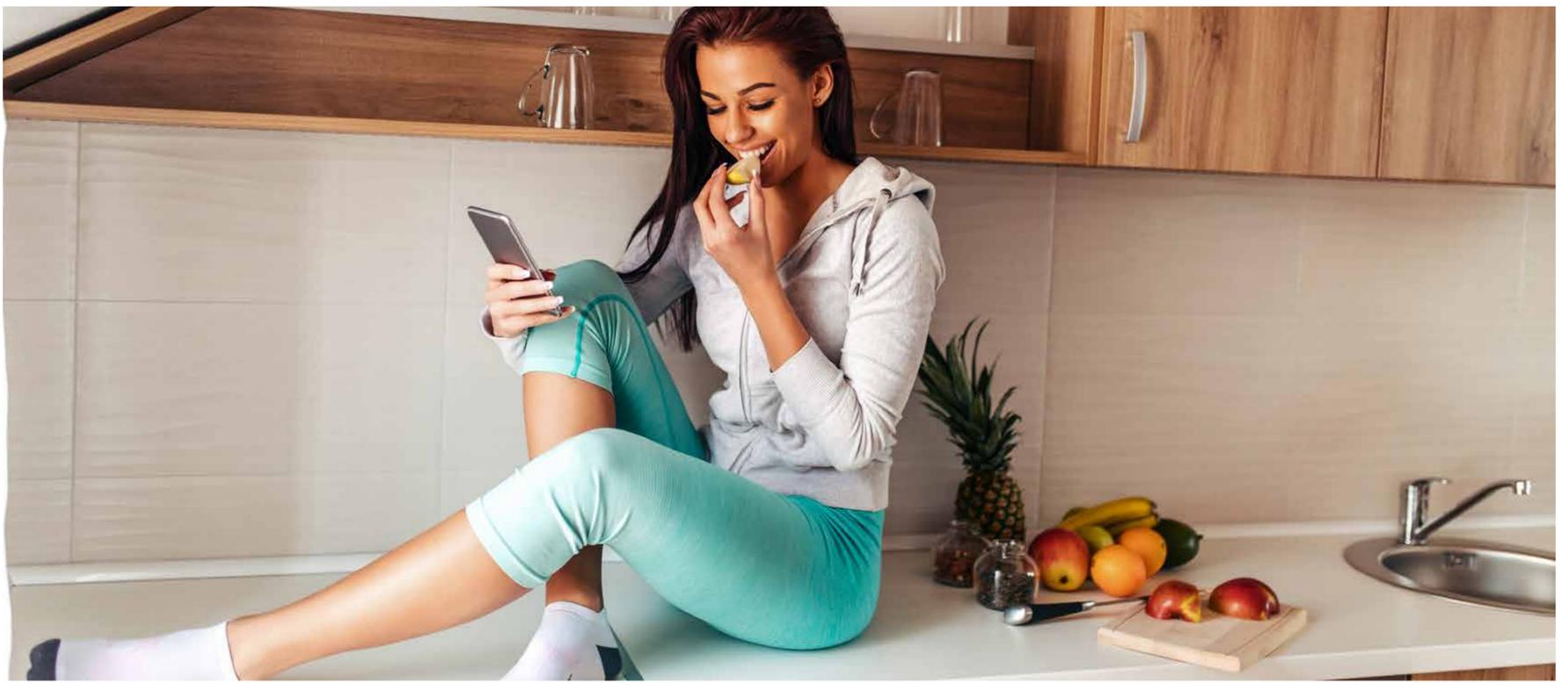
ASHWAGANDAH

Shown to lower cortisol levels

CACAO

Improves mood and lowers cortisol levels





Improve

D I G E S T I O N



Good digestion is the cornerstone of great health. Without proper digestion, your body will not absorb the nutrients it needs to function well. Nutrient deficiencies can lead to all manner of disorders ranging from the mildly annoying to the life threatening. The following smoothie ingredients have been linked to better digestion.

Improve

D I G E S T I O N



HEMP SEEDS

Rich in fiber and supports beneficial gut bacteria

TURMERIC

Shown to have anti-inflammatory properties that can aid in combatting inflammatory digestive disorders



NON-FLAVORED, UNSWEETENED, NATURAL YOGURTS

Provides beneficial gut bacteria, improving digestive system health

BEETS

Promotes gall bladder health and proper digestion



Improve

D I G E S T I O N



FLAX SEEDS

High in fiber and shown to possess detoxifying properties

GINGER

Combats indigestion, reduces excess gas and bloating, fights heartburn and acid reflux, combats inflammatory digestive disorders



PINEAPPLES

Combats bloating and constipation, one of the few natural sources of bromelain an enzyme that breaks down food

MINT

Shown to ease stomach pain



Improve

D I G E S T I O N



OATS

Aids in slowing the rate food moves through the digestive tract, improving digestion and absorption of nutrients

CACAO

Prevents constipation and may combat inflammatory digestive disorders



BANANAS

Supports beneficial gut bacteria and is believed to combat numerous digestive disorders

KIWI

High in fiber and enzymes that promote better digestion

