



## Smoothie Add-Ins

### Build

creatine | whey

Naturally found in your own muscle and extensively used among athletes, creatine helps increase available energy during exercise. More energy allows for a greater workload, which leads to muscle gain and increased strength.

Whey protein is fast-digesting and contains a high-quality amino acid profile. These amino acids act as building blocks for protein muscle synthesis.

### Immune

organic echinacea | organic acerola berry

Echinacea is a flowering, herbaceous plant traditionally used for decreasing the duration of a cold or infection. It is thought to stimulate the immune system.

Acerola berry is a fruit that flourishes in tropical regions. It is extraordinarily high in vitamin C and is better absorbed in the human body than synthetic vitamin C. It contains additional vitamins and antioxidants. Those who are allergic to latex should avoid this herb.

### Fiber

organic flax

A high-fiber diet has been shown to exhibit positive effects on cholesterol, blood pressure, and intestinal health. It can also help with weight loss by decreasing appetite.

Flaxseed is a plant rich in soluble and insoluble fiber, lignans, antioxidants, and omega-3 fatty acids.

### Women

organic dong quai | organic black cohosh

Dong quai is traditionally used to balance female hormones. Primarily used for menstrual irregularities, menopause, and PMS, the herb is also considered a heart and liver strengthener.

Black cohosh is widely used to treat symptoms of menopause as well as to regulate menstruation and ease PMS symptoms.

### Trim

green tea extract | garcinia extract

Green tea extract is derived from green tea leaves and contains antioxidants and anti-inflammatory components. It is thought to have a thermogenic effect on the body, increasing calorie expenditure throughout the day.

Extracted from its fruit rind, Garcinia Cambogia extract has been shown to suppress appetite and block fat production.

### Recovery

whey protein | organic eleuthero root

Whey protein delivers amino acids and other components that can speed recovery time after exercise and boost the immune system. It also increases glutathione levels in the body; glutathione is a powerful antioxidant.

Eleuthero, often called Siberian Ginseng, is considered an adaptogen, a substance that helps the body adapt to stress. It has been shown to increase endurance, decrease fatigue, improve memory, reduce inflammation, and speed recovery.

### Super Greens

organic wheatgrass | organic barley grass | organic alfalfa grass

Sometimes it's difficult to obtain the recommended amount of vegetables every day. Super greens can help with that! They are nutrient-dense and contain vitamins, minerals, enzymes, and phytonutrients that are essential to health.

Proponents claim that they boost energy and the immune system and decrease inflammation. Super greens may be used for detoxification, skin concerns, digestion, and mental focus.

### Energy

organic guarana | organic ginseng

Guarana is an effective stimulant. It is rich in caffeine and is shown to boost alertness, mood, and mental acuity.

Ginseng is a perennial plant used to boost cognitive ability, increase stamina, prevent fatigue, and boost the immune system. It also shows anti-inflammatory and antioxidant activity.