



INFUSED NUTRIENT WATER RECIPES



Triple Boosted Creamsicle Collagen Water

(8 oz.) Warm or cold water + (1 or more servings) of LynFit Metabolic Collagen Liquid + (1 or more servings) of LynFit Collagen Creamer + orange slices for garnish, if desired. Stir and enjoy!



Strawberry Orange Rehydration Water

(8 oz.) Warm or cold water, one (1) or more servings of LynFit Metabolic Collagen Liquid, and one (1 scoop) of LynFit Essential Amino Acid Powder. Stir until dissolved, and add ice and fruit for garnish, if desired.



Zero-Calorie Strawberry Vanilla Water w/Essential Aminos

(8 oz.) Warm Water + (1 or more) scoops LynFit Strawberry Burst-Flavored Essential Aminos + (1 oz.) Vanilla Clean Collagen Creamer + Strawberry Slices for garnish.



Spicy Citrus Energy & Health Water

(8 oz.) Warm Water + (1 serving) of LynFit Power Shot Liquid or Powder + sliced ginger + lemon slices for garnish. If you prefer exotic, spicier water, grate the ginger and add more. Stir and enjoy!



Winter Berry Aid Water for Natural Pain Relief & Muscle Preservation

(8 oz.) Warm water + (1 or more servings) of LynFit Recovery Agent Liquid. Berries or lemon for garnish, if desired.



Lean & Sleepy Girl Water

(8 oz.) Warm or cold water + (1 or more servings) of LynFit Lean Sleep Liquid. Berries for garnish, if desired.