

# THE *herban* ALCHEMIST

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## ANTI-AGING SMOOTHIE BUNDLE

### (Lemon and Strawberry)

The **Anti-Aging Remedy Smoothie** is a “Super Food” Smoothie that revitalizes the body and reduces free radicals, which cause aging. The smoothie is best as a meal replacement for breakfast. It should accompany the **Health Food Rocks!** guidelines for best results.

We recommend that you consult your physician before using the supplements to be sure they are appropriate for you.

### Ingredients: (included in bundle)

- EnerG- PRO 1 scoop
- Gut REVIVE 1 TB
- Rainbow GREENS 1 TB
- PROBIOTIC Plus 1/2 packet
- Flax Oil 1 TB
- COLLAGEN Complete 1 TB
- Superfood + Adaptogen 1 tsp
- Cacao + Reishi Longevity Blend 1 tsp

### Optional Super Food Boosters: (add 1-2 for additional goodness)

- Maca Powder 1 tsp
- Chia Seeds 1 tsp
- MCT Colada Oil 1 TB
- Pomegranate Powder 1 tsp
- Maqui Powder 1 tsp

### Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic berries or fruit
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Optional: Add more fruit but beware of additional calories

### Guidelines:

- All ingredients should be refrigerated.
- The smoothie is best as a meal replacement for breakfast.
- It has nearly 20 grams of protein.
- Take 30 minutes or more to drink this. It is a meal.
- This smoothie is intended for use with the **Health Food Rocks!** guidelines

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