

THE *herban* ALCHEMIST

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BRAIN + NEURO HEALTH SMOOTHIE

(Lemon and Strawberry)

The **Brain and Neuro Health** Smoothie is a “Super Food” Smoothie designed to enhance cognition and promote the function of a healthy nervous system. It is a meal replacement for breakfast and should accompany the ***Rx Remedy Detox Food Guide***.

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

Ingredients:

- **EnerG-PRO** 1 scoop
- **Gut REVIVE** 1 TB
- **Rainbow GREENS** 1 TB
- **PROBIOTIC Plus** 1/2 tsp
- **Cod Liver Oil** 1 TB
- **MCT Oil** 1 TB

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

- MCT Powder 1 scoop
- Keto Drive Powder 1 scoop
- Cacao+ Reishi Powder 1 tsp
- Spices: Turmeric, Cilantro, Parsley ½ tsp

Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/4- 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
- Spices for extra neuro support: Cilantro, Parsley, Turmeric, Mint

Guidelines:

- All smoothie ingredients should be refrigerated.
- The smoothie is best as a meal replacement for breakfast.
- It has nearly 20 grams of protein.
- Take at least 30 minutes to drink it. It is a meal.
- **The Brain and Neuro Health Elixir** is ideal when accompanied by the ***Rx Remedy Detox Food Guide*** or ***The Health Food Rocks!*** Guidelines