

THE *herban* ALCHEMIST

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CHEMO SUPPORT SMOOTHIE

(Chocolate Whey and Vanilla Whey)

The Chemo Support Smoothie is a “Super Food” Smoothie that enhances the immune system and helps to protect the Gut and Immune Lining during Chemotherapy. It ensures that you receive all the nutrients you need to stay healthy and strong. It is best as a meal replacement for breakfast. *The Chemo Support Smoothie* should accompany *The Health Food Rocks!* guidelines.

We recommend that you consult your doctor before using the supplements to see if they are recommended for you.

Ingredients: (included in bundle)

- **GlucO BALANCE** 1 scoop
- **Rainbow GREENS** 1 TB
- **Gut REVIVE** 1 TB
- **FIBER Complete** 1 scoop
- **PROBIOTIC Plus** ½ packet
- **IgG IMMUNE** 1 scoop
- **Arctic COD Liver Oil** 1 TB

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

- Turmeric Powder 1 tsp
- Superfood + Antioxidant Powder 1 tsp
- Cacao+Reishi Longevity Blend 1 TB
- Spices: Turmeric, Ginger ½ tsp

Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic berries, oranges or carrot juice
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Citrus Fruits, Carrot Juice, Turmeric and Ginger are great additions for extra immune support.

Guidelines:

- All 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 Healthy Immunity Elixir** is best when accompanied by the *Health Food Rocks!* guidelines.