

THE *herban* ALCHEMIST

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FERTILITY ENHANCEMENT ELIXIR SMOOTHIE

(Vanilla and Chocolate)

The **Fertility Enhancement Elixir** Smoothie is a “Super Food” Smoothie that enhances Fertility and prepares the body for pregnancy. It is designed for both men and women. The smoothie is considered a meal replacement for breakfast and should accompany the ***Rx Remedy Health Food Rocks!*** guidelines or the ***Fertility Enhancement Diet Guidelines***.

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

Ingredients: (included in bundle)

- **Phyto-CLEANSE** 1 scoop
- **Gut REVIVE** 1 TB
- **Rainbow GREENS** 1 scoop
- **PROBIOTIC** Plus 1/2 packet
- **FIBER** Complete 1 TB
- **FLAX** Oil 1 TB
- **MACA Powder** ½ tsp

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

- Superfood + Antioxidants 1 tsp
- Pomegranate Powder 1 tsp
- Goji Berry Powder 1 tsp
- Hemp Seeds 1 tsp
- Chia Seeds 1 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
- Fruits with Seeds are great for fertility

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 30 or more minutes to drink this. It is a meal.
- This smoothie is intended for use with the ***Rx Remedy Health Food Rocks!*** guidelines or the ***Fertility Enhancement Diet Guidelines***