

THE *herban* ALCHEMIST

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HEALTHY IMMUNE SMOOTHIE (Dairy Free)

(Chocolate DF and Vanilla DF)

The Healthy Immunity Elixir is a “Super Food” Smoothie that enhances the immune system and helps to prevent infection and allergies. It is best as a meal replacement for breakfast. *The Healthy Immunity* Elixir 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 DF** 1 scoop
- **Rainbow GREENS** 1 TB
- **Gut REVIVE** 1 TB
- **PROBIOTIC Plus** ½ packet
- **IgG IMMUNE DF** 1 scoop
- **Arctic COD Liver Oil** 1 TB

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

- Daily Super + Immunity 1 packet
- Elderberry Powder 1 tsp
- Cacao+Reishi 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.