

# THE *herban* ALCHEMIST

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## RX REMEDY DETOX SMOOTHIE

(Chocolate or Vanilla)

*The Rx Remedy Detox Elixir* is a "Super Food smoothie" for the **Rx Remedy Detox program**. The **Detox Elixir** supports the Liver and Gastro-Intestinal system with the elimination of toxins and enhances the absorption of nutrients. It is a meal replacement for breakfast and should accompany the **Rx Remedy Detox Food Guidelines** for the other meals of the day.

We recommend that you consult your physician before doing a detox to see if it is right for you.

**Ingredients:** (included in bundle)

- **Phyto-CLEANSE** 1 scoop
- **Gut REVIVE** 1 scoop
- **Rainbow GREENS** 1 scoop
- **PROBIOTIC Plus** ½ packet
- **FIBER Complete** 1 scoop
- **FLAX Oil** 1 TB

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

- Superfood +Greens Boost 1 packet
- Wheatgrass Powder ½ tsp
- Matcha Powder ½ tsp
- Spices: Cilantro, Parsley, Mint 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 vegie juice
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Add lemon or lime for extra cleansing benefits, or spices such as Cilantro, Parsley, and 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 30 minutes or more to drink this. It is a meal.
- This smoothie is intended for use with the **Rx Star Remedy Detox Food Recommendations** or **The Health Food Rocks!** guidelines.