

VITA - SOL

INTEGRATIVE SKIN CARE



SMOOTHIES

HOW TO USE



Mix two level teaspoons with water, juice, smoothies or natural plain yoghurt. Always use a dry spoon. Infinity Anti-Ox + Vit C pairs perfectly with our Purity wholefood powder or Collagen Boost for total skin support.



Mix two level teaspoons into water, juice or smoothies. Always use a clean, dry spoon. Purity Greens can be mixed with any of our other VITA-SOL Powders.



Mix two level teaspoons into water, milk or smoothies or add it to your oats or plain natural yoghurt for an added boost. Always use a dry spoon.



Mix two teaspoons with hot or cold liquid including juice, smoothies, tea or coffee. VITA-SOL Collagen Boost can be mixed with any of our other wholefood powders. For best results we recommend taking 2 heaped teaspoons for the first three months then 2 flat teaspoons thereafter. Enjoy daily.



Blend 1 scoop (31g) to 300ml of water or smoothies.

RECIPES

SECTION

01

Made with:



+



SECTION

02

Made with:



+



SECTION

03

Made with:



+



SECTION

04

Made with:



+



01



VITA SOL
THE SKIN CARE

**INFINITY
ANTI-OX + VITC**

ANTIOXIDANT SUPPORT
FOR RADIANT SKIN

MULTI-ACTIVE CONCENTRATE
WHOLEFOOD + GENTLE EXTRACTOR
TESTED FOR TOXIC HEAVY METAL SAFETY

30 SERVES / 210G POWDER

INFINITE POWER SMOOTHIE

INGREDIENTS

- 2 level teaspoons (7g) of VITA-SOL INFINITY ANTI-OX + VIT C
- 1 scoop (31g) of VITA-SOL ORGANIC PLANT PROTEIN
- ½ frozen banana
- 1 mandarin
- ¼ cup organic blueberries (fresh or frozen)
- Filtered water to desired consistency
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.





VITA
SOL
NATURAL
SOLUTIONS

**PURITY
GREENS**

HEALTHY LIVER,
GUT AND SKIN SUPPORT

MULTI-ACTIVE CONCENTRATE
• WHOLEFOOD • HERBAL EXTRACTS
TESTED FOR TOXIC HEAVY METAL SAFETY

30 SERVES / 310G POWDER

INGREDIENTS

- 2 level teaspoons (7g) of VITA-SOL PURITY GREENS
- 1 scoop (31g) of VITA-SOL ORGANIC PLANT PROTEIN
- ½ bunch mint leaves
- 1 tbs cacao nibs
- ½ cup coconut water
- Filtered water to desired consistency
- ¼ avocado

Blend all ingredients together in a blender until smooth.





VITA
SOL
GOOD AS YOU FEEL

**FLEXIBILITY
MINERALS**

NUTRITIONAL SUPPORT FOR
HAIR, SKIN AND NAILS

MULTI-ACTIVE CONCENTRATE
WHOLEFOOD + GENTLE EXTRACTION
TESTED FOR TOXIC HEAVY METAL SAFETY

30 SERVES / 210G POWDER

FLEXI MANGONANA

INGREDIENTS

- 2 level teaspoons (7g) of VITA-SOL FLEXIBILITY MINERALS
- 1 scoop (31g) of VITA-SOL ORGANIC PLANT PROTEIN
- ½ ripe mango, chopped
- ½ frozen banana
- Milk or plant based milk to desired consistency
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.





VITA SOL
COLLAGEN BOOST
PURE MARINE COLLAGEN
SUPPORTING SKIN HYDRATION
AND ELASTICITY
RESEARCHED, FORMULATED & BIO AVAILABLE
HYDROLYZED COLLAGEN EXTRACT
TESTED FOR HEAVY METAL SAFETY
UNFLAVOURED
25 SERVINGS • 250g POWDER

COLLAGEN BOOSTED

INGREDIENTS

- 2 level teaspoons (7g) of VITA-SOL COLLAGEN BOOST
- 1 scoop (31g) of VITA-SOL ORGANIC PLANT PROTEIN
- ½ frozen banana
- ½ cup of frozen blueberries
- Unsweetened almond milk or filtered water to desired consistency
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.





VITA
SOL

**ORGANIC
PLANT
PROTEIN**



WITH DIGESTIVE ENZYMES

VANILLA

COMPLETE PLANT PROTEIN
24.5G OF PROTEIN PER SERVE
TESTED FOR TOXIC HEAVY METAL SAFETY

465G POWDER