

Super Optimized Smoothie Recipes

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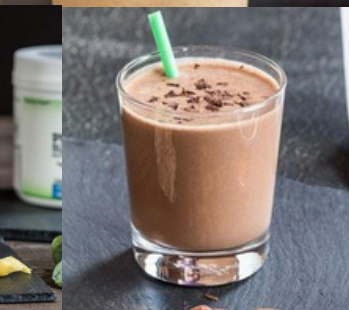
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MY STORY



Scott Kanyok is an avid outdoorsman, entrepreneur and creator of UB Super.

My life changed on January 29, 2008, while on a long-distance bike ride, I was struck by a box truck. Thrown from my bike, I suffered a fractured skull, a subdural hematoma with several bleeds and multiple compound fractures that required titanium plates and screws. My family was informed that I may not survive. Incredibly, I underwent several successful surgeries, but my fight to recover had just begun. Despite engaging in up to 15 hours per week of rigorous physical therapy, following a proper diet, and adding supplements, my immune system was severely compromised. I continued to get sick 6-7 times per year, for a month at a time. My 4 year quest to figure out pre- and post-workout recovery, energy metabolism and—most importantly—immune system support had just begun.

I was eager to promote my own healing with nutrition. I experimented with different sources of proteins, phytonutrient and antioxidant-rich superfoods, and fulvic minerals/fulvic acid. In spite of my efforts, my compromised immune system still failed. After approximately 4 years and an expedition into the jungle in the Amazon, I was introduced to Dr. Jason Mitchell—then Chief Science Officer at Country Life Vitamins. Dr. Mitchell helped by introducing a few missing links to my formula to effectively synergize the proteins, superfoods, organic vitamins, fulvic acid minerals and pre- and probiotics with a digestive enzyme blend.

That formula became UB Super—a protein superfood nutritional shake made from the highest quality real ingredients found in nature.

By incorporating UB Super into my daily routine, I have not been sick since and have optimized my healthy, active lifestyle. Today I'm super excited to share UB Super with you.

UB SUPER VALUES

Real.

UB Super contains only non-GMO, gluten-free, whole foods, making it the most nutritious protein superfood shake. Our founder and customers thrive because UB Super delivers complete nutrition.

Good.

UB Super enhances the health of our customers holistically and conveniently, fueling their determination to do real good. Our customers love that UB Super aligns with active and conscientious lifestyles.

Effective.

UB Super properly combines essential nutrients for optimal absorption. Choosing UB Super is a positive decision to enjoy diverse nutrients for living well.

Sustainable.

UB Super makes a difference in the world through fair-trade suppliers, sustainable harvesting and environmentally-friendly packaging. UB Super shares our customers' vision for a healthy tomorrow.

ABOUT OUR PRODUCTS

UB Super empowers you to enhance your active lifestyle by providing the most nutritious protein superfood shake available. Made from the highest quality ingredients available in nature, following the highest sustainability standards, UB Super is the most convenient nutritional choice in your day. Enjoy the benefits of UB Super—including protein, superfoods, organic vitamins, fulvic acid minerals, probiotics, and digestive enzymes—and do real good for your body, your family, and your world.



The Good Loop Promise is our commitment to a continuous cycle of accomplishing real good in partnership with you. We promise to deliver convenient, holistic nutrition — sourcing only real ingredients which are truly effective together—to fuel and sustain your active lifestyle. We promise to deliver quality nutrition to you in a sustainable way that supports our suppliers and protects the environment. We promise to deliver good products to you, so you can do good things in your life, your community, and your world.



RECIPES



BERRY POMEGRANATE IMMUNE BOOSTER SMOOTHIE

Around this time of year our immune systems can use some extra support. This smoothie uses in-season fruits to jumpstart your day.

Prep Time - 5 Minutes

Servings - 1

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 cup Plain Yogurt
- 1 cup Pomegranate Juice
- 1 cup Kale, chopped
- 1 cup Mixed Berries, frozen
- 1 tablespoon Flaxseed, ground

INSTRUCTIONS

In a blender, blend any UB Super Shake of your choice with all ingredients until smooth.



EGG NOG PROTEIN SHAKE

Did you know that December is National Egg Nog month? Packed with saturated fats, creamy, sultry egg nog is a guilty pleasure. This year, enjoy a protein-packed egg nog shake with more nutrients and fewer calories.

Prep Time - 5 Minutes

Servings - 1

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1/2 cup Milk or Favorite Unsweetened Non-dairy Milk
- 1 Banana
- 1 teaspoon Pure Vanilla Extract
- 1/2 teaspoon Pumpkin Pie Spice

INSTRUCTIONS

In a blender, blend any UB Super Shake of your choice with all ingredients until smooth.



SUGAR COOKIE PROTEIN SHAKE

We used Wild Friends Seasonal Sugar Cookie Peanut Butter to create this healthy holiday cookie alternative.

Prep Time - 5 Minutes

Servings - 1

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 cup Favorite Unsweetened Non-dairy Milk
- 2 tablespoons Wild Friends Sugar Cookie Peanut Butter
- 1/2 teaspoon Pure Vanilla Extract
- 3-5 Ice Cubes
- Pinch of Sea Salt

INSTRUCTIONS

In a blender, blend any UB Super Shake of your choice with all ingredients until smooth. Enjoy!



GINGERBREAD SMOOTHIE

Love the taste of gingerbread cookies but need a quick fix? This smoothie is perfect. It is healthy, but still spiced to remind you of your childhood.

Prep Time - 5 Minutes

Servings - 1

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 cup Favorite Unsweetened Non-dairy Milk
- 1 Banana (frozen)
- 1/4 teaspoon Ground Nutmeg
- 1/2 teaspoon Ground Cinnamon
- 1/2 teaspoon Ground Ginger
- 1/8 teaspoon Ground Cloves
- 1/2 teaspoon Pure Vanilla Extract
- 1 tablespoon Molasses
- 3-5 Ice Cubes

INSTRUCTIONS

In a blender, blend any UB Super Shake of your choice with all ingredients until smooth. Enjoy!



CHOCOLATE CRANBERRY SMOOTHIE

A dessert-like smoothie, chocolate and cranberry are used to make a festive alternative during the holiday season. Not only is this smoothie delicious, it has a high nutritional value.

Prep Time - 5 Minutes

Servings - 1

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 cup Unsweetened Almond Milk
- 2 tablespoons Cacao Powder, unsweetened
- 2 cups Raw Spinach
- 1/4 cup Fresh Cranberries
- 3-5 Ice Cubes

INSTRUCTIONS

In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.



PERSIMMON & TURMERIC PORRIDGE

Its persimmon season! Persimmon means ‘food of the gods’ in Latin, and they are a powerhouse in offering 55% of the daily value of vitamin A among other nutrients including vitamin C, manganese, fiber, and B-complex vitamins. Upgrade your oatmeal with this Vegan Persimmon & Turmeric Porridge.

Prep Time - 5 Minutes **Passive Time** - 30 minutes

Servings - 2 Bowls

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 cup Unsweetened Non-dairy Milk
- 1 cup Bob’s Red Mill Rolled Oats
- 4 tablespoons Ground Flax Seed
- 2 Persimmons, medium, top leaves removed
- 1 teaspoon Ground Turmeric
- 1/2 teaspoon Ground Cinnamon
- 1-inch Ginger Root, fresh
- Pinch of Sea Salt
- Honey to drizzle

INSTRUCTIONS

1. In a blender, blend any UB Super Shake of your choice, non- dairy milk, persimmon, ginger root, cinnamon, turmeric, and sea salt.
2. In 2 small bowls, pour ½ cup oats and 2 tablespoons flax seed in each bowl. Pour equal amounts of the blended mixture into the bowls and stir until combined.
3. Let sit for at least 30 minutes or overnight in the refrigerator.
4. Drizzle with honey (optional) and enjoy!



BRING US SOME FIGGY CHIA SEED PUDDING

This pudding is sure to put a smile on your face. It is fast, fun, and festive! There might be even some left to share with your family.

Prep Time - 5 minutes **Passive Time** - 20 minutes

Servings - 1 bowl

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1/4 cup Salba Chia Whole Seeds
- 1 cup Favorite Unsweetened Non-dairy Milk
- 1 teaspoon Pure Vanilla Extract
- 1/2 teaspoon Ground Cinnamon
- 1/2 cup Vegan Yogurt
- 1 Medjool Date, pitted
- 1 Fig, stem removed
- 6 Blackberries, frozen
- 1/4 cup Pomegranate arils

INSTRUCTIONS

1. Stir chia seeds into 1 cup non-dairy milk and vanilla extract and set bowl aside for at least 20 minutes until the chia seeds have soaked up the non-dairy milk and become thick.
2. In a blender, any UB Super Shake of your choice with all other ingredients until smooth and combine with chia seed mixture.



CHOCOLATE PEPPERMINT SHAKE

Don't feel left out from enjoying delicious treats this time of year. Instead, make this healthy Vegan Chocolate Peppermint Shake and get into the holiday spirit.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 cup Favorite Unsweetened Non-dairy Milk
- 1 Banana (frozen)
- 1/2 teaspoon Pure Peppermint Extract
- 2 tablespoons Cacao Powder, unsweetened

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.
2. Top with dairy-free chocolate chips, vegan marshmallows and a sprig of mint and enjoy!



ACEROLA CHERRY POMEGRANATE CITRUS PROTEIN SUPERFOOD SHAKE

Although the high Vitamin C content of acerola juice in this Vegan Acerola Cherry Pomegranate Citrus Protein Superfood Shake may steal the attention away from oranges, here the two team up with pomegranates to pack a heavy antioxidant punch. If you're feeling adventurous, add a pinch of cinnamon on top!

Prep Time 5 Minutes

Servings 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 cup Cherries, frozen
- 2 tablespoons Fresh Lemon Juice
- 1/4 cup Acerola juice
- 1/4 cup Fresh Orange Juice
- 1/4 cup Pomegranate
- 1 Pinch of Sea Salt
- 3-5 Ice Cubes

INSTRUCTIONS

1. In a blender, use any UB Super Shake of your choice with all ingredients and blend until smooth.
2. Enjoy!



CHOCOLATE PEANUT BUTTER SMOOTHIE BOWL

A new take on the smoothie, this rich Vegan Chocolate Peanut Butter Smoothie is brunch-able. The possibilities are endless when you get creative with your favorite toppings!

Prep Time - 5 Minutes

Servings - 2 People

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 cup Favorite Unsweetened Non-dairy Milk
- 2 Bananas (frozen)
- 3 tablespoons All-natural Peanut Butter
- 1 tablespoon Cacao Powder, unsweetened

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until it reaches a smooth, thick consistency.
2. Place in 2 bowls and top with your favorite toppings: goji berries, cacao nibs, chopped hazelnuts, granola, pumpkin seeds, coconut flakes.



CHOCOLATE PEAR SMOOTHIE

Pear and chocolate pair up well in this delectable Vegan Chocolate Pear Smoothie. Perfect for crisp fall days.

Prep Time - 5 Minutes

Servings - 1 Smoothie

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 medium Pear, roughly chopped
- 1 tablespoon Cacao Powder, unsweetened
- 2 tablespoons All-Natural Almond Butter
- 1 Medjool Date, pitted
- 1 cup Favorite Unsweetened Non-dairy Milk
- 3-5 Ice Cubes

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.
2. Enjoy!



LEMON GREEN SMOOTHIE

Have you read our Top Ten Reasons to Love Lemons? Citrus fruits are incredibly rich in nutrients and offer surprising health benefits. Why not incorporate a little more lemon love into your daily routine with this powerful green smoothie?

Prep Time - 5 Minutes

Servings - 1 Smoothie

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 cup Favorite Unsweetened Non-dairy Milk
- 2 cups Spinach
- Juice of 1/2 Lemon
- 3-5 Ice Cubes

INSTRUCTIONS

1. In a blender, blend any UB Super Shake of your choice with all ingredients until smooth.
2. Enjoy!



CINNAMON CHOCOLATE CHIA BREAKFAST BOWL

A gluten and dairy-free breakfast that you can easily prepare the night before. Wake up tomorrow to this fiber, protein and nutrient packed chia bowl! Pro tip: prepare this recipe in a Mason jar or a container with a tight-fitting lid, so you can grab it and go.

Servings - 1 Breakfast Bowl

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 cup Favorite Unsweetened Non-dairy Milk
- 1/4 cup Salba Chia Whole Seeds
- 1 tablespoon Maple Syrup
- 1 teaspoon Cinnamon
- 1/2 teaspoon Pure Vanilla Extract

INSTRUCTIONS

1. Combine UB Super Chocolate Superfood Nutritional Shake with all ingredients. 2. Shake or stir and refrigerate for at least 6 hours or overnight.
3. Layer with your favorite toppings and enjoy!



GERMAN CHOCOLATE CAKE SHAKE

The taste of cake with none of the work! This German Chocolate Cake Shake will quickly win your heart!

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 cup Milk or Favorite Unsweetened Non-dairy Milk
- 1 tablespoon Cacao Powder, unsweetened
- 1 tablespoon Agave
- 1/4 cup Cottage Cheese
- 1/2 teaspoon Pure Vanilla Extract
- 1 tablespoon Coconut Flakes
- 1 tablespoon Coconut Oil
- 1-ounce Dark Chocolate
- 3-5 Ice Cubes

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.
2. Enjoy!



CHOCOLATE HAZELNUT SMOOTHIE

This is a go-to for breakfast or dessert! This Vegan Chocolate Hazelnut Smoothie can replace your craving for Nutella.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 2 Teaspoons Cacao Powder, unsweetened
- 1/4 Cup Hazelnuts, roasted
- 1 Tablespoon Agave
- 1 Banana (frozen)
- 1/2 Cup Favorite Unsweetened Non-dairy Milk
- 1 Pinch of Sea Salt

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.
2. Enjoy!



CARAMEL APPLE PROTEIN SMOOTHIE

Take yourself back to your childhood with this mouthwatering Caramel Apple Protein Smoothie. You'll be tempted to pass this out on Halloween.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 3/4 Cup Milk or Favorite Unsweetened Non-dairy Milk
- 1/4 Cup Apple Juice, unsweetened
- 1 Apple, cored and sliced
- 1 Tablespoon Caramel Syrup

INSTRUCTIONS

1. In a blender, blend any UB Super Shake of your choice with all ingredients until smooth.
2. Enjoy!



OVERNIGHT CHOCOLATE OATMEAL SMOOTHIE

Give yourself a quick, easy and nutritionally complete start to the day with this satisfying shake. With some simple preparation the night before, your protein and fiber rich breakfast is ready to go in seconds.

Prep Time - 5 Minutes

Passive Time - 3-12 Hours

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1/2 Cup Organic Oats, gluten-free
- 1 Tablespoon All-Natural Almond Butter
- 2 Tablespoons Cacao Powder, unsweetened
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 1 Tablespoon Maple Syrup
- 1/2 Teaspoon Pure Vanilla Extract
- 5 Ice Cubes

INSTRUCTIONS

1. Stir UB Super Chocolate Superfood Nutritional Shake with all ingredients in the bowl of your blender.
2. Cover and place in fridge for at least 3 hours, preferably overnight.
3. The next morning, blend until a smooth and creamy consistency is reached, adding more non-dairy milk if shake is too thick.
4. Transfer back to a bowl or glass, add desired toppings, and enjoy!



PUMPKIN PIE CHIA-SEED PUDDING

The taste of pumpkin pie filling with none of the guilt. Enjoy the feelings of fall with this delicious Vegan Pumpkin Pie Chia Seed Pudding.

Servings - 1

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 1/2 Cup Pumpkin Puree
- 2 Tablespoons Pure Maple Syrup
- 1 Teaspoon Pure Vanilla Extract
- 1/3 Cup Chia Seeds - We use Salba Chia
- 1 Teaspoon Ground Cinnamon
- 1/4 Teaspoon Ground Nutmeg
- 1/8 Teaspoon Ground Ginger
- 1 Pinch of Sea Salt

INSTRUCTIONS

1. In a medium bowl, whisk to combine any UB Super Shake of your choice, non-dairy milk, pumpkin puree, maple syrup, vanilla extract, and chia seeds. Add the cinnamon, nutmeg, ginger, and salt to the bowl and stir to combine.
2. Refrigerate until thick and pudding-like, about 2 to 3 hours.
3. Top with coconut milk whipped cream and enjoy!



CINNAMON ROLL SMOOTHIE

Start your morning with this comforting favorite. Even kids will enjoy this flavor combination.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 1/2 Cup Non-dairy Coconut Milk Yogurt
- 1/2 Cup Old Fashioned Organic Oats
- 1 Tablespoon Agave
- 1/4 Teaspoon Ground Cinnamon
- 1 Banana (frozen)
- 3-4 Ice Cubes

INSTRUCTIONS

In a blender, blend any UB Super Shake of your choice with all ingredients until smooth.



SALTED CARAMEL MOCHA SMOOTHIE

A frappe that's healthy? Sign us up! This Salted Caramel Mocha Smoothie is a perfect addition to your morning routine.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1/2 Cup Milk or Favorite Unsweetened Non-dairy Milk
- 1/2 Cup Cold-brew Coffee
- 1 Banana (frozen)
- 3 Medjool Dates, pitted
- 1 Pinch of Sea Salt
- 3-5 Ice Cubes

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.
2. Enjoy!



PUMPKIN CHEESECAKE SMOOTHIE

Are you tired of pumpkin? We didn't think so. Cool, creamy and full of fall flavors, this Pumpkin Cheesecake Smoothie is sure to satisfy your pumpkin craving.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup 2% Milk or favorite unsweetened non-dairy milk
- 1/2 Cup Pumpkin Puree, chilled
- 1/4 Cup Organic Oats, gluten-free
- 1 Ounce Cream Cheese
- 1/4 Teaspoon Ground Cinnamon
- 1 Pinch Ground Nutmeg
- 1 Pinch Ground Ginger

INSTRUCTIONS

1. In a blender, blend any UB Super Shake of your choice with all ingredients until smooth.
2. Enjoy!



PUMPKIN PIE ENERGY BITES

These energy bites will join you on your next hike through the crisp fall leaves. Simple to make and easy to take with you, these snacks are sure to please!

Prep Time - 15 Minutes

Servings - Bites

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Organic Oats
- 1/4 Cup Walnuts, chopped
- 1/2 Cup Unsweetened Nut Butter
- 1/4 Cup Coconut Butter
- 1/2 Cup Pure Maple Syrup
- 1/4 Cup Pumpkin Puree
- 1 Teaspoon Pure Vanilla Extract
- 1/2 Teaspoon Ground Cinnamon
- 1 Teaspoon Pumpkin Pie Spice
- 1 Pinch of Sea Salt

INSTRUCTIONS

1. Start by adding the peanut butter and coconut butter to a saucepan on low heat, and stir until melted. Set aside.
2. Add any UB Super Shake of your choice, rolled oats and chopped walnuts to the base of a food processor, and process until finely ground.
3. Add in the peanut butter mixture and the remaining ingredients, and pulse until super smooth.
4. Roll the dough into balls and place in a glass freezer-safe container.
5. Freeze for 15 minutes before serving, and refrigerate or freeze any leftovers.



ANGEL FOOD CAKE SMOOTHIE

Your conscience won't guilt you for this sinfully delicious smoothie. The fresh strawberries add the perfect sweetness to your day!

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Banana
- 1 Cup Strawberries
- 2 Tablespoons Coconut Sugar
- 3-5 Ice Cubes

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.
2. Top with an optional dollop of coconut milk whipped cream and chopped strawberries.



CHOCOLATE FIG SMOOTHIE

Figs reach peak ripeness during autumn. A beautiful and tasty fruit that sometimes gets overlooked, figs are perfect for blending into a smoothie. Fig seeds add just the right crunchy texture and provide a boost of fiber! Read our blog 'Why You Should Care a Fig' then try this Vegan Chocolate Fig Smoothie.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 3 Figs, stems removed
- 1 Teaspoon Cocoa Powder (unsweetened, natural)
- 3-5 Ice Cubes

INSTRUCTIONS

In a blender, blend UB Super Chocolate Superfood Nutritional Shake with all ingredients until smooth.



KEY LIME PROTEIN SUPERFOOD SHAKE

A fun, refreshing summer shake! With UB Super, your delicious key-lime shake will fill you up with all the right nutrients to fuel your body!

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 1 Banana (frozen)
- 4 Tablespoons Lime Juice
- 1/2 Teaspoon Maple Syrup (or Agave Syrup)
- 1/4 Cup Heavy Coconut Cream Optional
- 5 Ice Cubes
- Zest of 1 Lime Optional, for garnish

INSTRUCTIONS

1. In a blender, mix UB Super Vanilla Superfood Nutritional Shake, non-dairy milk, frozen banana, key lime juice, maple syrup, heavy coconut cream, and ice until smooth. 2. Top with lime zest (if desired).



BANANA MANGO PROTEIN SUPERFOOD SMOOTHIE

Fun and easy to make, this satisfying smoothie is a hit with the whole family.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Banana (frozen)
- 1 Cup Mango (frozen)
- 1/2 Cup Orange Juice
- 1/2 Cup Favorite Unsweetened Non-dairy Milk
- 3 Ice Cubes

INSTRUCTIONS

In a blender, mix UB Super Vanilla Superfood Nutritional Shake with all ingredients and blend until smooth.



MOCHA PROTEIN SUPERFOOD SHAKE

Coffee and cacao—a match made in heaven. For a little extra energy on the go, this tasty shake is packed with flavonoids, preventing the degeneration of healthy cells.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1/2 Cup Milk
- 2 Tablespoons Cocoa Powder (Unsweetened, natural)
- 1/2 Cup Concentrated Cold Brew Coffee, Chilled
- 1/4 Cup Plain Greek Yogurt (optional)
- 5-8 Ice Cubes
- Chocolate Shavings (optional)

INSTRUCTIONS

1. In a blender, mix UB Super Chocolate Superfood Nutritional Shake, milk, cacao powder, coffee, yogurt (if desired), and ice. Blend until smooth.
2. Top with chocolate shavings or nibs for some extra delicious crunch.



TROPICAL KIWI BANANA PROTEIN SMOOTHIE

Tangy and sweet, start your day right with this protein packed smoothie. September is just the beginning of the season for kiwis, so grab a couple for this simple and truly delicious treat.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 1/2 Cups Coconut Water (1/2 cup frozen, as 4 ice cubes)
- 1/2 Cup Plain Greek Yogurt
- 2 Kiwis, peeled and sliced
- 1 Banana (frozen)
- Juice of 1 lime
- 5 Ice Cubes

INSTRUCTIONS

In a blender, mix any UB Super Shake of your choice with all ingredients until smooth. Garnish with a lime twist.



BLENDED BLUEBERRY GREEN ICED TEA

Summer's not over yet. Light and refreshing, this blended iced tea hits the spot on a warm day. Enjoy all the flavors of summer with an extra serving of nutritionally complete UB Super.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1/4 Cup Unsweetened Green Tea Concentrate (brewed strong, and then chilled)
- 1 Cup Frozen Blueberries
- 1/2 Cup Frozen Raspberries
- 3-5 Ice Cubes

INSTRUCTIONS

Mix all ingredients in blender with any UB Super Shake of your choice until smooth.



CHOCO-COCONUT SHAKE

There has never been a more decadent combination than chocolate and coconut. Healthy enough for breakfast, but tempting enough for dessert, try this refreshing shake anytime.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 Banana (frozen)
- 1 Cup Coconut Milk
- 1 Tablespoon Organic Oats
- 1 Tablespoon Cocoa Powder (Unsweetened, natural)
- 1 Tablespoon Shredded Coconut (Unsweetened, organic)

INSTRUCTIONS

1. In a blender, blend UB Super Chocolate Superfood Nutritional Shake
2. Shake with all ingredients until smooth.



VANILLA LATTE PROTEIN SUPERFOOD SHAKE

At the end of a long day when sugar cravings set in, try this creamy frozen treat. You'll never guess that it's packed with nutrients. Top with a dollop of coconut milk whipped cream for special occasions!

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup 2% Milk or favorite unsweetened non-dairy milk
- 1 Banana (frozen)
- 1/2 Cup Concentrated Cold Brew Coffee, Chilled
- 1/4 Cup Vanilla-flavored Greek Yogurt (optional)
- 1/2 Teaspoon Pure Vanilla Extract
- 3-5 Ice Cubes
- Honey to taste

INSTRUCTIONS

In a blender, mix any UB Super Shake of your choice with all ingredients until smooth.



ORANGE JULIUS PROTEIN SUPERFOOD SMOOTHIE

Orange Julius is the essence of childhood nostalgia. Try this Vegan Orange Julius Protein Superfood Smoothie and enjoy all the benefits of UB Super in a creamy, memorable shake.

Prep Time - 5 Minutes

Servings - 1 Serving

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Fresh Orange Juice
- 1 Cup Ice Cubes
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 1 Teaspoon Pure Vanilla Extract
- 1/2 Cup Heavy Coconut Cream (optional, for a creamier shake)

INSTRUCTIONS

Mix all ingredients in blender with any UB Super Shake of your choice until smooth.



PROTEIN POWERHOUSE SHAKE

When you need a quick meal that will sustain you no matter how demanding your day is, try this powerhouse shake. It's loaded with seeds and nuts for filling fiber and long-lasting energy.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 2 Tablespoons Sunflower or Pumpkin Seeds
- 1/4 Cup All-Natural Almond Butter
- 1 Banana (frozen)
- 1 Cup Cherry Juice

INSTRUCTIONS

1. In a blender, blend any UB Super Shake of your choice with seeds in several short pulses, until ingredients form a powder.
2. Add almond butter, cherry juice and banana and blend all ingredients until smooth.



LAYERED MANGO KIWI CRUSH

Trying to convince your family and friends to try real, good vegan recipes can be challenging. This mango kiwi crush will do the convincing for you. It takes extra prep time—plan on 10 minutes—but the results are stunning.

Prep Time - 10 Minutes

Servings - 1 Shake

INGREDIENTS

Mango Layer:

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Coconut Milk
- 1 Mango, peeled
- 1/2 Banana (frozen)
- 2 Ice Cubes

Kiwi Layer:

- 2 Kiwis, peeled and sliced
- 10 Strawberries, sliced
- 2 Ice Cubes

INSTRUCTIONS

1. Blend any UB Super Shake of your choice, mango, banana and ice cubes in blender until smooth. Pour into glass. Rinse blender and dry.
2. Blend kiwi, strawberries and ice cubes until smooth. Pour slowly on top of mango layer.



DIY ALMOND MILK

We love to use almond milk as a base liquid for our smoothies. Store bought almond milks are full of additives and can be pricey. With a blender, some cheesecloth, and a handful of ingredients, you can create your own healthier dairy-free milk alternative at home.

Prep Time - 5 Minutes

Servings - 1 Quart

INGREDIENTS

- 1 Cup Raw Almonds
- 8 Cups Filtered Water, Divided
- 1/4 Teaspoon Sea Salt, Divided
- 1 Small Date, Pitted

INSTRUCTIONS

1. Place the almonds in a bowl with 4 cups of the filtered water and 1/8 teaspoon of the sea salt. Soak for 10 hours overnight.
2. Drain the nuts and rinse well. Transfer the nuts to a blender and fill with the remaining 4 cups of filtered water. Add the pitted date and the remaining 1/8 teaspoon sea salt and puree until smooth.
3. Strain the milk through a mesh sieve lined with 2 layers of cheesecloth or a nut milk bag. Squeeze the bag or use a spoon to press down on the nut pulp in the sieve and remove all the liquid.
4. Store the milk in the refrigerator for up to 5 days.



CREAMY COFFEE PROTEIN SHAKE

You might be surprised to know coffee beans are a high-antioxidant food and coffee is one of the leading contributors to disease-fighting antioxidants in the American diet. And because it can help to reduce inflammation, which according to research is the root cause of most diseases, why not add it to your protein shake? This high-protein, low- sugar shake is for all the coffee lovers out there who are looking for a new way to enjoy their morning cup of joe or for an afternoon pick me up.

Servings - 1

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 1/2 Cup Cold-brew Coffee
- 1 Banana (frozen)
- 1/2 Teaspoon Vanilla Extract (Optional)
- 1 Cup Ice Cubes
- 1 Tablespoon Cacao Nibs (Optional, for topping)

INSTRUCTIONS

1. Add all ingredients except ice to a high-powered blender, and blend until mixed together
2. Add ice to the blender and process until creamy
3. Top with cacao nibs
4. Enjoy!



CHOCOLATE CHIP COOKIE DOUGH PROTEIN BALLS

Guilt-free cookie dough? Yes! These Chocolate Chip Cookie Dough Protein Balls are gluten-free, dairy-free, soy-free, and vegan and make the perfect post-workout or grab- and-go snack. These feature our vegan protein superfood nutritional shake.

Servings - 1

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1 Cup Almond Meal
- 1/2 Cup All-Natural Almond Butter
- 1/4 Cup Maple Syrup (or Agave Syrup)
- 1/4 Cup Dairy-free Mini Chocolate Chips

INSTRUCTIONS

1. Place protein powder and almond meal in a medium-size bowl and mix
2. Then, add in almond butter and maple syrup and mix again. The batter should be just like cookie dough
3. Finally, add in the chocolate chips and mix one last time. Using a tablespoon cookie scoop, scoop out dough into your palms and roll into balls.
4. Repeat until you run out of dough.
5. Chill and eat as desired.



STRAWBERRY BANANA PROTEIN SMOOTHIE BOWL

Bananas are one of the most widely consumed fruits in the world for good reason. There are several potential health benefits linked to consuming bananas such as lowering the risk of cancer and asthma, lowering blood pressure, and improving heart health. Bananas are naturally free of fat, cholesterol and sodium and provide a variety of vitamins and minerals. This recipe for Strawberry Banana Protein Smoothie Bowls makes it easy to incorporate more bananas into your diet.

Prep Time - 3 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Unsweetened Almond Milk
- 1 Banana (frozen)
- 1 Handful Strawberries (fresh or frozen)
- 1/4 Cup Plain Greek Yogurt

INSTRUCTIONS

1. Place all ingredients in blender and blend until smooth.
2. Add blended protein superfood smoothie to bowl
3. Top with fresh ingredients of your choice (fresh fruit, cereals, etc.)
4. Enjoy!



CHOCOLATE CHERRY PROTEIN SHAKE

February is National Cherry Month! Celebrate with this antioxidant-rich Chocolate Cherry Protein Nutritional Shake.

Prep Time - 3 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of UB Super Chocolate Superfood Nutritional Shake
- 1.5 Cups Unsweetened Almond Milk
- 1 Cup Pitted Cherries (Frozen)
- 1 Tablespoon Cocoa Powder (Unsweetened, natural)
- Cacao Nibs Optional, for garnish

INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth
2. Top with cacao nibs and enjoy!



LEMON PROTEIN SMOOTHIE

When life gives you lemons...make a Lemon Protein Smoothie! Lemon Protein Smoothie Cuisine Vegan Protein Superfood Nutritional Shake, Protein Recovery Plus Smoothie

Prep Time - 3 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Teaspoon Vanilla Extract
- 1 Teaspoon Lemon Zest
- 2 Tablespoons Fresh Lemon Juice
- 7 Ice Cubes
- 1 Dash Cardamom Optional

INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth
2. Sprinkle with a dash of cardamom and enjoy!



SIMPLE BANANA PROTEIN SHAKE

For a healthy fat boost, try adding 1 tablespoon of coconut oil to your daily smoothie. Ninety percent of coconut oil is composed of medium chain fatty acids (Triglycerides), which are easily digested and travel directly to the liver for energy production. Triglycerides are not stored as fat and can help boost metabolism. In addition, most of the medium chain fatty acids found in coconut oil are lauric acid, which is a powerful acid that helps to increase immunity and fight infections. Simple Banana Smoothie Cuisine Vegan Protein Superfood Nutritional Shake, Protein Recovery Plus Smoothie

Prep Time - 3 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1.5 Cups Favorite Unsweetened Non-dairy Milk
- 1 Banana (frozen)
- 1 Tablespoon Coconut Oil
- 5 Ice Cubes

INSTRUCTIONS

1. Add all contents into a blender and blend until smooth.
2. Add additional ice for a thicker shake. Enjoy!



BLUEBERRY BANANA PROTEIN SMOOTHIE

Get over the winter blues with this Blueberry Banana Protein Smoothie.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1.5 Cups Unsweetened Almond Milk
- 1 Banana (frozen)
- 1/2 Cup Blueberries Fresh or Frozen
- 1/4 Teaspoon Vanilla Extract

INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth.
2. Enjoy!



STRAWBERRY BANANA PROTEIN SHAKE

Strawberries are nutrient-rich and packed with antioxidants like Vitamin C. And they're delicious. Add more strawberries to your diet with an easy Strawberry Banana Protein Smoothie.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Coconut Milk
- 1 Banana (frozen)
- 1 Cup Strawberries Fresh or Frozen
- 3 Ice Cubes

INSTRUCTIONS

1. Combine all ingredients together in blender and mix until smooth.
2. Enjoy!



PINEAPPLE PROTEIN SMOOTHIE

We've got Spring Break on our minds with this tropical Pineapple Protein Smoothie. Pineapple is a powerhouse of huge health benefits due to its wealth of nutrients, vitamins, and minerals, including potassium, copper, manganese, calcium, magnesium, vitamin C, beta carotene, thiamin, B6, and folate, as well as soluble and insoluble fiber, and bromelain, making this a perfect recovery smoothie.

Prep Time - 5 Minutes

Servings - 1 Shake

INGREDIENTS

- 1 scoop of any UB Super Shake Vanilla
- 1 Cup Pineapple Fresh or Frozen
- 1 Cup Favorite Unsweetened Non-dairy Milk
- 1 Teaspoon Vanilla Extract Optional
- 5 Ice Cubes

INSTRUCTIONS

1. Add all ingredients to blender and mix until smooth.
2. Enjoy!



SHAKE INGREDIENTS

UB SUPER PROTEIN SUPERFOOD NUTRITIONAL SHAKE INGREDIENTS

Click through the list below to see the ingredients in our protein superfood nutritional shakes. For a thorough explanation of all our ingredients and their nutritional benefits, take a look through our [Ingredient Reference Guide](#).

- PROTEINS
- SUPERFOODS
- VITAMINS
- FULVIC ACID
- DIGESTIVE ENZYMES
- PREBIOTICS & PROBIOTICS
- AMINO ACIDS
- GLOSSARY
- LEGAL

PROTEINS

Proteins are large molecules made up of 20 standard amino acids. The human body can produce 11 amino acids, with the remaining nine coming from the diet.

Proteins are the foundational building blocks for cells and tissues, including bones, muscles, cartilage, skin, and blood. They are responsible for kick-starting your metabolism, and contribute to the creation of enzymes, hormones, and vitamins. Lean proteins—those low in saturated fat and cholesterol—provide the calories necessary to fuel an active lifestyle.

UB Super Vegan Protein Nutritional Shake:

- Yellow Pea
- Organic Milled Salba© Chia Seed
- Organic Hemp Seed
- Organic Flax Seed

YELLOW PEAS

Yellow peas are an excellent source of dietary fiber and protein. They are rich in the amino acid tryptophan, which is necessary for manufacturing serotonin, another amino acid that improves mood and regulates appetite, hunger, and sleep. Yellow peas are also high in vitamin B1 and B9, phosphorus, potassium, molybdenum, and manganese.

The benefits of yellow pea include:

- Promotes healthy blood sugar
- Cardiovascular health
- Supports optimal cholesterol levels
- Digestive regularity
- Metabolic health
- Healthy weight

CHIA SEED

Known botanically as *Salvia hispanica*, chia is a flowering plant closely related to the mint family. Native to central and southern Mexico, South America and Central America, chia is an ancient grain that was once a favorite “power food” of the ancient Aztecs, who believed it gave them mystical energy and stamina. Documents dating as far back as 3,500 BC show that the Aztecs used the grain as their nutritional foundation.

Chia is packed with essential fatty acids and high-quality fiber, as well as antioxidants (namely bioflavonoids) and critical minerals like magnesium, calcium, manganese, phosphorus, and iron. On the fatty acids front, chia consist of 25-30 percent oil, which is comprised of 55 percent omega-3s (primarily alpha linolenic acid), 18 percent omega-6, six percent omega-9 and just 10 percent saturated fat. Additionally, the ALA found in chia has been shown to be superior to that found in flax.

The Salba© brand of chia seeds are the only registered variety of *Salvia hispanica* L. Every crop of Salba can be traced back to its seeds and is grown under strictly controlled conditions to prevent cross hybridization and degradation of the variety. Most importantly, Salba is the only variety of *Salvia hispanica* that has undergone intensive, peer-reviewed, human clinical research. Daily consumption of Salba has been shown to generate significant improvement in control of type-2 diabetes and reduction of risk for heart disease.

The benefits of Salba© chia seed include:

- Anti-inflammatory • Bone health
- Healthy cholesterol levels • Digestive health • Skin health

HEMP SEED

Hemp seed provides sustainable energy through an abundance of easily digested plant protein. It contains vitamins B1 and B2, vitamin C, vitamin E, beta-carotene, calcium, magnesium, phosphorus, and potassium. Additionally, hemp seed is an excellent source of omega fatty acids, fiber, antioxidants, and minerals.

The benefits of hemp seed include:

- Anti-inflammatory • Bone health
- Cardiovascular health • Digestive health
- Mental clarity • Skin and hair support

FLAX SEED

Flaxseed is a plant-based food that provides healthful fat, antioxidants, and fiber. It can provide many health benefits. People grew flax as a crop in ancient Egypt and China. In Asia, it has had a role in Ayurvedic medicine for thousands of years.

Today, flaxseed is available in the form of seeds, oils, powder, tablets, capsules, and flour. People use it as a dietary supplement to prevent constipation, diabetes, high cholesterol, heart disease, and several other conditions. The nutrients in flaxseed include lignans, antioxidants, fiber, protein, and polyunsaturated fatty acids such as alpha-linolenic acid (ALA), or Omega-3.

SUPERFOODS

A superfood is a nutrient-dense food that promotes health and well being. Superfoods tend to be higher in antioxidants, fiber, vitamins, and minerals than your average grocery store fruits and vegetables. That's why UB Super superfoods are globally sourced from the lushest environments around the world.

One of the greatest benefits of superfoods lay in their antioxidant benefits.

Antioxidants

are phytonutrients that significantly decreases the adverse effects of oxidation, a process of physical wear and tear accelerated by stress, pollution, smoking, and alcohol.

Oxidation can lead to free radical damage, which has been linked to inflammation and poor health in general. Antioxidants work to prevent free radical damage, support the immune system, and promote overall health.

The super foods found in UB Super include:

- AÇAÍ
- CACAO
- POMEGRANATE
- MAQUI BERRY
- ACEROLA CHERRY
- CAMU CAMU
- MANGOSTEEN
- NONI

AÇAÍ

Açaí | Euterpe oleracea

Origin: Amazon River Basin

Açaí is a rich source of antioxidants celebrated for boosting the immune system, supporting healthy cholesterol, and helping to maintain healthy body weight. Traditionally, açaí has been used to promote digestive regularity and support healthy circulation. Açaí is thought to contain 10x more antioxidants than red grapes.

ACEROLA CHERRY

Acerola | *Malpighia emarginata*
Origin: Amazon Rain Forest

Acerola cherry is extremely rich in vitamin C, and is a good source of vitamins A, B1, B2, and B3, as well as carotenoids and bioflavonoids. Acerola supports optimal heart health form collagen for the development of new and healthy skin cells.

CACAO

Cacao | *Theobroma cacao*
Origin: Central and South America

Cacao is high in copper, manganese, zinc, and vitamin B5, and antioxidants called flavonoids, thought to support healthy cell growth, improved blood flow, and overall heart and brain health.

CAMU CAMU

Camu Camu | *Myrciaria dubia*
Origin: Amazon Rain Forest

Two to three percent of camu camu weight is comprised of vitamin C. In fact, it contains 50x the amount of vitamin C found in oranges. Camu camu provides invaluable support to the immune system, eases inflammation, supports eye and brain health, and protects liver function.

POMEGRANATE

Pomegranate | *Punica granatum*
Origin: Iran to the Himalayas in northern India

Pomegranates are low in calories and fat but high in fiber, vitamins, and minerals. Benefits include antioxidants, heart health, urinary health, exercise endurance, and more. Pomegranates are round, red fruits. They feature a white inner flesh that's packed with crunchy, juicy edible seeds called arils.

MANGOSTEEN

Mangosteen | *Garcinia mangostana*
Origin: Southeast Asia

Mangosteen is rich in vitamin C, as well as potassium and vitamins B3, B9, and B12. Most importantly, mangosteen contains the greatest known supply of xanthones, yellow pigments that have been shown to be powerful antioxidants. Thanks to xanthones and their antioxidant status, mangosteen helps to repair the cell membranes by supporting heart health, boosting immunity, and reducing oxidation and free radical production.

MAQUI BERRY

Maqui berry | *Aristotelia chilensis*
Origin: Chile and Argentina

The maqui berry is found in the southern part of the Andes Mountains, as well as the Patagonian mountains of southern Chile. Nutritionally, maqui berries are rich in antioxidants, particularly polyphenols and anthocyanins. In fact, they contain the highest concentration of phenols of any other berry, as well as the highest ORAC value of any fruit world-wide. Maqui also contains vitamins A, C, and E, as well as calcium, potassium, and iron.

NONI

Noni | *Morinda citrifolia*
Origin: Southeast Asia

Related to coffee, noni provides antioxidant support and strengthens the immune and digestive systems. Noni pulp powder preserves the fruit's rich vitamin C, vitamin B3, iron, and potassium far better than juice.

UB SUPER SUPERFOODS	ANTIOXIDANTS	BENEFITS
Açaí	Carotenoid (beta-carotene) and polyphenol (anthocyanins and flavonoids)	Eye health; immunity; cardiovascular health
Acerola cherry	Carotenoids and polyphenols (bioflavonoids and anthocyanins)	Eye health; immunity; cardiovascular health
Amla	Polyphenols (flavonoids and ellagic acid)	Immunity and cardiovascular health
Annatto	Carotenoid	Eye and cardiovascular health
Cacao	Polyphenols (anthocyanins and flavonoids)	Immunity and brain and cardiovascular health
Camu camu	Polyphenols (anthocyanins and flavonoid)	Immunity and brain and cardiovascular health
Pomegranate	Polyphenols (flavonoids, anthocyanins, punicic acid, ellagitannins)	Rich in antioxidants, heart health, urinary health, exercise endurance
Guava	Carotenoids (lycopene)	Eye and cardiovascular health
Mangosteen	Xanthones	Immune, digestion, and cardiovascular health
Maqui berry	Polyphenols (anthocyanins)	Immunity and cardiovascular health
Noni	Carotenoids (beta-carotene) and polyphenols (anthocyanins)	Eye health; immunity; cardiovascular health

VITAMINS

All of the “letter vitamins” for UB Super are sourced from Orgen Family. Orgen is a 100% USDA certified organic and all natural, food-based source of vitamins and mineral derived from organic fruits, vegetables, and botanicals.

VITAMIN A

Vitamin A is critical for eye health and for the support of cell growth and maintenance in the heart, lungs, kidneys, and other organs. Vitamin A also helps to form and maintain tissues such as skin, teeth, mucous membranes, and soft tissues. A lack of vitamin A can lead to skin conditions and eye damage. UB Super sources vitamin A (as beta-carotene) from certified organic annatto seed extract. The human body converts antioxidant beta- carotene into vitamin A.

VITAMIN B-COMPLEX

B vitamins are essential to the process of converting food into fuel, generating energy to power an active lifestyle. The benefits of the B-vitamin family range from maintaining memory to the production of red blood cells and supporting healthy blood sugar levels. UB Super derives a B-vitamin complex from certified organic guava, mango, and lemon extracts, which includes vitamin B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic Acid), B6 (pyridoxine), and B9 (folate). UB Super derives vitamin B7 (biotin) from agati and vitamin B12 in the form of methylcobalamin.

VITAMIN C

Vitamin C supports tissue growth and repair throughout the body. Vitamin C improves iron absorption and helps the body heal wounds. Vitamin C contains antioxidants that fight free radicals, support healthy blood pressure levels and maintain optimum heart health. Because your body does not store vitamin C, consuming an adequate amount of this critical vitamin is incredibly important. UB Super sources vitamin C from certified organic amla fruit extract, acerola, camu camu, and açai.

VITAMIN D3

Vitamin D3 has several important functions, including regulating the absorption of calcium and phosphorous and facilitating normal immune system function. Getting a sufficient amount of vitamin D3 is important for normal growth and development of bones and

teeth, as well as immune health. UB Super sources vitamin D3 as cholecalciferol from lichen. It is the only vegan source of vitamin D3 available.

VITAMIN K2

Vitamin K is a fat-soluble vitamin that is produced by bacteria in the intestines. There are two natural forms of vitamin K—K1 and K2. Vitamin K2 is the form most commonly found in animals and has several subtypes known as menaquinones. There are at least 11 different subtypes of menaquinones, but the most commonly studied are menaquinone-4 and menaquinone-7. Menaquinone-4 can be synthesized from vitamin K1 in certain animal tissues (namely the arterial walls, testes and pancreas), while menaquinone-7 is synthesized from vitamin K1 by bacteria produced in the colon and is highly believed to be the most bioavailable and longest lasting form of Vitamin K. UB Super sources menaquinone-7 from MenaQ7®, the only clinically supported, patented vitamin K2 on the market. Menaquinone-7 is the most bioavailable vitamin K around, and the MenaQ7® form is suitable for vegans and vegetarians, free from gluten, dairy, soy, and other known allergens.

FULVIC ACID/ MINERALS

FULVIC ACID

Aggressive farming, erosion, and chemicals have depleted the microorganisms and minerals in soil, which are necessary for optimal nutrient absorption. UB Super provides fulvic acid and minerals to supplement the deficiencies in a modern diet.

Fulvic acid is one of the main components of humus—the dark, nutrient-rich organic soil layer. It is considered organic because it is comprised on partially decomposed plant and animal matter. Because of environmental damage, fulvic acid is no longer present in the foods we eat. Fulvic acid contains more than 77 macro and trace minerals, most of which occur in their ionic form. This means that they are masters at conducting electricity and aiding in absorption. That means fulvic acid is capable of transporting energy between cells and can receive or donate electrons, prevent free radical damage, and increase the bioavailability of nutrients, namely minerals.

MINERALS

At one point in time, plants were able to effectively draw minerals from the soil and make them available for human consumption. Due to changes in the environment, our food sources are frequently deficient in minerals. Minerals are essential to the function of every chemical and electrical process in the body.

UB Super contains all the major dietary minerals, including calcium, magnesium, phosphorus, potassium, sodium, and sulfur. It also contains a number of trace minerals, including:

Aluminum Fluoride Osmium Thorium
Antimony Gadolinium Palladium Thulium
Barium Gallium Platinum Tin
Beryllium Germanium Phosphorus Titanium
Bismuth Gold Praseodymium Tungsten
Boron Hafnium Rhenium Vanadium
Bromide Holmium Rhodium Ytterbium
Carbon Indium Rubidium Yttrium
Cerium Iodine Ruthenium Zinc
Carbonate Iridium Samarium Zirconium
Cerium Iron Scandium
Cesium Lanthanum Selenium
Chloride Lithium Silicon
Chromium Lutetium Silver
Cobalt Manganese Strontium
Copper Molybdenum Tantalum
Dysprosium Neodymium Tellurium
Erbium Nickel Terbium
Europium Niobium Thallium

DIGESTIVE ENZYMES

Your body needs digestive enzymes to break down the food you eat into accessible nutrients to sustain your body. Without adequate enzyme availability, your digestion can be limited—leaving you with nagging discomfort (in the form of gas, bloating, and indigestion) and poor nutrition.

While all fresh fruits and vegetables contain some level of natural digestive enzymes, several are produced in the pancreas. UB Super contains six separate digestive enzymes, including:

- Amylase—Digests starch (complex carbs) into glucose
- Cellulase—Digests fiber
- Phytase—Digests seeds and grains
- Protease—Digests protein into free amino acids
- Lactase—Digests lactose (milk sugar) into glucose and galactose
- Lipase—Digests dietary fat

PREBIOTICS & PROBIOTICS

Prebiotics are fibers that feed good bacteria—probiotics—in the digestive tract. Prebiotics are proven to support gastrointestinal health by providing the fuel necessary to create probiotics. UB Super contains two prebiotics:

- Inulin—improves calcium and magnesium absorption
- Fructooligosaccharide (FOS)—improves mineral absorption and supports health cholesterol

Probiotics are microorganisms that help offer protection from harmful bacteria in the digestive tract. Together, prebiotics and probiotics can support a wide variety of digestive health concerns, as well as support immunity. UB Super contains four probiotics:

- L. acidophilus—Maintain digestive and lung health
- L. rhamnosus—Promote immunity and digestive health
- B. bifidum—Maintain digestive and lung health
- B. longum—Supports healthy pH in the intestines and digestive tract

AMINO ACIDS

Amino acids are organic compounds that combine to form proteins. Consuming a variety of amino acids throughout the day is vital for a balanced and healthy metabolism. There are three groups of amino acids: non-essential, essential, and conditional.

NON-ESSENTIAL

Called “non-essential” simply because the human body can synthesize them, the non-essential amino acids are just as important as the other amino acids for creating protein. UB Super contains four non-essential amino acids:

- Alanine
- Asparagine
- Aspartic acid
- Glutamic acid

ESSENTIAL

Called “essential” because the human body cannot synthesize them, these amino acids must be obtained from diet. UB Super contains nine essential amino acids:

- Histidine • Phenylalanine
- Isoleucine • Threonine
- Leucine • Tryptophan
- Lysine • Valine
- Methionine

CONDITIONAL

“Conditional” amino acids are necessary when the body is experiencing stress or illness. UB Super contains eight conditional amino acids:

- Arginine • Ornithine
- Cysteine • Proline
- Glutamine • Serine
- Glycine • Tyrosine



PROTEIN RECOVERY PLUS

UB SUPER PLANT-BASED PROTEIN RECOVERY PLUS

Click through the list below to see the incredible and often proprietary ingredients in our protein superfood nutritional shakes.

- PROTEINS SUPERFOODS
- FULVIC ACID
- DIGESTIVE ENZYMES
- PREBIOTICS & PROBIOTICS
- AMINO ACIDS
- PSYLLIUM HUSK

PROTEINS

Proteins are large molecules made up of 20 standard amino acids. The human body can produce 11 amino acids, with the remaining nine coming from the diet.

Proteins are the foundational building blocks for cells and tissues, including bones, muscles, cartilage, skin, and blood. They are responsible for kick-starting your metabolism, and contribute to the creation of enzymes, hormones, and vitamins. Lean proteins—those low in saturated fat and cholesterol—provide the calories necessary to fuel an active lifestyle.

UB Super contains the highest quality proteins to promote muscle growth and repair.

UB Super Plant-Based Protein Smoothie contains:

- Yellow Pea
- Organic Hemp Seed
- Organic Pumpkin Seed
- Organic Flax Seed

YELLOW PEA

Yellow peas are an excellent source of dietary fiber and protein. They are rich in the amino acid tryptophan, which is necessary for manufacturing serotonin, another amino acid that improves mood and regulates appetite, hunger, and sleep. Yellow peas are also

high in vitamin B1 and B9, phosphorus, potassium, molybdenum, and manganese. The benefits of yellow pea include:

- Promotes healthy blood sugar
- Cardiovascular health
- Supports optimal cholesterol levels
- Digestive regularity
- Metabolic health
- Healthy weight

HEMP SEED

Hemp seed provides sustainable energy through an abundance of easily digested plant protein. It contains vitamins B1 and B2, vitamin C, vitamin E, beta-carotene, calcium, magnesium, phosphorus, and potassium. Additionally, hemp seed is an excellent source of omega fatty acids, fiber, antioxidants, and minerals.

The benefits of hemp seed include:

- Anti-inflammatory
- Bone health
- Cardiovascular health
- Digestive health
- Mental clarity
- Skin and hair support

PUMPKIN SEED

Also known as the pepita, pumpkin seeds are an incredible source of key minerals, including iron, magnesium, manganese, phosphorus, and zinc. They are good sources of B2 (riboflavin), niacin, potassium, and naturally occurring sodium. Plus, pumpkin seed oil provides a vegan source of essential fatty acids, namely the omega-3s linoleic and linolenic acids. Better yet, pumpkin seeds are an amazing vegan source of protein, containing 5 grams of protein in just two tablespoons.

The benefits of pumpkin seed include:

- Antioxidant
- Blood sugar support
- Cardiovascular health
- Hormone balance
- Prostate health
- Skin and hair health

FLAXSEED

Often referred to as “the most powerful plant food in the world,” flaxseed contains a wide range of nutrients, most notably including B1 (thiamine), B6, iron, magnesium, phosphorus, and zinc. It is also a good source of B2 (riboflavin), niacin, pantothenic acid (B5), calcium, and potassium.

Flax is also an incredible source of soluble fiber, and is one of the few plant foods that are considered a complete protein, meaning it contains all nine essential amino acids. Just one tablespoon of flaxseed contains 2-3 grams of protein!

SUPERFOODS

But where flaxseed gets its powerhouse health benefits from lie in its rich stores of essential fatty acids and lignans. Flax is one of the best sources of vegan omega-3 fatty acids, specifically alpha linolenic acid (ALA). When it comes to lignans—plant compounds known to have both antioxidant and mildly estrogenic properties—flax contains anywhere from 75 to 800 times more lignans than other plant foods on the planet.

The benefits of flaxseed include:

- Blood sugar
- Breast cancer protection
- Cardiovascular health
- Digestive health
- Hormone balance
- Joint health
- Skin and hair health
- Weight maintenance

A superfood is a nutrient-dense food that promotes health and well being. Superfoods tend to be higher in antioxidants, fiber, vitamins, and minerals than your average grocery store fruits and vegetables. That's why UB Super superfoods are globally sourced from the lushest environments around the world.

One of the greatest benefits of superfoods lay in their antioxidant benefits. Antioxidants are phytonutrients that significantly decreases the adverse effects of oxidation, a process of physical wear and tear accelerated by stress, pollution, smoking, and alcohol. Oxidation can lead to free radical damage, which has been linked to inflammation and poor health in general. Antioxidants work to prevent free radical damage, support the immune system, and promote overall health.

The super foods found in UB Super include:

- Acerola Cherry

ACEROLA CHERRY

Acerola | *Malpighia emarginata*
Origin: Amazon Rain Forest

Acerola cherry is extremely rich in vitamin C, and is a good source of vitamins A, B1, B2, and B3, as well as carotenoids and bioflavonoids. Acerola supports optimal heart health form collagen for the development of new and healthy skin cells.

PSYLLIUM HUSK

Psyllium Husk | *Plantago ovata*
Origin: India

Psyllium is derived from the psyllium plant (*Plantago ovata*) native to India. It can be found worldwide today and even grows wild in the southwest United States. The husks of the psyllium plant are rich in soluble fiber. This is the type that dissolves in water and turns into a gel, slowing down digestion. This allows the body to absorb more nutrients from food as it passes through the intestines. It also increases the weight and bulk of stools which the body responds to with intestinal contractions known as peristalsis.

The combination of peristalsis and soluble fiber's gel-like consistency helps ease symptoms of constipation. Soluble fiber is said to help with other health issues, including high cholesterol, irritable bowel syndrome (IBS), and diabetes.

FULVIC ACID/ MINERALS

MINERALS

Aggressive farming, erosion, and chemicals have depleted the microorganisms and minerals in soil, which are necessary for optimal nutrient absorption. UB Super provides fulvic acid and minerals to supplement the deficiencies in a modern diet.

At one point in time, plants were able to effectively draw minerals from the soil and make them available for human consumption. Due to changes in the environment, our food sources are frequently deficient in minerals. Minerals are essential to the function of every chemical and electrical process in the body.

UB Super contains all the major dietary minerals, including calcium, magnesium, phosphorus, potassium, sodium, and sulfur. It also contains a number of trace minerals, including:

Aluminum Erbium Molybdenum Silver
Antimony Europium Neodymium Strontium
Barium Fluoride Nickel Tantalum
Beryllium Gadolinium Niobium Tellurium
Bismuth Gallium Osmium Terbium
Boron Germanium Palladium Thallium
Bromide Gold Platinum Thorium
Carbon Hafnium Phosphorus Thulium
Cerium Holmium Praseodymium Tin
Carbonate Indium Rhenium Titanium
Cerium Iodine Rhodium Tungsten
Cesium Iridium Rubidium Vanadium
Chloride Iron Ruthenium Ytterbium
Chromium Lanthanum Samarium Yttrium
Cobalt Lithium Scandium Zinc
Copper Lutetium Selenium Zirconium
Dysprosium Manganese Silicon

DIGESTIVE ENZYMES

Your body needs digestive enzymes to break down the food you eat into accessible nutrients to sustain your body. Without adequate enzyme availability, your digestion can be limited—leaving you with nagging discomfort (in the form of gas, bloating, and indigestion) and poor nutrition.

While all fresh fruits and vegetables contain some level of natural digestive enzymes, several are produced in the pancreas. UB Super contains six separate digestive enzymes, including:

- Amylase—Digests starch (complex carbs) into glucose
- Cellulase—Digests fiber
- Phytase—Digests seeds and grains
- Protease—Digests protein into free amino acids
- Lactase—Digests lactose (milk sugar) into glucose and galactose
- Lipase—Digests dietary fat

PREBIOTICS & PROBIOTICS

Prebiotics are fibers that feed good bacteria—probiotics—in the digestive tract. Prebiotics are proven to support gastrointestinal health by providing the fuel necessary to create probiotics. UB Super contains two prebiotics:

- Inulin—improves calcium and magnesium absorption
- Fructooligosaccharide (FOS)—improves mineral absorption and supports health cholesterol

Probiotics are microorganisms that help offer protection from harmful bacteria in the digestive tract. Together, prebiotics and probiotics can support a wide variety of digestive

health concerns, as well as support immunity. UB Super contains four probiotics:

- L. acidophilus—Maintain digestive and lung health
- L. rhamnosus—Promote immunity and digestive health
- B. bifidum—Maintain digestive and lung health
- B. longum—Supports healthy pH in the intestines and digestive tract

Amino acids are organic compounds that combine to form proteins. Consuming a variety

of amino acids throughout the day is vital for a balanced and healthy metabolism.

There

are three groups of amino acids: non-essential, essential, and conditional.

AMINO ACIDS

NON-ESSENTIAL

Called “non-essential” simply because the human body can synthesize them, the non-essential amino acids are just as important as the other amino acids for creating protein.

UB Super contains four non-essential amino acids:

- Alanine
- Asparagine
- Aspartic acid
- Glutamic acid

ESSENTIAL

Called “essential” because the human body cannot synthesize them, these amino acids must be obtained from diet. UB Super contains nine essential amino acids:

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine

CONDITIONAL

“Conditional” amino acids are necessary when the body is experiencing stress or illness. UB Super contains eight conditional amino acids:

- Arginine
- Cysteine
- Glutamine
- Glycine
- Ornithine
- Proline
- Serine
- Tyrosine

NUTRIENT GLOSSARY

Amino acid – The basic structural unit that makes up a protein.

Anthocyanins – Part of the flavonoid family, anthocyanins are highly concentrated in the

pigments of berries and cherries, giving them their bright vivid colors.

Antioxidant – A molecule that inhibits the oxidation of other molecules. Oxidation produces free radicals within our body that produce chain reactions of cell damage.

Bioflavonoids – Interchangeable term for flavonoids.

Carotenoids – These organic pigments in plants absorb light and come in more than 600

variations.

Electrolyte – A substance that promotes electrical flow within the body and is responsible

for proper muscle and nerve function.

Essential fatty acids – A fatty acid that is required for biological processes, but cannot synthesize. A human body must ingest omega-3 and omega-6 essential fatty acids.

Fatty acids – Important sources of fuel that produce large levels of ATP (adenosine triphosphate), which transfers energy amongst cells and is preferred by heart and skeletal muscles.

Flavonoids – The most common type of polyphenolic compound; serves as an antioxidant.

Folate – A term that designates the natural form of folic acid (vitamin B9).

Folic acid – Also known as vitamin B9, it is needed by the body to synthesize DNA.

Free radical – Unstable molecules that produce cell damage. Known producers of free radicals are smoking, excessive alcohol consumption, radiation, contact with pesticide/herbicides, and other environmental factors.

Lipoprotein – “Bad” low-density lipoprotein (LDL) can contribute to plaque buildup, clot formation, and hardening of the arteries. “Good” high-density lipoprotein (HDL) removes LD from the artery walls and carries it back to the liver, where it gets broken down for removal.

Micronutrient – An element or substance in nature that the body requires in small trace amounts for proper growth and development.

MK-7 – A version of vitamin K that is not produced by human issue. A powerful dietary supplement for bone health.

Omega 3 (alpha linolenic acid, ALA) – Needed by the human body to support healthy blood clotting and build cell membranes in the brain.

Omega 6 (alpha linolenic acid, ALA) – Supports healthy cholesterol and inflammation, and helps maintain overall heart health.

Omega 9 (oleic acid) – The body can produce omega-9 fatty acid, though it is still beneficial to obtain them through food. Omega 9s help maintain healthy cholesterol, boosts HDL (good) cholesterol, and promotes good circulation and arterial health.

Phytonutrient – A substance found in certain plants that is beneficial to cellular function.

Phytosterols – Cholesterol-like molecules found in plants that help reduce cholesterol absorption, which works to maintain healthy cholesterol levels.

Polyphenols – A type of micronutrient that functions as an antioxidant within the body to protect cells from free radical damage.

Polysaccharides – A type of carbohydrate, this starch provides the body with energy and enhanced digestion.

Protein – Large molecules of amino acids that are responsible for almost every process within your body, along with being a fuel supply.

Superfood – A food that is nutrient-dense, providing higher than normal levels of antioxidants, along with having health-promoting properties.

Theobromine – Similar to caffeine, theobromine has stimulating, yet relaxing, effects at a lower level.

Vitamin D3 – Vitamin D3 has several important functions, including regulating the absorption of calcium and phosphorous and facilitating normal immune system function. Common food sources include oily fish and dairy products. One of the few (if not only) vegan sources of vitamin D3 can be found in lichen.

Vitamin K – This fat-soluble vitamin has two main sub-types: K1 and K2. K2 is the form most commonly found in animals and has several subtypes known as menaquinones, of which there are at least 11 different subtypes. Of these, the most commonly studied are menaquinone-4 and menaquinone-7. Menaquinone-7 is believed to be the most bioavailable and longest lasting form of Vitamin K.

Xanthones – This organic yellow pigment in fruit is known to promote a healthy inflammatory response and balanced mood.

DISCLAIMER

This ingredient information is provided to you by UB Super® for educational purposes under Section 5 of the Dietary Supplement Health and Education Act of 1994 and is not intended as medical advice. Consult your healthcare professional or other reliable resources for additional information.