

# SMOOTHIES

100% natural  
£4.50 each



## ENERGY SPLASH

STRAWBERRY  
BLUEBERRY  
BANANA  
RASPBERRY  
BLACKCURRANT  
SPINACH  
APPLE

FLAXSEED  
MACA  
CACAO  
GUARANA



*High in Vitamin C, which can help reduce tiredness and fatigue; with Manganese which supports normal energy-yielding metabolism, and Vitamin K, which helps to maintain normal bones.*

## DETOX FIX

PINEAPPLE  
APPLE  
SPINACH  
KALE  
GINGER  
LEMON

SPIRULINA  
CHLORELLA  
WHEATGRASS  
BARLEYGRASS



*High in Manganese & Vitamin C which help protect cells from oxidative stress. High in Vitamin B-12 and Folate which help reduce tiredness & fatigue. High in Vitamin A for your skin.*



## DEFENCE SHOT

PINEAPPLE  
MANGO  
PAPAYA  
BANANA  
APPLE  
GINGER  
GOJI BERRIES

FLAXSEED  
PUMPKIN SEED  
SUNFLOWER SEED  
BAOBAB



*Source of Vitamin C for the normal functioning of the immune and nervous systems. Also contains Manganese which helps protect cells from oxidative stress.*