

# YOUR SUPER<sup>®</sup>

## The 5-Day Detox Program

Recipes and guidance to help you boost your energy levels, support smooth digestion, and look and *feel your best* in just 5 days.



## Welcome to your 5-Day Detox!

When my husband, Michael, was diagnosed with cancer at age 24, I made him superfood mixes to help build up his immune system and restore his strength after treatment. When Michael began feeling stronger, we recognized the power of superfoods and quickly realized that we had to share that power with the world.

This 5-day program is based on the detox I created with my nutritionist aunt for Michael following treatment for his cancer. The detox can help create the conditions your body needs to process and **eliminate toxins** to heal itself and **restore a healthy balance**.

Completing this detox can help you improve and optimize your body's functions and clean your system. Many customers report experiencing a boost in natural energy, improved sleep, clearer skin, better focus, and less bloating. And I look forward to hearing from you once you "reset" your body - please, share how you feel!

This booklet is designed to make the next five days as easy as possible—it's filled with interactive pages, easy recipes, and helpful tips to help you thrive.

Stay Healthy, Be Happy!

XO Kristel + Michael

Founders — Your Super



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# Checklist

Use this checklist to prepare for your 5-Day Detox

- Start your pre-detox** by cutting back on caffeine, alcohol, dairy, and processed foods a few days before you begin.
- Go grocery shopping! (You can find the shopping list on **page 9**).
- Join the 'Your Super - Exclusive Member Group' on Facebook. Introduce yourself, ask questions, and connect with thousands of other detoxers.
- Prep your meals for the week (Optional).
- Share your detox journey with us **@yoursuperfoods**.

Scan here to join  
for FREE! →





# Get To Know Your *Super Pow(d)ers!*



## Gut Feeling

An instant celery drink mix with digestive enzymes and fibre for a good gut feeling.

Add 2 tsp of Gut Feeling to a glass of water and drink on an empty stomach first thing in the morning.



## Super Green

A powerful mix of nutritious greens.

Add 2 tsp of Super Green to your blender to make a nutritious breakfast smoothie.



## Skinny Protein

A plant based protein mix with easy digestible rice and hemp protein, combined with 3 green superfoods.

Add 2 tbsp of Skinny Protein to your breakfast smoothie or dinner smoothie.



## Forever Beautiful

A delicious berry mix powder packed with antioxidants.

Add 2 tsp of Forever Beautiful to your delicious dinner smoothie.



## Golden Mellow

A powerful blend of Ayurvedic herbs and adaptogens to calm the body & mind.

In the evening, add 2 tsp of Golden Mellow to plant-based milk to make a hot or iced latte.

# Experience The Power of *Superfoods*

In just 3-5 days, many people experience increased energy levels, better digestion, clearer skin, overall better mood, improved sleep, weight loss, and reduced sugar cravings.

During the detox, you may experience these common side effects which is a sign that your body is releasing toxins. Make sure you drink at least 10 cups of water daily to ease the detox symptoms.

Here are some common side effects and tips to enhance your experience.\*

## **Headache**

Inhale peppermint oil or add it to the temples of your forehead and neck. You can also add a few drops to a warm bath.

## **Tired**

Go for a short walk outside, drink water, or meet up with friends and connect with people you love.

## **Skin Breakouts**

Drink plenty of water. Give yourself a facial or relax with a 5-minute mask.

## **Nausea**

Drink ginger tea. If your symptoms do not improve, you may want to pause the detox or ease into the program and only focus on drinking a big green smoothie in the morning.

\*Please note, this is not medical advice; if you are not feeling well, consult your doctor.

# Detox Reminders

For the next 5 days, you will have a smoothie for breakfast and dinner and a plant-based meal for lunch. (Recipes can be found starting from **page 12**).

Snacking will also be part of your next 5 days! You can find our list of approved snacks on **page 22**.

Here's a reminder of what you should **include** and **exclude** in your diet while detoxing.

## ***Include***

- ✓ Water
- ✓ Fresh & frozen fruits
- ✓ Fresh & frozen vegetables
- ✓ Beans & legumes
- ✓ Rice, potatoes, and oats
- ✓ Plant-based milk
- ✓ Coconut water
- ✓ Raw nuts & seeds
- ✓ Herbs & spices
- ✓ Herbal teas
- ✓ Forever Beautiful, Super Green, Skinny Protein, Golden Mellow, Gut Feeling, Plant Collagen, Plant Protein, Gut Restore, and Moon Balance

## ***Exclude***

- ✗ Meat
- ✗ Caffeine
- ✗ Dairy
- ✗ Processed foods
- ✗ Processed sugar
- ✗ Chocolate
- ✗ Salt
- ✗ Oils
- ✗ Super Brew, Power Matcha, Magic Mushroom, and Energy Bomb

# Your *Daily* Detox Plan

## Sample Day:



7:30 a.m.

Start your day with instant celery drink made with ***Gut Feeling***



8 a.m.

Enjoy a nourishing breakfast smoothie boosted with ***Super Green*** and ***Skinny Protein***

Noon

Eat a filling plant-based lunch



3:00 p.m.

Treat yourself to a healthy snack (optional)

6:00 p.m.

Drink a delicious berry ***Forever Beautiful*** dinner smoothie



8:00 p.m.

End your day with a soothing ***Golden Mellow*** latte



# Grocery List

Below you will find all of the ingredients you will need for your smoothies and salads for the week! If you want to include snacks in your detox be sure to add them to your grocery list using the blank spaces below.

## Fresh Produce

- 6 bananas
- 4 avocados
- 2 medium sweet potatoes
- 1 yellow pepper
- 1 orange
- 1 red bell pepper
- 2 lemons
- 3 cucumbers
- 3 tomatoes
- 8 broccoli florets
- 1 courgette
- 1 head of romaine lettuce
- 200g mixed salad greens
- 1 lime
- Sprouts (optional)
- Fresh dill (optional)
- Coriander (optional)
- Fresh ginger (optional)
- 1 small red onion (optional)

## Frozen

- 450g frozen mixed berries
- 300g frozen blueberries
- 350g frozen spinach
- 200g frozen mango
- 40g frozen cauliflower

## Grains

- 300g brown rice

## Pantry Staples

- 1 jar almond butter
- 2 cartons of plant-based milk
- Dates
- Unroasted seeds or nuts (optional)
- Maple syrup

## Canned Food

- 1 can black beans
- 1 can white beans
- 1 can coconut cream (optional)

## Condiments

- Tahini
- Mustard

## Spices

- Garlic powder
- Chili powder
- Black pepper

## Add extras here

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Pro Tip: How to choose the best plant-based milk**

When it comes to drinking plant-based milk, the options are endless. You can enjoy almond, oat, hemp, pea, rice, coconut, and soy. But be careful, some plant-based milk contains fillers, gums, added sugars, or artificial sweeteners. Always check the ingredient label before buying plant-based milk.



# Your detox. *Your way.*

Everyone's health journey is different. That's why instead of creating strict guidelines or rigid rules, we created this flexible plan. Check out the information below to learn how you can customize your detox.

1. If you love a recipe, feel free to make it multiple times. Want to drink the same morning smoothie for all 5 mornings? Go ahead!
2. This detox is not about depriving yourself; it's about nourishing your body with as many nutrients as possible. If you are feeling hungry at any time during the detox, we encourage you to increase your portion sizes to enjoy bigger smoothies and salads.
3. During the winter months, skip the ice and frozen fruit and veggies and opt for room temperature ingredients instead. For cold-weather friendly recipes, scan this code to access our Winter Detox booklet.



4. If you want to create your own superfood smoothie and plant-based lunches during this detox - you totally can. Feel free to use your own plant-powered recipes or simply swap out a few ingredients. Stick to plant-based eating, non-processed ingredients, and whole foods! Here are a few delicious swaps you can use:



Swap **banana** for ½ avocado for creaminess and 1 pitted date for sweetness. You can also use a sweet potato, oats, chia seeds, or plant-based yoghurt.



Don't like **spinach**? Use kale, romaine lettuce, cucumbers, or courgette.



Not a fan of **mango**? Use pineapple instead!



Replace **blueberries** with any other berry including strawberries or raspberries.



Use water or coconut water to replace **plant-based milk**.



Swap **coconut cream** for cashew butter or almond butter.

# Your 5-Day Detox Plan Starts Here



# day 1

## Detox Water

To start each day, add 2 tsp of Gut Feeling to water and drink on an empty stomach.

### Ingredients:

2 tsp Gut Feeling  
250ml water  
1 lemon wedge (optional)

### Directions:

1. Add Gut Feeling to water and stir until combined.
2. Add ice and garnish with lemon, if using. Enjoy!



## Breakfast

### Tropical Green Smoothie

#### Ingredients:

2 tsp Super Green  
2 tbsp Skinny Protein  
250ml water  
1 banana  
150g (frozen) mango  
30g (frozen) spinach  
1 tbsp almond butter

#### Directions:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



## Lunch

This salad will be your lunch for the first two days of your detox.

### Sweet Potato Salad (Day 1 & 2)

#### Ingredients:

80g romaine lettuce  
1 tomato, cubed  
1 medium-sized sweet potato  
½ avocado, unpitted  
¼ cucumber, sliced  
Optional toppings: sprouts, fresh dill

#### Tahini Dressing:

2 tbsp tahini  
2 tbsp mustard  
½ tsp garlic powder  
water to thin  
Pepper to taste  
Optional: add 1 tsp Golden Mellow

#### Directions:

1. Wash and cube the potato.
2. Boil or bake them for about 30 minutes at 200 °C.
3. Wash and cut the avocado, romaine lettuce, tomato, and cucumber and combine in a bowl.
4. To make the dressing, combine the ingredients in a small bowl and mix well. Double up the recipe above to make enough dressing for days 1 and 2.
5. Add the sweet potato to your veggie bowl and add the dressing. Mix well and enjoy!

↳ Tip: To save time, prep both potatoes and save one for tomorrow's lunch!





## Dinner

### Classic Berry Smoothie

#### Ingredients:

- 2 tsp Forever Beautiful
- 250ml almond milk
- 150g (frozen) mixed berries
- 1 banana
- 1 tbsp almond butter

#### Directions:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



### Golden Milk Latte

End your day with a delicious Golden Mellow latte.

#### Ingredients:

- 2 tsp Golden Mellow
- 250ml plant-based milk
- 1 tsp maple syrup (optional)

#### Directions:

1. Heat the milk in a small pot.
2. Turn off the heat. Use a frother or stir in Golden Mellow.
3. Transfer to a mug and enjoy.



# day 2

## **Detox Water**

To start each day, add 2 tsp of Gut Feeling to water and drink on an empty stomach. Find the recipe on **page 12**.



## **Breakfast**

### **Easy Green Smoothie**

#### **Ingredients:**

2 tsp Super Green  
250ml almond milk  
30g (frozen) spinach  
1 (frozen) banana  
1 tbsp almond butter

#### **Directions:**

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



## **Lunch**

This salad will be your lunch for the first two days of your detox. Find the recipe on **page 12**.

### **Sweet Potato Salad (Day 1 & 2)**



## **Dinner**

### **Blueberry Bliss Smoothie**

#### **Ingredients:**

2 tsp Forever Beautiful  
2 tsp Super Green  
250ml almond milk  
150g (frozen) blueberries  
40g frozen cauliflower  
½ banana  
2 tbsp almond butter

#### **Directions:**

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



## **Golden Milk Latte**

End your day with a delicious Golden Mellow latte. Find the recipe on **page 13**.





YOUR  
SUPER  
COM

GOLDEN  
MELLOW

ORGANIC SUPERFOOD

TURMERIC &  
CINNAMON

# day 3

## Detox Water

To start each day, add 2 tsp of Gut Feeling to water and drink on an empty stomach. Find the recipe on [page 12](#).



## Breakfast

### Very Green Smoothie

#### Ingredients:

- 2 tsp Super Green
- 2 tbsp Skinny Protein
- 250ml water
- 30g (frozen) spinach
- ½ avocado, pitted
- ½ lemon, peeled
- 1-inch fresh ginger, optional
- 1 pitted date, optional

#### Directions:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.

*To meal prep, cook 300g of rice for days 3, 4 & 5.*



## Lunch

This salad will be your lunch for days three and four of the detox.

### Green Protein Salad (Day 3 & 4)

#### Ingredients:

- 100g uncooked brown rice
- 80g mixed salad greens
- 4 broccoli florets
- ½ avocado
- ¼ cucumber
- ½ red bell pepper
- ½ can white beans (rinsed and drained)

Optional toppings: sprouts, unroasted seeds, or nuts

#### Green Tahini Dressing:

- 2 tbsp tahini
- ½ lemon, juiced
- ½ tsp garlic powder
- Water to thin
- Pepper to taste
- Optional: add 1 tsp Super Green

#### Directions:

1. Cook 300g brown rice according to the packaging.
2. Wash and cut the avocado, cucumber, mixed salad greens, and broccoli.
3. Steam broccoli florets in a pot for 3 minutes.
4. To make the dressing, combine the ingredients in a small bowl and mix well. Double up the recipe above to make enough dressing for days 3 and 4.
5. Mix all the ingredients and add the dressing. Mix well and enjoy!





## Dinner

### Fresh Berry Smoothie

#### Ingredients:

- 2 tsp Forever Beautiful
- 250ml water
- 150g (frozen) mixed berries
- ½ orange, peeled
- ½ cucumber
- 1 pitted date
- 2 tbsp coconut cream, optional

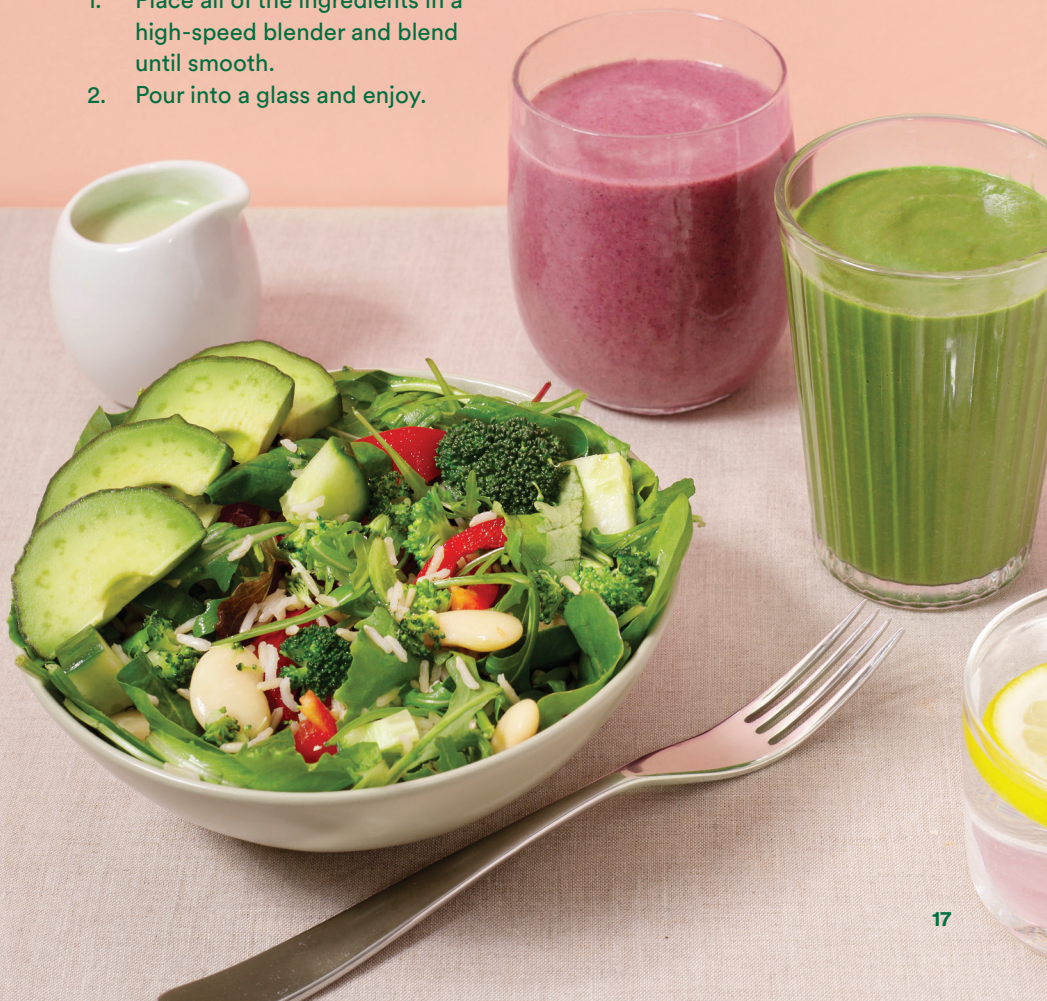
#### Directions:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



### Golden Milk Latte

End your day with a delicious Golden Mellow latte. Find the recipe on [page 13](#).



# day 4

## **Detox Water**

To start each day, add 2 tsp of Gut Feeling to water and drink on an empty stomach. Find the recipe on **page 12**.



## **Breakfast**

### **Orange Green Smoothie**

#### **Ingredients:**

2 tsp Super Green  
2 tbsp Skinny Protein  
250ml water  
1 (frozen) banana  
½ orange, peeled  
½ cucumber

#### **Directions:**

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



## **Lunch**

This salad will be your lunch for day three and day four of your detox. Find the recipe on **page 16**.

### **Green Protein Salad (Day 3 & 4)**



## **Dinner**

### **Classic Blueberry Smoothie**

#### **Ingredients:**

2 tsp Forever Beautiful  
2 tbsp Skinny Protein  
250ml almond milk  
150g (frozen) blueberries  
1 banana  
1 tbsp almond butter

#### **Directions:**

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



## **Golden Milk Latte**

End your day with a delicious Golden Mellow latte. Find the recipe on **page 13**.





# day 5

## Detox Water

To start each day, add 2 tsp of Gut Feeling to water and drink on an empty stomach. Find the recipe on [page 12](#).



## Breakfast

### Mango Green Smoothie

#### Ingredients:

- 2 tsp Super Green
- 2 tbsp Skinny Protein
- 375ml water
- 300g frozen mango
- ½ banana, optional
- ½ avocado, pitted

#### Directions:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



## Lunch

### Plant-Based Taco Bowl

#### Ingredients:

- 1 can black beans
- 100g uncooked brown rice
- 20g coriander
- 1 tomato
- ½ yellow pepper, cubed
- ½ avocado, unpitted
- ⅓ courgette, cubed
- ½ small red onion, optional
- Optional: fresh coriander

#### Dressing:

- 1 tsp Super Green
- 3 tbsp lime juice
- 1 tsp Almond butter
- 1 tsp maple syrup (optional)
- ¼ tsp chili powder
- ½ tsp garlic powder
- water to thin

#### Directions:

1. Rinse the beans. Store remaining in the fridge.
2. Wash vegetables and cut the courgette, red onion, coriander, tomato, yellow pepper, and avocado into small cubes.
3. Stir with a fork in a glass all the dressing ingredients together until smooth.
4. Mix the rice, beans, veggies, and dressing together into a bowl. Enjoy!



## Dinner

### Creamy Berry Smoothie

#### Ingredients:

- 2 tsp Forever Beautiful
- 250ml water
- 150g (frozen) mixed berries
- ½ avocado
- 1 pitted date
- 2 tbsp coconut cream, optional

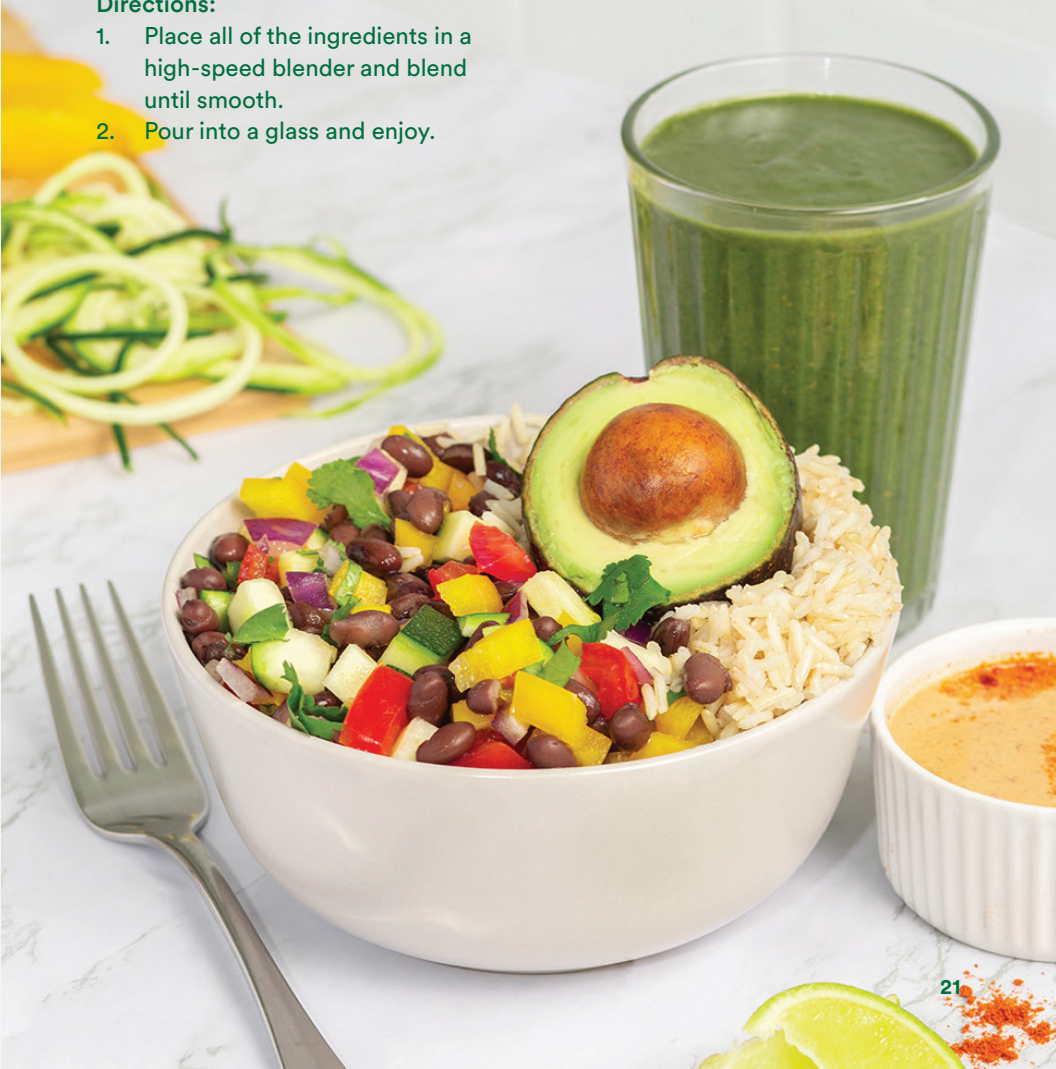
#### Directions:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy.



### Golden Milk Latte

End your day with a delicious Golden Mellow latte. Find the recipe on [page 13](#).



# Detox Approved Snacks

Yes, you can snack during the detox. Some days you will eat more than others, and that's okay! If you feel hungry at any time during the next 5 days, feel free to eat any of the detox-approved snacks below. Please note that these ingredients are not included in the grocery list on **page 9**, so if you'd like to include them in your detox be sure to add them to your list.

## ***Fruit Salad***

Slice your favourite fruit and sprinkle Forever Beautiful on top.

## ***Apple and Almond Butter***

Cut an apple and drizzle with unsalted almond butter on the top. If desired, sprinkle Forever Beautiful for added nutrients.

## ***Vegetables and Hummus Dip***

### **Ingredients:**

- 2 tsp Golden Mellow
- 1 can chickpeas
- ½ small garlic clove
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 tbsp hemp seeds
- 1 dash of pepper

### **Directions:**

1. Blend all ingredients in a blender or food processor until smooth.
2. Pour into a bowl.
3. Enjoy with your favourite veggies or crackers.

## ***Bliss Balls***

### **Ingredients:**

- 2 tbsp Super Green
- 180g dates (pitted)
- 150g cashews
- 2 tbsp lemon juice
- 1 tbsp lemon zest

### **Directions:**

1. Place all the ingredients in a food processor and blend until you're left with a sticky 'dough'.
2. Divide the dough into chunks and roll little balls out of them.
3. Store in the fridge for up to 5 days.

## ***Rice Cakes***

Spread ½ avocado or 2 tbsp tahini over a rice cake and top with black pepper and a sprinkle of Super Green.

## ***Want a nutritious, no-fuss snack?***

Unsalted, unroasted nuts like almonds, pistachios, or walnuts are also detox approved!





# Hydration and The Detox

It's common to confuse thirst for hunger, so be sure to drink at least 10 cups of water daily. If you're having trouble reaching that goal, you can swap your glass of water for one of the options below.



## ***Celery drink***

Add 2 tsp Gut Feeling in a glass of water and sip throughout the day.



## ***Fruit-infused water***

Add fresh lemon, cucumber, ginger, orange, or grapefruit to your water to add a splash of flavour.



## ***Herbal teas***

Sip on any herbal, non-caffeinated tea (this is especially helpful if you are detoxing during the colder months).  
½ tsp Golden Mellow, 2 orange slices in 250ml hot water, optional ½ tsp maple syrup.



## ***Lattes***

Superfood lattes are both soothing and satisfying. Add 2 tsp of Golden Mellow to 250ml of warm oat milk and enjoy!



# Track Your Progress

Use these tracking sheets to keep on top of your detox. Each day fill in what you had to eat, your daily affirmation, your workouts, and your overall mood.



# Track Your Day


day 1

Date

---

**M T W T F S S**

**Breakfast**



**Daily Affirmation**


“

”

**Lunch**



**Dinner**



**Glasses of water**



**Cups of herbal tea**



**Meditation**

---

**Sleep**

---

**Snacks**

**My Workout**

---

**Steps**

**How do I feel today?**

# Track Your Day

day 2

Date

M T W T F S S

Daily Affirmation

“

”

Glasses of water



Cups of herbal tea



Meditation

\_\_\_\_\_

Sleep

\_\_\_\_\_

My Workout

Steps

Breakfast



Lunch



Dinner



Snacks

How do I feel today?

# Track Your Day

day 3

Date

M T W T F S S

Breakfast



Daily Affirmation

“

”

Lunch



Dinner



Glasses of water



Cups of herbal tea



Meditation

\_\_\_\_\_

Sleep

\_\_\_\_\_

Snacks

My Workout

Steps

How do I feel today?



# Track Your Day

day 4

Date

**M T W T F S S**

Breakfast




Daily Affirmation


“

”

Lunch



Dinner



Glasses of water



Cups of herbal tea



Meditation

\_\_\_\_\_

Sleep

\_\_\_\_\_

Snacks

My Workout

Steps

How do I feel today?

# Track Your Day

day 5

Date

M T W T F S S

Breakfast



Daily Affirmation

“

”

Lunch



Dinner



Glasses of water



Cups of herbal tea



Meditation

\_\_\_\_\_

Sleep

\_\_\_\_\_

Snacks

How do I feel today?

My Workout

Steps

# Congrats!



You've completed the 5-Day Detox!

***What did you learn during the detox?***

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***What made your body feel really good?***

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***What were your favorite recipes?***

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***What changes have you seen in your health since doing the detox?*** (Circle all that apply or write more)

More Energy   Better Digestion   Clearer Skin

Improved Sleep   More Focus

---

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***What healthy habits are you committing to?*** (Choose 3)

Having A Superfood Smoothie Every Morning

Quitting/Or Cutting Back On Coffee   Plant-Based Lunch

Cutting Out Processed Foods   Drinking More Water

Eating More Fruits And Vegetables   Drink More Superfood Lattes

Keep Using Pre & Probiotics For My Gut

Doing A Detox Once Every 3 Months

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# FAQ's

## ***Why are coffee and caffeine not allowed during the detox?***

Because caffeine is metabolized in the liver, which is your body's main filtration system, caffeine is excluded from the 5-Day Detox. Caffeine also affects the digestive system and therefore can impede the effectiveness of the detox.

## ***Do I have to do the detox for the full 5 days?***

For the best results, you should follow the detox for the full 5 days. In the future, you can do the detox once a month or do a couple of detox weeks in a row - listen to your body. Kristel detoxes for a full 5-days once every 3 months! She loves keeping many of the detox daily rituals in her every day life, like drinking Gut Feeling Detox Water, drinking superfood smoothies and lattes, and eating plant-based.

## ***Can I swap meals?***

Some people prefer to have smoothies during the day and salads at night because it works better with their schedule. That's totally OK! Plan the detox so it easily fits into your daily routine.

## ***Can I do the detox while following healthcare treatments?***

It depends on the treatments, so always consult with your doctor. In general, this detox is all about refueling your body with nutrients, which in most cases is healthy for everyone!

## ***Can I work out during the detox?***

Some people feel fine to continue with their normal exercise routine, while others prefer lighter exercise such as yoga or walking during the 5-day detox. If you feel tired or have a slight headache from the detox, make sure to listen to your body and don't overdo it.

## ***What happens after the detox?***

Reflect on your experience using **page 31**. We recommend that you keep some of these healthy habits going throughout your day, whether it's drinking a superfood smoothie, sipping on a latte in the evening, or eating more plant-based. The goal is that you feel energized, light, fresh, and clear all the time! Visit [www.yoursuper.eu/pages/after-detox-plan](http://www.yoursuper.eu/pages/after-detox-plan) to find our post detox tips and tricks. Plus, download the FREE 'After Detox Plan.'





# Our #1 goal is to help you achieve your health goals

Below are a few of the ways we offer our support during your 5-Day Detox.

①

## **GET SUPPORT**

You can reach us at **+49(0)30 3982023-01**

We are available Monday through Friday 9-6 pm CET

②

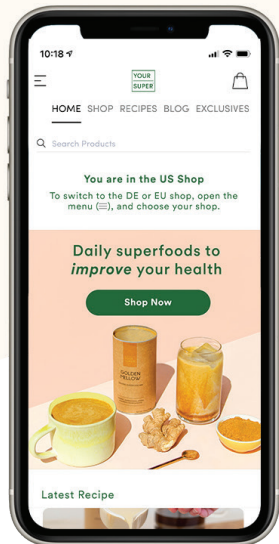
## **JOIN OUR COMMUNITY**

Become a member of the exclusive Facebook group: “Your Super - Exclusive Members Group.” You’ll find helpful information, Facebook Live Q & A Sessions, recipes, and support from fellow detoxers! Learn from other people’s successes and share your struggles and triumphs. We’re in this together!

## Download Our App

Improving your health has never been easier with the Your Super app!

Download the free  
Your Super app here!



# Explore Our Mixes



## Latte Mixes

To use: Add to plant-based milk and stir, or use a frother to combine.

### SUPER BREW

A coffee alternative

### POWER MATCHA

For focus and energy

### MOON BALANCE

For inner balance

### GOLDEN MELLOW

To calm down and de-stress

### MAGIC MUSHROOM

To wind down and relax



## Drink Boosters

To use: Add to smoothies, lattes, or hot drinks.

### PLANT COLLAGEN

Skin Foods for nourished skin



## Smoothie Mixes

To use: Add to any smoothie or make a wellness shot by mixing with 250ml of water.

### FOREVER BEAUTIFUL

Skin nourishing berries

### SUPER GREEN

Nutritious greens

### ENERGY BOMB

Pre-workout booster



## Instant Drink Mixes

To use: Simply stir into cold water.

### GUT RESTORE

Probiotics for a healthy gut

### GUT FEELING

A fibre-rich celery mix



## Protein Mixes

To use: Shake with plant-based milk or blend in a smoothie.

### PLANT PROTEIN

Neutral tasting plant protein

### SKINNY PROTEIN

Green plant protein



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and use **#yoursuper**



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and health tips in your  
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Certified Organic



Non-GMO



Certified  
Corporation



100% Plant-Based



Gluten-Free



No Additives



No Artificial  
Sweeteners