



ELIXIR RECIPES A JOURNEY TO HEALTH & VITALITY





START YOUR LIFE-CHANGING TRANSFORMATION TODAY

Get in control of your health!
Get more nutrients, more vitamins
– **EASY way, TASTY way!**

**Just 1 NutriLife ELIXIR a day
can help you:**

- ✓ Detox and restart your digestive system
- ✓ Keep your cholesterol in check and heart & veins in good shape
- ✓ Lose weight
- ✓ Boost your immunity
- ✓ Boost your energy levels
- ✓ Combat the signs of aging, improve your skin, hair...
... and so much more!

It all starts with what we eat.

ALL-ROUNDER ELIXIR



Detoxes, boosts energy,
and provides a rich supply
of vitamins and nutrients.

INGREDIENTS:

- 1 cup spinach
- 1/2 cup pineapple chunks
- A handful of mint leaves
- 1 banana
- 1 apple, chopped
- A handful of cashews
- 1/2 cup flax seeds
- 1 cup water or coconut water



Add all ingredients to a blender. Blend until smooth. Serve chilled.

Did you know?

This elixir gives you the right balance of greens, and juicy fruits. Very important, always mix 50-50!

We have spinach, full of iron and antioxidants; a pineapple for digestive enzymes, banana as source of potassium and great for your kidneys, apple as prebiotic, cashews for smoothness, non-fatty acids and selenium, and half a cup of flax seeds for digestive fiber, protein and omega 3!

All to detox, to jump start your digestion, clean up toxins, boost your energy, fill up the vitamin supply!

FLU ZAPPER ELIXIR



High in vitamins A, C, K,
and antioxidants, with
anti-inflammatory benefits.

INGREDIENTS:

- 1 beet, peeled and chopped
- 1 carrot, peeled and chopped
- 1 apple, chopped
- 1 small piece of ginger (about 1 inch), peeled
- 1 cup water



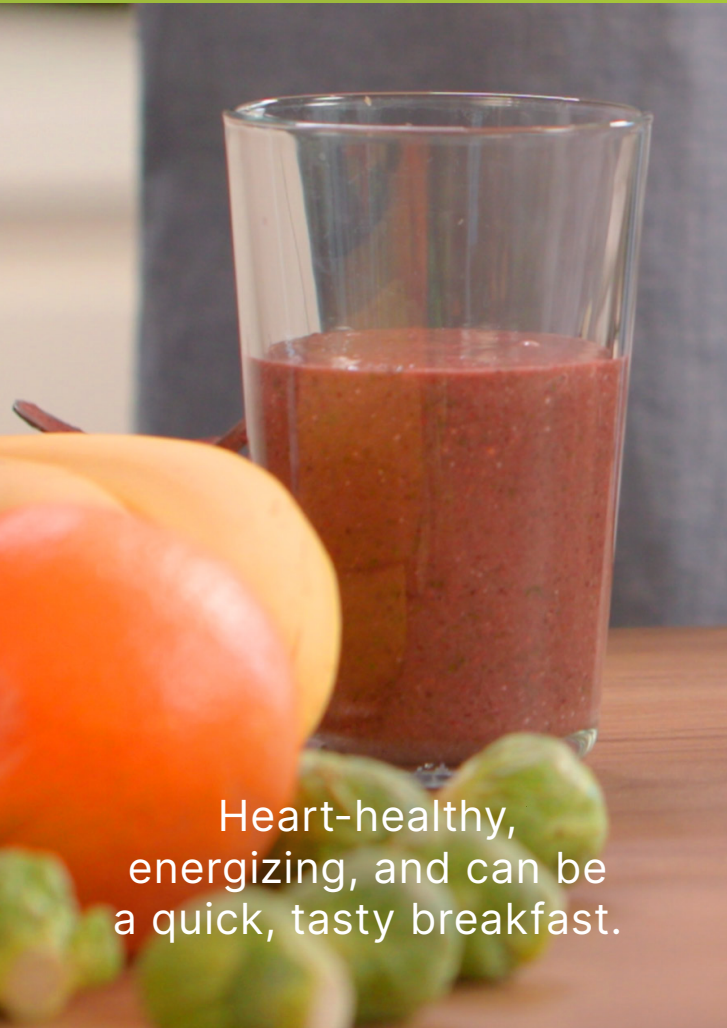
Add all ingredients to a blender. Blend until smooth and serve.

Did you know?

Viruses and bacteria are all around us – not much we can do about that. Thankfully, our bodies come equipped with immune systems to fight off these harmful invaders. Washing your hands, getting enough good quality sleep and balanced diet can keep you healthy through the flu season.

Boost your body natural defense system with this elixir and unleash the hidden powers of root vegetables! Besides being delicious, this juice is also incredibly healthy with Vitamins A, K and beta carotene from the carrots, vitamin C and polyphenols from the apples, antioxidants and folate from the beets, and anti-inflammatory benefits from the ginger.

HEART'S CHOICE ELIXIR



Heart-healthy,
energizing, and can be
a quick, tasty breakfast.

INGREDIENTS:

- 1 cup greens (spinach or kale)
- 1/2 cup strawberries
- 1/2 cup blueberries (fresh or frozen)
- 1 banana
- 1 kiwi, peeled
- 1 cup cold apple juice
- 1 tablespoon honey
- 1/4 cup oats (Optional)



Combine all ingredients in a blender. Blend until smooth and creamy. Pour into a glass and enjoy!

Did you know?

Cardiovascular diseases are the predominant cause of disability and premature death in Europe, causing over 10 000 deaths every day!

Do something good for your heart! Start off with greens, add beautiful mix of fruits, spoon of honey, you can even add oats if you want to have it for a tasty breakfast.

This one is a super fiber elixir with high traces of vitamin C and polyphenols. Remember, fiber is an essential part of good heart health, preventing LDL, the bad cholesterol from sticking to your arteries.

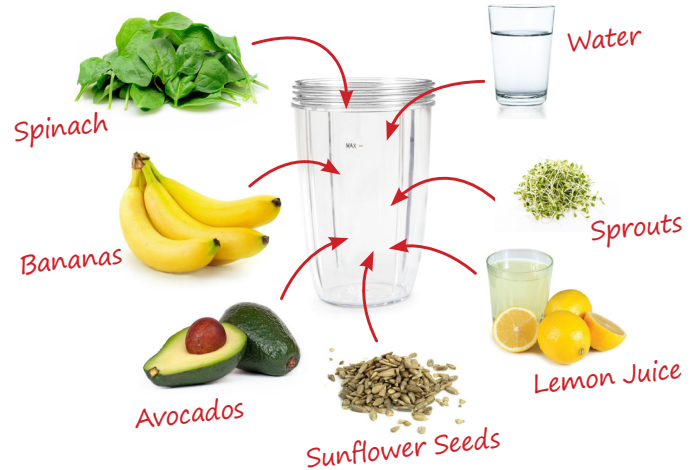
ANTI-AGING ELIXIR



Supports hair, skin,
and nails.

INGREDIENTS:

- 1 cup spinach
- 1 banana
- 1/2 avocado
- 1 tablespoon sunflower seeds
- Juice of 1/2 lemon
- 1/4 cup broccoli sprouts
- 1 cup water



Place all ingredients in a blender. Blend until smooth and creamy. Enjoy immediately.

Did you know?

Nature gives us tools we need to feel better, healthier and younger! Instead of eating many dietary supplements for blood pressure, cholesterol, detox and liver, joints, better skin and hair... extract the health and goodness out of fruits and veggies and drink!

This elixir with spinach, banana, avocado, sunflower seeds and lemon juice is not only great to fortify your hair and nails, beautify your skin, but with broccoli sprouts we add the power of Sulforaphane, with potentially powerful anti-cancer properties.

SUPERHERO ELIXIR



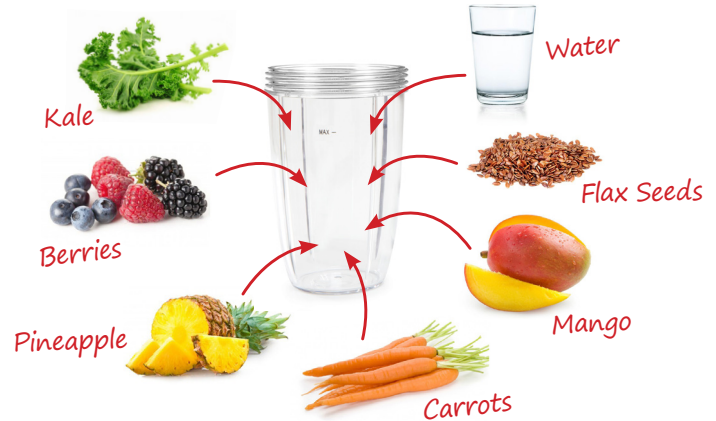
KIDS APPROVED!

Loaded with vitamins, fibers & antioxidants. A fun way for kids to get their nutrients!



INGREDIENTS:

- 1 cup kale
- 1/2 cup frozen berries
- 1/2 cup pineapple chunks
- 1/2 carrot, peeled and chopped
- 1/2 cup mango or banana (your choice)
- 1/4 cup flax seeds or oats
- 1 cup water or juice



Blend all ingredients until smooth. Pour into a fun cup and enjoy!

Moms listen up!

You know how hard it is for your little ones to have their 5-a-day fruits and veggies portion? There is always something they just don't want to eat - broccoli or kale or spinach!

Too many kids eat fast foods, processed grains and meats, sweet drinks – this is increasing the risk of obesity and type 2 diabetes.

Try the kids approved "Superhero elixir". With kale, a nutrition superstar due to the amounts of vitamins A, B6, C, K, folate, fiber, and manganese it contains; add frozen berries, pineapple, carrot, mango or banana, whichever they prefer. Add some flaxseeds or oats, very important digestive fibers.

The best part, invite your kid to help you. Soon they will be making their own healthy drinks! What a great habit to learn.

IMMUNITY BOOSTER ELIXIR



Antioxidant-rich and packed with essential vitamins for a stronger immune system.

INGREDIENTS:

- Your favorite mix of vegetables (e.g., cucumber, spinach, celery)
- 1/2 cup fruit (e.g., apple, orange, or berries)
- A handful of nuts (e.g., almonds, walnuts)
- 1 tablespoon chia seeds or goji berries
- 1/2 teaspoon camu camu powder (optional)
- 1 cup water or juice



Add all ingredients to a blender. Blend until smooth.
Drink up for an immunity boost!

Did you know?

Living healthier has never been this easy!

Just open your fridge, pick your favourite vegetables, add some fruit for sweetness, refine it with some nuts for energy, or with chia seeds, rich in omega 3 fatty acids, or goji berries, which are extraordinarily high in vitamin C and enjoy the antioxidant immunity boosting NutriLife elixir.

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**START A NEW LIFE
WITH NutriLIFE**

