



ONE CONTAINER

5 12 oz SERVINGS

MON	TUES	WED	THURS	FRI

Dr. Sinnott's Secret Smoothie

For those of us who work at the corporate office, one of the great things about having Dr. Rob Sinnott as both our Chief Executive Officer *as well as* our Chief Science Officer is that we know that the absolute understanding and confidence in the products that we make really does go all the way to the top.

It's no surprise then, that Dr. Sinnott would have developed his own personal regimen that has become the "go to" way to start his day and we've been dying to get him to tell us about it so that we could pass it along to you. In the video below, you'll see everything you need to know in order to make Dr. Sinnott's Secret Smoothie and there are links to the products just below the video.

Check this out!



Advanced Ambrotose[®] powder (5 teaspoons) – Advanced support for a healthy immune system.

Osolean[®] powder (10 scoops) – All-natural protein blend that in a clinical study targeted fat loss while sparing lean muscle.

NutriVerus[™] powder (10 scoops) – Nutrition the way your body wants it – a whole-food matrix of real vitamins, minerals, glyconutrients and antioxidants

Kefir (1 liter) – A powerful probiotic drinking-style yogurt with a wide range of nutrients and probiotic cultures.

Juice – 100% fruit juice of any flavor or brand.

Directions: Combine all the measured powders into a paper cup. Leave a small amount of juice in its container. Add the powders into the bottle that holds the juice. Shake to mix. Add the Kefir and gently mix again. No blender necessary. Makes five 12-oz servings to last you the whole week.

Enjoy!