



Immunity Boosting Green Smoothie

With a record-breaking number of Australians struck down by the flu this year, it's never been more important to boost your immune health. The Natural Health Company™ have created a green smoothie recipe to help get your health and vitality back on track for the warmer months ahead. Introducing the Immunity Boosting Green Smoothie. Delicious, nutritious and easy to make! Enjoy a natural boost of superfoods, antioxidants, organic maca powder and fibre, along with a range of detox ingredients and every super green you can think of, all in one yummy smoothie! Immunity Boosting Green Smoothie (makes one smoothie) 1 scoop (8g) of Natural Health Company™ Skinny Greens Superfood Detox 1 cup green grapes 10 raw almonds 1 cup freshly squeezed orange juice 2 large strawberries Juice of ½ lemon 1 teaspoon freshly grated ginger Method: Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy! The Immunity Boosting Green Smoothie includes one scoop of Natural Health Company™ Skinny Greens Superfood Detox. An Australian made product, using only natural ingredients, free from gluten, lactose and 100% vegan friendly. This blend contains your daily dose of super greens - Think Kale, Spirulina, Barley Grass, Broccoli, Spinach, Chlorella, Celery and even more green goodness! Great tasting, natural tropical flavor and sweetened naturally with stevia. By eliminating unwanted toxins, Skinny Greens has been designed to support healthy digestion, and assist with overall health and wellbeing. With an added blend of detoxifying ingredients Skinny Greens may also help boost the metabolism, support appetite control and reduce body fat. Detox ingredients included in every serve of Skinny Greens: - Garcinia Cambogia (500mg) - Raspberry Ketone (100mg) - L Carnitine (100mg) - African Mango (100mg) - Green Tea Extracts (100mg) - Green Coffee Bean Extract (100mg) Skinny Greens Superfood Detox – 160g/20 Serves RRP \$34.95 The Natural Health Company™ Skinny Greens Superfood Detox is available at Healthy Life, Go Vita, selected health food stores and pharmacies and online at www.naturalhealthcompany.com.au

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