

UNIQ WELLNESS

SMOOTHIE RECIPE & VIDEO



- A powerful, well-crafted, super delicious meal and a drink
- Incredible source of energy
- Super foods combo
- Loaded with important Omega 3 fatty acids
- Key source of fiber
- Packed with powerful plant-based protein
- Supports brain health
- A key tool for weight loss and weight management

Taste Test Winner with 5-★ Rating

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UNIQ WELLNESS POWER SMOOTHIE

And when you're finish guzzling this delicious body stimulator, don't be ashamed to lick the glass, or whatever you use to throw it down.

Here are the ingredients that make this special smoothie special
Designed by Sheldon Ingram



Kale is King!

It s loaded with Vitamin A & C, more Vitamin C than an orange.

Kale also packs a big load of phytonutrients (found in plants) which combat inflammation, arterial plaque and it even has a cancer-fighting agent called sulforaphane (say it 5 times, really fast).

Other benefits!

- Vision
- Gene transcription
- Immune function
- Embryonic development and reproduction
- Bone metabolism
- Skin and cellular health
- Antioxidant activity



Sensational Spinach!

I watched Popeye eat it, so I jumped on it too and it hasn't let me down.

It's a great complement to kale because it has many of the same nutrients but not as much. However, spinach is packs the fiber and is higher in Folate (folic acid), critical for preventing breast cancer and women during their chid-bearing years.



Mushrooms are Marvelous

You want an immune system that rocks? You can start with mushrooms on your plate, or in this case, your smoothie!

Beta-glucan is a component in mushrooms that battles colds, the flu, other viruses and even cancer.



Beefy Beets!

Yeah, I call them beefy because they pack muscle. You can't beat beets!

Where do I start? Here goes!

- Mental health, containing betaine, which is used to counter depression
- Energy
- Natural tonic to cleanse the blood, stimulate the liver and prevent cancer
- Aphrodisiac if you have a health sex life...or want one



Colorful Carrots

They brighten the day in combination with other members of the team because they are a powerful antioxidant like mushrooms, kale and spinach.

Carrots also fight against cardiovascular disease and work to strengthen vision.



Amazing Avocado

It really is. You **cannot** get the full benefit of nutrient-dense foods without quality fats to help your body absorb the nutrients. Avocados have that skill set.

They contain an important Omega 3 fat, help fight inflammation and pack vital antioxidants.



Romancing Raw Honey

Notice, it's **raw!** Raw is pure. It scoops out like peanut butter. Honey is a natural sweetener and has a significantly lower glycemic load than many natural sweeteners **and** it maintains all of the minerals that are removed from processed (liquified) honey.



Super Foods: The knock out punch

These super foods are super because they build a fierce immune defense system. The cold, flu and other jack-ass viruses run scared.

Hemp seeds, maca, goji berries and mixed berries (strawberries, raspberries, blueberries, blackberries) are elite antioxidant-packed food agents. Simply put, they are among **the most** powerful super foods on the planet! They also support brain health and promote mental clarity.



Your Uniq power smoothie is a cutting-edge and aggressive approach to nutrition, designed to jumpstart and invigorate your day and power your body.

It is packed with a heavy load of nutrients and quality calorie your body will burn and not store as fat.

Do not be surprised by the long-sustained flow of energy and vibrancy. It's part of the package.

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NOTE:

Vega Sport and Pure Nourish are plant-based protein powders used in this smoothie. Both can be purchased from my website.

Two tablespoons of flaxseed oil are also recommended with this smoothie.