

ENERGY BOOST

Pineapple
Melon
Pear
Coconut

PER DOSIS (170G):

ENERGY 67,3 kcal
PROTEIN 0,9 g
LIPIDS 1 g
 saturated 0,6 g
CARBON HYDRATES 13,5 g
 of which sugar 13,5 g
FIBERS 2,6 g

Pineapple is a great post-workout option as it favors muscle recovery and has anti-inflammatory properties that help in the health of muscles and joints.

Melon is a very refreshing fruit with diuretic properties and rich in vitamins A and C, great antioxidants.

Pear is an excellent source of soluble and insoluble fiber. Soluble fibers help to reduce the absorption of cholesterol and glucose, and insoluble fibers such as pectin are essential for maintaining a healthy intestinal transit.

The **coconut** pulp (white part) despite being very high in fat, helps to lower LDL cholesterol ("bad cholesterol") and to increase HDL cholesterol ("good cholesterol"), and provides medium chain fatty acids - excellent sources of fast energy.

The mix of all these ingredients makes the perfect energy boost smoothie, ready to supply the nutrients and energy we need to face challenging days.



BRAIN FOOD

Melon
Mango
Apple
Ginger

PER DOSIS (170G):

ENERGY 70,8 kcal

PROTEIN 0,9 g

LIPIDS 0,5 g

saturated 0,1 g

CARBONHYDRATES 15,9 g

sugar 10,5 g

FIBERS 3,3 g

Melon and Mango are very rich in vitamin C which, due to their strong antioxidant action, prevents the damage and aging of neurons, as well as other body structures. Vitamin C can be an important ally in the prevention of neurodegenerative diseases.

Mango is rich in vitamin B6 and glutamine, nutrients that improve memory and power of concentration. Its consumption increases the hormonal production of GABA, a neurotransmitter essential for the development of nerve cells.

In addition to being an important source of vitamin C, **Apples** are very rich in quercetin, a powerful antioxidant that helps to reduce cell death caused by oxidation and inflammation of neurons.

Ginger stimulates blood circulation, and is rich in gingerol, a substance that helps in the dilution of blood clots, making it a good prevention of stroke.

These 4 ingredients, make the Brain Food smoothie a great drink to boost focus and support our brain health.



ANTI AGING

Apple
Kiwi
Strawberries
Lindseed

PER DOSIS (170G):

ENERGY 75,6 kcal
PROTEIN 1,0 g
LIPIDS 0,8 g
 saturated 0,1 g
CARBOHYDRATES 16,2 g
 sugar 8,6 g
FIBERS 3,3 g

Apple is an excellent source of vitamin C which, due to its strong antioxidant action, prevents damage and aging of gray matter, as well as other body structures. Vitamin C can be an important ally in the prevention of neurodegenerative diseases.

Kiwi is one of the richest fruits in antioxidants, among them we can highlight Beta-carotene, phenolic compounds, flavonoids and vitamin E which also helps to protect skin cells from degeneration and premature aging.

Strawberries have a quarter more antioxidants than most fruits. Antioxidants protect the body from free radicals linked to premature aging.

Linseed is the richest vegetable source of omega 3, a compound with an extraordinary anti-inflammatory action.

This Anti-aging smoothie has the perfect balance of ingredients working for a healthy cellular regeneration, working to make our body fresh and young - from the inside out.

