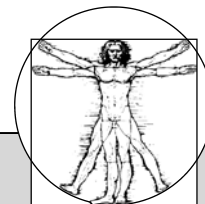


# DR. REISS' SPLENDID BLENDER DRINK



## Metagenics

- |  |   |
|--|---|
| _____ scoops <b>UltraInflamX</b>       | _____ scoops <b>UltraMeal</b>                 |
| _____ scoops <b>UltraClear</b>         | _____ scoops <b>UltraMeal PLUS</b>            |
| _____ scoops <b>UltraClear PLUS</b>    | _____ scoops <b>UltraMeal PLUS Rice/Whey</b>  |
| _____ scoops <b>UltraClear MACRO</b>   | _____ scoops <b>UltraGlycemX</b>              |
| _____ scoops <b>UltraClear SUSTAIN</b> | _____ scoops <b>Estrium</b>                   |
| _____ scoops <b>UltraCare for Kids</b> | _____ scoops <b>OptiCleanse GHI (Xymogen)</b> |

or

- |   |  |
|---|--|
| <input type="checkbox"/> 1/2 cup (4 oz.) <b>Soy milk</b>                | <input type="checkbox"/> 1 1/2 Tblsp. <b>Whey protein powder</b> |
| <input type="checkbox"/> 1/4 box (3 oz.) <b>Tofu Mori-Nu extra firm</b> | <input type="checkbox"/> 1 1/2 Tblsp. <b>Soy protein powder</b>  |

...plus:

- |                 |                                  |  |
|-----------------|----------------------------------|--|
| 1/2 cup (4 oz.) | <b>Fruit juice of choice</b>     | organic apple, cherry, grape, etc.                     |
| 1/2 cup         | <b>Fruit of choice</b>           | frozen organic blueberries, raspberries, etc.          |
| 2 Tblsp. (1 oz) | <b>Aloe vera juice</b>           | organic cold-pressed whole leaf ( <i>Aloe Farms</i> )  |
| 1 Tblsp.        | <b>Green "superfood" powder</b>  | <i>Green Vibrance, Organic Frog, or Emerald Greens</i> |
| 1/2 Tblsp.      | <b>Flax or healthy blend oil</b> | cold-pressed organic or <i>Udo's Choice</i>            |
| 1/2 Tblsp.      | <b>Flax seeds - preground</b>    | organic  |
| as needed       | <b>Water (cold, filtered)</b>    | to thin drink to best consistency                      |

### Optional:

- |                                     |                                |  |
|-------------------------------------|--------------------------------|--|
| <input type="checkbox"/> 1/2 Tblsp. | <b>Lecithin granules</b>       | brain nutrient and cholesterol control       |
| <input type="checkbox"/> 1/2 Tblsp. | <b>Brewer's yeast</b>          | for protein and minerals – <i>Lewis Labs</i> |
| <input type="checkbox"/> as needed  | <b>Stevia herbal sweetener</b> | <i>Now</i> or <i>SweetLeaf</i> brands        |

Put in blender and grind away at the highest speed for only 5 seconds or so. About 30 seconds are needed if the flax seeds are whole. Thin with a water or extra juice if too thick.

### Notes & Helpful Hints:

1. This drink can be modified or added to in any way to suit your own personal tastes. Consider this only a starting point.
2. Dark-colored berries seem to be the best fruits to add, both for their robust flavor as well as their rich color.
3. Estimated cost per serving is \$3.10, based on non-sale prices for organic large-sized containers from an average health food store. You are invited to invest in your health and buy only the highest quality ingredients. Avoid cheap grocery store brands. Improved flavor, mornings, and health will be your benefit.
4. For those who like it sweet, stevia is an excellent herbal non-caloric sugar (& Nutrasweet) replacement. Also safe in coffee.
5. Refrigerate all store-bought ingredients. Best drunk cold right after blending.

### Nutrition Facts

Serving Size about 13 fl. oz.

**Calories 410**      Calories from Fat 136

**% Daily Value**

**Total Fat 15 g**      22%

Saturated Fat 1 g      4%

**Cholesterol 0 mg**      0%

**Sodium 113 mg**      5%

**Total Carbohydrate 56 g**      19%

Dietary Fiber 8 g      31%

Sugars 28 g

**Protein 18 g**

Calcium 35%      Percent Daily Values are based on a 2,000 calorie diet.

Above values are based on the UltraInflamX option and exclude optional ingredients.