

Why a smoothie everyday?

Nutritional smoothies fortified with Natura formulas are a wonderful way to start your day. These smoothies provide health-promoting herbs, nutrients, and food concentrates that are associated with disease prevention and a long, healthy and vital life. They taste great, are easily digested, and are beneficial for everyone, including kids!

Nutritional Smoothies Provide:

- improved energy and vitality
- optimal nutrition
- healthy detoxification
- antioxidant protection
- cellular regeneration



Coltrane & Stella Yance enjoying their daily smoothie.

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DONALD R. YANCE JR., RH (AHG), CN
FOUNDER AND FORMULATOR

Donald Yance is a practicing Clinical Master Herbalist, Certified Nutritionist and the author of *Herbal Medicine, Healing and Cancer*. Providing visionary leadership in the field of natural medicine, Mr. Yance has maintained a successful clinical practice for over two decades and trains practitioners nationwide in his diagnostic and therapeutic methodology for patient care. Natura's formulas apply key principles rooted in Mr. Yance's Eclectic Triphasic™ Medical System, a clinically proven collaborative model that draws on the vast contributions of botanical and nutritional medicine to significantly improve patient quality of life and longevity.

OUR WELLNESS PHILOSOPHY

Optimal wellness begins with restoring and building vitality through supporting the core energy of the body. Natura's distinguished formulas help the body adapt to stress by assisting the body's natural capacity to move toward balance and harmony. Our products combine the best of what nature has to offer with the benefits of modern science. Made of highly concentrated and therapeutic ingredients, our products are designed to help you achieve the daily vitality you have always wanted.



www.naturahealthproducts.com
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NUTRITIONAL SMOOTHIES



Optimize Wellness
Build Core Energy
Restore Vitality



BEYOND WHEY®

Made with the highest quality non-denatured whey protein concentrate and technically advanced amino acid compounds, this comprehensive nutritional support formula provides valuable nutrients for muscle strength and recovery, energy, improved GI function and immune enhancement.

- Derived from hormone-free, free-range, grass fed cows
- Tastes great; does not contain sugar or flavoring
- Great for any age or lifestyle, including children, athletes and the elderly
- Also contains covalent bonded glutamine, Creatine MagnaPower™ (magnesium creatine chelate), organic bovine colostrum and FOS

BEYOND ESSENTIAL FATS®

Beyond Essential Fats delivers the optimum ratios of omega 3, 6, 7 and 9 oils. A state-of-the-art fatty acid blend, Beyond Essential Fats promotes cardiovascular health, modulates inflammation, regulates the immune system, protects the body from oxidative stress, and improves vital organ health and brain function.

- Made from the finest pure fish oil concentrate (EPA 34% / DHA 24%)
- Contains Sea Buckthorn oil, which provides the richest source of full-spectrum, naturally occurring carotenoids
- Also contains Siberian Pine Seed oil, which provides three times the amount of GLA as evening primrose oil and twice the vitamin E content of almonds

BOTANICAL TREASURES™

A super-concentrated, powdered extract formula made of highly therapeutic vital herbs and phyto-nutrients, Botanical Treasures supports optimal redox/anti-oxidant response.

- Consists of traditional and culinary herbs whose healing properties have been validated by extensive clinical research, including turmeric, green tea, grape seed and skin, and rosemary
- Provides anti-aging, antioxidative, and anti-inflammatory support and protects the liver

SMOOTHIE SUPREME

8 oz. liquid*
4 oz. plain or vanilla whole milk yogurt
1 cup of berries - fresh or frozen
1 teaspoon **Beyond Essential Fats™**
1/2 teaspoon **Botanical Treasures™**
1 tablespoon green food concentrate powder
Vitality Boosters (see next page)
1 scoop **Beyond Whey™**

Mix all of the ingredients *except* the **Beyond Whey™** in a blender, adding liquid until you achieve the desired consistency. Add the Beyond Whey and pulse briefly to avoid damaging the delicate proteins.

* Cow or goat milk, coconut water or milk, almond or soy milk, kefir, non-acidic fruit juices (apricot, peach, berry, mango), or water in any combination for taste and consistency.

We recommend using the highest quality, organic ingredients whenever possible.



Additional Vitality Boosters

Product	Benefit
Mixed Fruit Anthocyanins*	high concentration of flavonoids to protect against disease
Coconut Milk Powder*	naturally sweet taste, readily available source of energy, anti-microbial
Flax Seeds (freshly ground)	great source of lignans, mucilaginous fiber, and omega 3 fatty acids
Chia Seeds	adds fiber and protein, good source of calcium and omega 3 fatty acids
Probiotics	from yogurt, kefir, or powdered forms; keeps the digestive flora in proper balance
Additional Fruit	fresh, seasonal, non-acidic fruit for added taste and nutrition
Vital Adapt™	builds vitality, improves stress protection and promotes longevity

* These products can be purchased through the Mederi Centre for Natural Healing at 541-488-3133. The other items can be found at your local health food store or co-op.