

Mike's Health Shake & Supplements

I use a one serving Blender. I use the Bella Cucina brand at Target. \$25. Ez to clean.

2-3 ozs of any good 100% juice (usually apple, white grape, never citrus)

1/3 Banana

Berries or any fruit (small handful- fresh or frozen)

Small handful organic Spinach Leaves

1 organic egg

2 Tbs Aloe Vera

1 tsp Flax oil or Olive oil

1 tsp Coconut oil

½ tsp ground flax seeds

½ tsp Chia Seeds

1 tsp Raw sunflower seed kernels

1 scoop of Green Powder Blend

1 scoop of Protein Powder

1 Tbs Cal-Mag-Phospho **

1 tsp Liq Probiotics (lactobacillus, bulgaricus, acidophilus, etc) **

1 tsp Liq B Complex (or sugg'd daily dose) **

3-4 drops Iodine (12 mg- # of drops depends on strength)

2 drops of Vit D (ie 10,000units if you get 5000mg drop dosage)

10 Trace Mineral drops (Concentrace brand)

Top off blender with filtered water

** these 3 items can be optionally taken as capsules. I simply prefer liquid form.

Supplements to take 30 mins before* Shake

Vit C: 2-3 grams

12 Chlorella tablets (they are usually very small)

2 packs Neo-life Pro-Vitality ((2x4caps): Multivite/SalmonOil/Carotenoids/Lipids)

1 Glucosamine Sulfate capsule

1 Cayenne capsule

1 Turmeric capsule