

IMMUNE SMOOTHIE RECIPE

The Immune Smoothie Bundles is a Functional Food Combination designed to support a healthy immune system. The Immune Smoothie should accompany Dr. G's Whole Foods Eating Recommendations.

Ingredients:

1. Ultra Pure Whey (Vanilla) (2 scoops)
2. Progreens (1 scoop)
3. Intestinal Repair Powder (2 tsp)
4. DL-Ultradophilus Powder (1/2 tsp)
5. Arctic Cod Liver Oil (1 Tbsp)

Instructions:

- Mix the above ingredients into 12-16 oz of purified water
- You may add ½ cup of frozen organic berries or fruit
- Optional: You may add ½ cup of yogurt, rice milk, almond milk or soy milk
- Optional: Add more fruit but beware of additional calories.

Guidelines:

- The smoothie ingredients should be refrigerated.
- The smoothie is best as a meal replacement for breakfast.
- It has nearly 15 grams of protein.
- Drink it in no less than 30 minutes. It is a meal.
- This smoothie is intended for use by patients of Dr. Francis with the whole foods guidelines she has suggested for you.

We recommend that you consult your physician before using supplements to be sure they are recommended for you.