



Phytonutrient cocktail

Mixed vegetable/fruit blend (powder): 1 scoop
Red raspberry seed extract (powder); 1 heaping tbsp
Green tea extract (liquid): 1 tbsp
Curcumin concentrate (liquid): ½ tsp
Apple juice 2 oz
Pomegranate juice 2 oz
Cranberry juice: 2 oz.
Water, stevia to taste

Option B

Fresh juiced kale, watercress, red cabbage, dandelion leaf, parsley, carrot, pomegranate berries

Vegetable/fruit mix: Dynamic Greens (4 flavors plus gluten-free choices) by Nutri-dyn.com

Green tea: SuperNano Green Tea by Premier Research Labs prlabs.com

Turmeric: Curcumall through rayandterry.com

Red raspberry seed extract: Raspex raspex.com

Organic Pomegranate, cranberry juices are from Lakewoods available at most health stores

For the green/fruit mix product, I also favor Metagenic's Phytoganix as it is a great blend and organic 2-4 scoops / serving.

Super Nano Green Tea premier research labs (prlabs.com) catalogue. 800-325-7734