

BIG4



HEALTH INGREDIENTS

SUGGESTED USAGE



BLEND IT WITH!



Your Choice of Milk:
Almond, Soy,
Flaxseed, or Oat

ADJUST TO YOUR TASTE!

and with your favorite fruit



TOP YOUR FOOD WITH IT!



BAKE WITH IT!

Don't forget your 30 minutes of exercise
per day 5 times a week 😊



SCAN HERE FOR MORE HEALTH AND
WELLNESS RESOURCES