Our Ultimate Supplement powder with 75 beneficial ingredients is the most complete all in one supplement available and has multiple benefits and uses:

1. Weight loss: strategically can be used as a low calorie meal replacement. The Brown Rice powder has approx 90 caloiries and the Whey version has approx 110 calories. The smoothies when mixed with fruit and non dairy milk are approximately 200-300 calories (depends on how you make them)

2. Muscle support: There are 21 grams of brown rice or whey protein to help maintain and build muscle  
  
3. Multi-Vitamin: high quantities of vitamins and minerals most people do not get from their diet alone  
  
4. GI and Heart healthy nutrition from: probiotics, antioxidants, phytonutrients and organic green and fruits  
  
5. Recovery: replenishes the nutrients burned during workouts and is filling and satisfying

6. Fills gaps in diet: There are 75 beneficial ingredients in the powder to help fill any gaps in diet that you may have

7. Daily cleanse: The powder is used to help cleanse all the vital organs and helps keep things moving along the GI tract

You will not find another supplement that has all of these benefits. You would pay over $100 and have to take multiple supplements to get all these ingredients anywhere else! We offer discounts to those who want monthly shipments or who buy in bulk. Online you can see all the deals on our supplement powder: [www.clearthetoxins.com](http://www.clearthetoxins.com/)

Smoothie Recipes:

Try these tasty protein smoothie recipes with our Ultimate Supplement powder: (using 2 scoops of the natural vanilla/berry flavored Ultimate Supplement Powder)

1. Blueberry/ strawberry smoothie: 1 cup of blueberries and a few strawberries with 1-2 cups of Rice milk or water and cinnamon powder
2. Mixed berry/ banana smoothie: 1 cup blueberries & raspberries and ½ a banana with 1-2 cups of rice milk, almond milk or water
3. Peach/raspberry mint smoothie: 1 cup of organic peaches and raspberries with mint along w/1-2 cups of rice milk or water
4. Mango coconut smoothie: 1 cup of fresh organic mango and 1-2 cups of coconut milk (or coconut water)
5. Papaya /strawberry smoothie: 1 cup of papaya with 1-2 cups of rice milk or water
6. Raspberry/ Apple smoothie: 1 cup of raspberries and chopped apples with 1-2 cups of almond milk or water
7. On the go without access to blender: Use 2 scoops in a shaker or water bottle and shake thoroughly. Taste is good, minimizes calories and is good to use while traveling or during workouts

Tips:

1. To maximize weight loss, used unsweetened versions of non dairy milks or mix with part water (half non dairy milk and half water).
2. You can dilute the above recipes with water to make it the consistency you like..it will not affect taste
3. It’s best to use frozen organic fruits because they are picked when ripe and contain more consistent nutrient content. They give the smoothies the best consistency. Use about a cup to cup and ½ of fruit
4. Experiment with the powder until you find the optimum mix that you like.