

Supplements: Surf City Squeeze Smoothies

- **Whey Protein** - A concentrated protein derived from cow's milk that can help build and repair muscle.
- **Ginseng** - Can help lower blood sugar and cholesterol levels and increase energy and mental performance.
- **Creatine** - Can help build muscle mass and increase strength and stamina.
- **Echinacea** - Can help stimulate the immune system and help fight infections.
- **Ginkgo** - Has been shown to improve short and long term memory, mental clarity and reaction time.
- **Multi-Vitamin** - Contains vitamins A, B-1, B-2, B-6, B12, C, D, E, K, niacin, folic acid and inositol to help maintain optimal health.
- **Wheatgrass** - Contains 90 essential minerals that enhance digestion and speed up metabolism.
- **Lecithin** - Can help to prevent arteriosclerosis, improve brain function, and protect against cardiovascular disease.
- **Spirulina** - A 60% all-vegetable protein that contains all eight essential amino acids to help boost your immune system.
- **Wheat Germ** - Contains vitamins B and E, zinc and essential minerals, and is believed to improve colon function, nourish the skin and lower cholesterol.
- **Bee Pollen** - Contains nutrients such as vitamin C, B-complex, folic acid and other essential amino acids to help combat fatigue, enhance vitality and boost energy.
- **Brewer's Yeast** - A good source of B-complex vitamins, protein, minerals and antioxidants to help rid the body of toxins and strengthen the immune system.

*These supplements have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cure any disease, but rather as a dietary supplement intended only for nutritional support to a well-balanced diet of food. These products are not recommended for children.