

# The Pure Synergy Difference











- 🌀 *Pure Synergy*® is the original superfood product made with organic and kosher ingredients. Its unsurpassable formula has been refined and perfected during 20 years of clinical research and use.
- 🌀 *Pure Synergy* is produced in our own award-winning, FDA-registered production facility, where we are certified to manufacture organic and kosher products.
- 🌀 *Pure Synergy's* ingredients are carefully dried using unique cold-temperature technologies that naturally protect and preserve the vitality of the valuable nutrients, enzymes and other compounds in *all* our greens, herbs, algae, sprouts, mushrooms and berries.
- 🌀 *Pure Synergy* offers a wider variety of algae and sea vegetables than any other superfood formula and provides you the broadest spectrum of health-enhancing aquatic compounds available.
- 🌀 *Pure Synergy* offers an abundance of Western herbs and Chinese herbs and mushrooms, in exclusive blends. Each blend is carefully formulated to maintain the energetic balance of *Pure Synergy* while contributing optimal tonic benefits.
- 🌀 *Pure Synergy* contains blueberries, raspberries and *whole* apple – some of the richest sources of potent antioxidant phytonutrients, such as anthocyanins, proanthocyanins, quercetin and ellagic and phenolic acids.
- 🌀 *Pure Synergy* contains only grass *juices* – no whole grasses or grass fiber. This eliminates the nutritionally empty fillers commonly found in other superfood formulas while providing all the vibrant enzymes and nutrients of purifying greens in their most digestible and easily assimilated form.
- 🌀 *Pure Synergy* does not contain any maltodextrin, rice bran, flax meal, barley malt or other inexpensive fillers.
- 🌀 *Pure Synergy's* ingredients are subjected to over 200 tests to verify their purity and potency.
- 🌀 *Pure Synergy* is vacuum-packed in *glass*. Our unique, state-of-the-art *Ultra Fresh Packaging*™ ensures unprecedented protection for all the valuable phytonutrients in *Pure Synergy*.



# Benefits Reported by Pure Synergy Consumers

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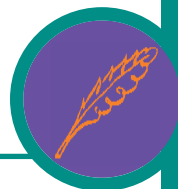
-  Enhances vitality and vigor
-  Provides sustained and steady energy
-  Enhances mental clarity
-  Assists purifying detoxification
-  Improves immunity
-  Enhances athletic recovery and physical endurance
-  Greatly increases sense of well-being
-  Nurtures a healthy lifestyle

*Pure Synergy* is deeply nourishing and restorative. Its synergistic blend of more than 60 vibrant superfoods and botanicals offers unsurpassed support for radiant well-being – healthcare practitioners worldwide recommend *Pure Synergy* to their patients for fundamental support!

*Pure Synergy* contains generous amounts of valuable phytonutrients and food co-factors, including lutein and carotenes for healthy eyes. Other important phytonutrients found in *Pure Synergy* include sulforaphane, beta glucans, alginates, RNA/DNA, GLA, anthocyanins, bioflavonoids, phycocyanins, zeaxanthin and many more.

*I want to tell you that Pure Synergy works! Pure Synergy is by far the best nutritional superfood I have ever used. It helps create energy, vitality and a sense of well-being. My family uses Pure Synergy, and I highly recommend it to my patients. Thank you for making it available and for all the attention to quality that is evident in its preparation. – Frank Hoffman, M.D., founding member of the American Holistic Medical Association.*

# Message from Mitchell



Eating is such an ordinary part of our daily lives that we often lose sight of its enormous importance. Our need for healthy food goes far beyond our requirement for the fuel provided by calories. The vital health-enhancing vitamins, minerals, enzymes, phytonutrients and other compounds found in whole, unprocessed foods, such as *Pure Synergy*, provide the components our cells require to carry out their life-sustaining work. This work includes fighting off infection; pumping blood; digesting and absorbing nutrients; carrying neural signals in the brain; facilitating procreation; rebuilding bone, connective tissue and skin; and contracting and relaxing muscles. If we don't receive adequate amounts of these essential compounds, literally every cell in our body is adversely affected because, like a line of dominos falling, adverse effects travel from one system in the body to another. This process is often subtle at first and slow to manifest. In fact, research shows that there is usually a 10- to 20-year period of gradual deterioration in our bodies before a diagnosable health challenge develops. While this information may sound frightening, it is actually tremendously empowering. During that 10- to 20-year period, our lifestyle and dietary choices are extremely important because they can inhibit this deterioration. *The choices you make today do impact your life tomorrow!*

Mitchell M. May, Ph.D.  
Founder and CEO  
The Synergy Company™



*I take Pure Synergy every morning, and I find that it does indeed give me more energy and mental clarity than I had before. (My constitution is so strong by nature that I usually notice very little when taking a new supplement.) I am very impressed with this product, and I want each of you to know about Pure Synergy because it provides a number of benefits that can only come from eating such a potent blend of beautifully prepared foods... It may be just what you need for mental clarity and enhanced energy... I know that Mitchell is a genuine healer and visionary. I highly recommend his work and his product... I'm a big fan! – Christiane Northrop, M.D., best-selling author of *Women's Bodies, Women's Wisdom*.*




# Pure Synergy ~ A Lifestyle Choice

## Modern Stressors

Impure water  Environmental toxins

Nutritionally bankrupt, processed, chemical-laden food

High levels of psychological stress  Congested cities and traffic

Extreme time pressures  Accelerated lifestyle and cultural changes

Pharmaceutical and recreational drug use  Sleep deprivation

The world in which most of us live today is filled with unprecedented levels of stress, far beyond anything our near or distant ancestors ever experienced. While our bodies were designed for the physical work that once defined people's lives, they do not easily adapt to the environmental, chemical and psychological pressures permeating our lives today.

These modern stressors can have many undesirable effects on your health and sense of well-being. *Thankfully, your body possesses an amazing ability to adapt and regenerate when it receives the concentrated nourishment and support necessary to function optimally.* Consuming the synergistic blend of 60-plus superfoods and botanicals in *Pure Synergy* is a powerful way to enhance your innate health and well-being. In a world so devoid of genuine nourishment, *Pure Synergy* offers deeply satisfying nurturance and vitality to your hungry cells! The result – authentic energy, vibrant life force and radiant well-being!

*In my experience, Pure Synergy provides the most effective and reliable immune enhancement on the market today. My patients who use it feel much more energetic, vital and healthy. Daily supplementation with Pure Synergy is a key part of my own wellness and preventative health care. – Joy Craddick, M.D., medical director of Partners for Health.*



# Tips for Using Powdered Pure Synergy



*Pure Synergy* can be mixed with a variety of liquids. Many people choose pure, filtered water; others use juice or a combination of juice and water. Pour 8 to 10 ounces of liquid into a jar or glass with a tight-fitting lid, and add *Pure Synergy*. Put the lid on the jar or glass, and shake well. *Pure Synergy* is ready to drink! **Lump alert:** Please do not try to stir your *Pure Synergy* into liquid – it will be lumpy! Shaking or blending ensures a smooth beverage.

**Open *Pure Synergy* gently.** To protect the precious phytonutrients in *Pure Synergy* from heat, light and oxygen, we meticulously seal your bottle by using our state-of-the-art *Ultra Fresh Packaging* system. This unique system creates a pressurized and highly protective oxygen-free environment inside the sealed bottle. When you open your *Pure Synergy*, you may notice a whooshing, suction noise as the air pressure equalizes between the bottle and the surrounding environment. In some cases, depending on altitude and other atmospheric conditions, the pressure differential between the bottle and the surrounding environment is greater and results in a loud popping noise when the seal is peeled off! Although this may be surprising, it is a sure sign your product is absolutely fresh. If you startle easily, we suggest you prick the seal on your *Pure Synergy* bottle with a pin or knife tip and then remove the seal.

**Begin gradually.** The daily serving of *Pure Synergy* is one heaping tablespoon. However, if you are adding *Pure Synergy* to your diet for the first time, please begin slowly. This allows your body to comfortably acclimate to a deeper level of nutrition. We suggest beginning with one-quarter to one teaspoon of *Pure Synergy* and gradually increasing to one heaping tablespoon or more daily.

**Drink *Pure Synergy* on an empty stomach.** The vital nutrients and phytonutrients in *Pure Synergy* are most easily absorbed if you drink it on an empty stomach. Many people find it convenient to drink *Pure Synergy* first thing in the morning and then to wait at least 30 minutes before consuming any other food.

**Drink plenty of water.** Water is essential to optimal health. If you are not already doing so, please drink 8 to 10 glasses of pure, filtered water throughout the day. Coffee, juice and soda pop do not count as water!

**Protect *Pure Synergy*.** An unopened bottle of *Pure Synergy* can be kept in any dark, cool location, such as a cupboard, drawer or closet, for up to three years (it will stay fresh for many years if it is stored in the freezer). Please keep opened bottles of *Pure Synergy* in your freezer or refrigerator. They will last about three months in your refrigerator, and about six months in your freezer.

**Be flexible and experiment.** *Pure Synergy* is food, not medicine, and is safe and beneficial to consume regularly. Some people drink it twice a day. Some people consume more than one heaping tablespoon daily; others, less. Some people prefer *Pure Synergy* in plain water on an empty stomach; others add *Pure Synergy* to juice and smoothies (see recipes on page 14). The important thing is to discover the quantity, frequency and mixture that you find most beneficial and appealing!

Health and wellness are intrinsic parts of our life journey. At The Synergy Company, we are deeply committed to supporting your journey in all its unique twists and turns, and we view ourselves as your partner in your quest for optimal health. Like any partnership, though, our relationship with you is a two-way dance. Please stay in touch! We thrive on personal contact with you and are always interested in hearing your feedback or answering your questions. Call customer service at 800-723-0277 anytime you would like to talk about our products.

*Pure Synergy has an almost miraculous way of enhancing mental clarity, health and vitality. Pure Synergy could be the most perfect superfood ever created by human beings.*  
—Gabriel Cousens, M.D., noted medical researcher and author of *Conscious Eating*.



# Frequently Asked Questions



*Q: Can I use Pure Synergy more than once a day?*

*A:* Certainly! Many people drink *Pure Synergy* first thing in the morning and then enjoy another serving in the midafternoon, when their energy level begins to fall. *Pure Synergy* vegetarian capsules are a convenient alternative for those who like the benefit of additional support during their day.

*Q: Can I take more than one tablespoon of Pure Synergy daily?*

*A:* *Pure Synergy* is a wonderfully restorative and balancing *food*. Since it is not a medicine, you can consume it whenever you desire extra nourishment and support. Many people enjoy more than one tablespoon daily during times of extra stress, and we encourage you to experiment with your daily serving to find the serving size that best supports you. After your body has become accustomed to one heaping tablespoon of *Pure Synergy* daily, you can gradually increase the amount you use.

*Q: If I take only one teaspoon of Pure Synergy, will it still benefit me?*

*A:* Yes! While we recommend using one heaping tablespoon per day, any quantity offers valuable support and nourishment.

*Q: Can I mix Pure Synergy with other foods?*

*A:* Combining *Pure Synergy* with other foods can slow its absorption; however, it will still provide your body with deep levels of nutrition. Many people find that blending *Pure Synergy* into a fruit smoothie is a wonderful alternative for children or people unaccustomed to the flavor of green foods (see page 14 for smoothie recipes).

*Q: Can I mix my Pure Synergy beverage ahead of time and drink it later in the day?*

*A:* Although this might be convenient, it is not a good idea. *Pure Synergy* contains many valuable active enzymes. These enzymes are dormant in the dried powder and become activated when *Pure Synergy* is mixed with liquid. You will therefore experience the most benefits if you drink your *Pure Synergy* as soon as it is mixed. If it is inconvenient to drink your *Pure Synergy* when you mix it, try our *Pure Synergy* capsules. You can carry them with you for easy consumption during a busy day.

*Q: Can I mix Pure Synergy with something hot, like soup?*

*A:* We don't recommend this. The active enzymes in *Pure Synergy* are easily damaged by heat. For best results, do not mix your *Pure Synergy* in anything warmer than body temperature.

*Q: I avoid sugars and fruit juices. What can I mix my Pure Synergy with?*

*A:* Use plain water! If that is unappealing to you, experiment with cooled fruity herbal teas or vegetable juices. You can also add a drop or two of stevia; it has a sweet flavor without any sugars.

*Q: I don't like the "green" taste of Pure Synergy. Is there a way I can disguise that?*

*A:* Don't give up! Some people have trouble adjusting to the taste at first, but almost everyone discovers that it becomes more pleasing to them in time. Many people enjoy their *Pure Synergy* in a sweet organic juice such as apple, cherry or pineapple. Others like to mix *Pure Synergy* in a fruit smoothie (see page 14 for recipes). A drop or two of stevia or a teaspoon of our delicious *Healing Honey*® in the liquid helps enhance the flavor for some people. Just experiment until you find a flavor combination that appeals to you. Your other option is simply to use *Pure Synergy* capsules.

*Q: How can I get my kids to drink Pure Synergy?*

*A:* Most kids love fruit smoothies (see page 14 for smoothie recipes). If you use vibrantly colored fruits, such as frozen cherries or blueberries, you can partially disguise the green color. Also, serving *Pure Synergy* in an opaque, fun cup with a lid and straw helps to entice them!

*I never knew how powerful a nutritional supplement could be – the way Pure Synergy boosts my energy level throughout the day makes me feel more whole and vibrant. My overall health has improved. – Judith Orloff, M.D., author of Second Sight and Intuitive Healing.*



*Q: How can I continue using my Pure Synergy when traveling?*

*A:* Even when you are vacationing, traveling can be stressful and demanding—*Pure Synergy* can be especially valuable during these times to help smooth out adjustments to new locations, sleep patterns and foods. *Pure Synergy* travels well if you protect it from direct sunlight, moisture and intense heat. Simply transfer some of your powdered *Pure Synergy* into a small container or baggie, or use *Pure Synergy* capsules.

*Q: Should I take an occasional break from drinking Pure Synergy?*

*A:* *Pure Synergy* has been carefully formulated to provide vital and balancing support on a daily basis. Just as there is no need to take an occasional break from eating vegetables, there is no need to interrupt your use of *Pure Synergy*. In fact, many of the herbs and other foods in *Pure Synergy* are tonic in nature. This means they provide the greatest strengthening benefits when consumed regularly, in balanced quantities, for long periods of time. Moreover, *Pure Synergy's* formula is energetically balanced. Our Chinese mushrooms and herbs have been specially formulated and prepared utilizing age-old traditional Chinese medicine techniques to create tonifying, balancing blends.

*Q: Can I use Pure Synergy when I'm fasting?*

*A:* Many of our customers and staff members have enjoyed wonderful benefits when using *Pure Synergy* during a fast, as *Pure Synergy* helps stabilize energy levels and is easy to digest. Not only are the naturally occurring nutrients in *Pure Synergy* highly bioavailable, but *Pure Synergy* is also an excellent source of purifying chlorophyll, which helps to enhance the detoxifying process.

*Q: I'm healthy and eat a good diet. Will Pure Synergy be of any benefit to me?*

*A:* Absolutely! Radiant health is a process, not a destination at which we arrive and then remain. Even the most nutritious diet and healthiest person benefit from the concentrated nutrients and vibrant phytonutrients found in *Pure Synergy*. No matter how healthy we are, we still live in a toxic world, filled with daily stressors!

*Q: I'm pregnant. Can I use Pure Synergy?*

*A:* Yes. Many pregnant and nursing women, including moms at The Synergy Company, appreciate the extra energy and deep nourishment of *Pure Synergy*. If you are using *Pure Synergy* for the first time, please remember to begin slowly. If you have any questions or concerns, consult your doctor or midwife.

*Q: Can my five-year-old drink Pure Synergy?*

*A:* *Pure Synergy* is so nurturing that it is wonderful for children of all ages. Even a small amount can help balance the nutritional extremes created by children's finicky food preferences! Just remember to start very slowly when introducing *Pure Synergy* into their diet—begin with one-eighth of a teaspoon, and build slowly to a serving size appropriate for their body weight. If you need help determining a daily serving size for your child, please call customer service at 800-723-0277. And remember that it is always essential for everyone, including children, to drink plenty of pure, filtered water!

*Q: Can I feed Pure Synergy to my pets?*

*A:* Please do—they love it! Even carnivorous animals regularly eat grass and greens for their natural purifying properties and trace minerals. Many veterinarians and breeders recommend *Pure Synergy*. Just remember that pets need to begin slowly as well, and please adjust the serving size for their body weight.

*Q: I have allergies and am very sensitive. Can I use Pure Synergy?*

*A:* Many people with multiple allergies thrive when using *Pure Synergy*. Not only does *Pure Synergy* contain no common allergens, but its vibrant life energy, active enzymes and abundant phytonutrients are especially nourishing to a body already stressed by allergies and dietary limitations.

There is *no gluten* in any of our grass juices or sprouted grains, and neither the grass juices nor the sprouted grains contain any harmful lectins.

A cleansing response can often be mistaken for an allergic reaction, so it is particularly important for sensitive people to introduce *Pure Synergy* into their diets slowly – begin with ¼<sup>th</sup> to ⅛<sup>th</sup> of a teaspoon, and then very gradually increase your serving size. If an unpleasant response continues, please discontinue use and call customer service at 800-723-0277.

*Q: Is there anyone who should not use Pure Synergy?*

*A: Pure Synergy* may be contraindicated for those using blood-thinning or hyperthyroid medications. Doctors often recommend that people using blood-thinning medications limit their consumption of green, leafy vegetables. Additionally, sea vegetables contain iodine, which some doctors ask their patients using hyperthyroid medication to avoid. Please consult with your physician.

*Q: I have an overgrowth of Candida albicans yeast and have been advised to avoid mushrooms. Does this mean I can't use Pure Synergy?*

*A: The conventionally grown (non-organic) mushrooms in your produce department are often laden with pesticides and fungicides that create problems for many people. Our Synergized® Chinese Mushrooms are organically grown for us in a unique medium of organic millet (other growers use sawdust or soy). Our mushrooms are then meticulously processed to eliminate any molds or yeasts. To enhance the effectiveness of our mushroom blend, we use only the mycelium, and not the fruiting body, or cap, as the mycelia are a much richer source of the highly beneficial compounds found in healing mushrooms. The mushrooms in *Pure Synergy's* unique Synergized Chinese Mushroom blend have been carefully grown and formulated to offer natural, balancing support to your body's own immune response. Contrary to popular belief, Chinese mushrooms are actually potent allies in a candida diet.*



*I feel so blessed that Pure Synergy has come into my life. It is the best, most complete, most balanced superfood I have used. I have only the highest regard for this product: it shall remain part of my diet forever. – Louise L. Hay, best-selling author of *You Can Heal Your Life*.*

*Q: Why is my stool green after I drink Pure Synergy?*

*A:* The green color is from the abundance of chlorophyll found in the juices and algae in *Pure Synergy*. Chlorophyll is a highly beneficial pigment, rich in nutrients, that enhances the body's natural purification and cleansing process.

*Q: My stool has become very soft (or more frequent) since I began taking Pure Synergy. Is this normal?*

*A:* This is normal and beneficial! As your body becomes accustomed to deep nourishment at the cellular level, it begins to eliminate toxins from cells and transports them, along with fluid, to the colon for rapid elimination. For most people, this is a crucial component in creating more radiant health and optimal energy. It is healthy and normal for people to have one or more bowel movements a day.

*Q: What is "cleansing"?*

*A:* Our bodies naturally eliminate toxins and by-products of metabolism every day. This daily "cleansing" is simply regular, healthy housekeeping! When our cells begin to receive the active enzymes, purifying pigments and vibrant phytonutrients found in *Pure Synergy*, they then have the cellular energy necessary to eliminate debris and toxins that can interfere with optimal health. As our cells are nurtured and energized, they move these toxins to the colon and skin for elimination. Some people notice softer stool or more frequent bowel movements, or mild itching, rashes or blemishes. People with a history of drug or alcohol use may even experience some flu-like symptoms. Many people who use *Pure Synergy* don't experience any noticeable cleansing responses at all! If you have questions about your experience, please call customer service at 800-723-0277.

If you are experiencing a cleansing response that feels uncomfortable, simply reduce your serving size of *Pure Synergy*, and then increase it gradually. Don't forget your water! It is very important to drink an abundance of water when your body is naturally cleansing.

*Q: I eat the purest foods I can find. Is Pure Synergy organic?*

*A:* Yes it is – your health matters to us! The Synergy Company is committed to using certified organic and wildcrafted ingredients. Not only does this protect our environment and our bodies from harmful toxins, but it assures optimal nutrition and potency. All our ingredients pass rigorous testing for the presence of pesticides, herbicides, pathogenic bacteria and heavy metals (an indication of previous pesticide or herbicide use). Additionally, *Pure Synergy* does not contain any fillers or artificial sweeteners, colorings, flavorings, additives or preservatives. *We never use chemicals, ever!* Moreover, all the ingredients in *Pure Synergy* are grown without genetically modified (GM) materials.

*Q: There have been so many stories lately about the safety and truth-in-labeling of supplements. How do I know Pure Synergy is safe?*

*A:* People have eaten the ingredients in *Pure Synergy* for thousands of years to nourish and nurture their health. Today, research proves the wisdom of their choices! We enhance and protect these precious ingredients with meticulous testing and processing standards. Our facility is certified to manufacture organic and kosher products. It is also registered with the FDA, and we adhere to good manufacturing practices.

*Q: I'm very concerned about protecting the environment. Is Pure Synergy a "low impact" product?*

*A:* We share your concern and embrace environmentally responsible practices in all phases of our business. The use of organic ingredients helps to protect environments and habitats all over the planet. Glass packaging not only offers superior protection of the vital nutrients in our products, but it is easily recyclable in almost every community. Our Eco-Foam packing material easily biodegrades, and we use recycled paper for all our printed material.



*Pure Synergy is the finest combination of high-energy foods I've yet experienced. Its superior balance of ingredients are easily assimilated by the body. I recommend it highly to my clients. It is truly nature's sunshine in a bottle. – Jacob Lieberman, O.D., Ph.D., author of *Light: Medicine of the Future*.*



# Scrumptious Synergy Smoothies and Juice Blends

## BEGINNER'S BLEND

*Using a jar or glass with a tight-fitting lid, mix and shake:*

- 1 tablespoon *Pure Synergy*
- ½ cup pure, filtered water
- ½ cup apple juice

## BERRY SMOOTHIE

*Mix in blender at high speed:*

- 1 cup pure, filtered water
- ½ cup frozen berries
- ½ frozen banana
- 1 teaspoon *Healing Honey*
- 1 tablespoon *Pure Synergy*

## MELON AND MINT SMOOTHIE

*Mix in blender at high speed:*

- 1 cup cut-up cantaloupe
- 1 cup cut-up honeydew melon
- 1 cup cut-up watermelon
- ½ cup pure, filtered water
- 10 mint leaves
- 3 ice cubes
- 1 tablespoon *Pure Synergy*

## CHERRIES JUBILEE

*Mix in blender at high speed:*

- ½ cup black cherry juice, or fresh or frozen cherries
- ½ cup pure, filtered water
- 1½ cups cut-up cantaloupe
- 1 tablespoon *Pure Synergy*

## APPLE-BANANA BLEND

*Mix in blender at high speed:*

- 1 tablespoon *Pure Synergy*
- ½ cup pure, filtered water
- ½ cup apple juice
- ½ frozen or fresh banana

## GREENS AND LYCOPENE

*Mix in blender at high speed:*

- 1½ cups tomato or mixed vegetable juice
- ½ cup diced red bell pepper
- ½ cup diced celery
- 1 tablespoon *Pure Synergy*
- Juice of lemon wedge
- Dash hot pepper sauce and Worcestershire-like sauce to taste

Those who prefer the taste of *Pure Synergy* with fruit and/or fruit juice but are prone to blood sugar swings can try the following recipes. The healthy essential fats in the raw nuts included in these recipes help slow down the absorption of natural sugars present in fruit and fruit juices.

### PICK YOUR PLEASURE!

*Mix in blender at high speed:*

¼ cup raw nuts\*

1 cup pure, filtered water

*When mixture is smooth,*

*add and blend at high speed:*

½ to 1 cup any fresh or frozen fruit

½ frozen banana

1 tablespoon *Pure Synergy*

Any extracts or sweet spices to taste

### TROPICAL TEMPTATION SMOOTHIE

*Mix in blender at high speed:*

⅓ cup raw almonds or cashews\*

1 cup pineapple juice

*When mixture is smooth,*

*add and blend at high speed:*

½ frozen banana

1 to 2 tablespoons coconut milk

1 tablespoon *Pure Synergy*

### CREAMY BERRY SMOOTHIE

*Mix in blender at high speed:*

¼ cup raw almonds or cashews\*

1 cup pure, filtered water

*When mixture is smooth,*

*add and blend at high speed:*

1 cup frozen berries

½ frozen banana

1 tablespoon *Pure Synergy*

Vanilla extract and cinnamon to taste

### CREAMY PEACH SMOOTHIE

*Mix in blender at high speed:*

¼ cup raw almonds or cashews\*

1 cup pure, filtered water

*When mixture is smooth,*

*add and blend at high speed:*

½ cup pineapple juice

½ cup pure, filtered water

½ frozen banana

½ cup frozen peaches

1 tablespoon *Pure Synergy*

Vanilla or almond extract to taste

### FRUIT AND FIBER SMOOTHIE

*Mix in blender at high speed:*

¼ cup raw almonds or cashews\*

1 cup pure, filtered water

*When mixture is smooth,*

*add and blend at high speed:*

5 pre-soaked and pitted prunes

1 banana

1 tablespoon molasses

1 tablespoon *Pure Synergy*

A pinch nutmeg

*\*If you are allergic to nuts, you can substitute soy, rice or oat milk for the nuts and water.*

## *Kid Pleasers*

### APPLE-BANANA SHAKE

*Mix in blender at high speed:*

¼ cup raw almonds or cashews\*

½ cup pure, filtered water

½ cup apple juice

*When mixture is smooth,*

*add and blend at high speed:*

½ frozen banana

*Pure Synergy* (serving size

adjusted for child's body weight)

Vanilla or almond extract to taste

Cinnamon to taste

### CITRUS DELIGHT

*Mix in blender at high speed:*

¼ cup raw almonds or cashews\*

½ cup orange juice

½ cup pineapple juice

*When mixture is smooth,*

*add and blend at high speed:*

½ frozen banana

*Pure Synergy* (serving size

adjusted for child's body weight)

Vanilla extract and nutmeg to taste

*\*If your children are allergic to nuts, you can substitute soy, rice or oat milk for the nuts and water.*

*We* love hearing from you, so please send us your favorite *Pure Synergy* recipes! We will post them on our website at [www.thesynergycompany.com](http://www.thesynergycompany.com).

If you would like us to send this booklet or any other Synergy Company information to a friend, please contact us at:

THE SYNERGY COMPANY™

2279 South Resource Boulevard ☀ Moab, Utah 84532

Telephone 435-259-5366 ☀ Toll Free 800-723-0277 ☀ Fax 435-259-2328

[www.thesynergycompany.com](http://www.thesynergycompany.com)