

# Absorb<sup>®</sup> plus<sup>™</sup>

## SHAKE RECIPES





### Choco-Berry Shake

Pour 1 cup (8 ounces) of cold water\* into a blender

Add:

- 2 level scoops Absorb Plus Chocolate Royale flavor
- 2 level scoops Absorb Plus Berry Fusion flavor
- 1 tsp. - 1 tbsp. organic flax or Udo's Oil (as much as you can tolerate)

Whip on low speed for 10-15 seconds

Pour into a glass over ice and drink slowly.

Do you have a Chocolate Sensitivity?

If chocolate tends to be hard on your system, but yet you still really love it, this reduced-chocolate shake recipe may work for you.

### Choco-Berry Shake for Chocolate Sensitivity

Pour 1 cup (8 ounces) of cold water\* into a blender.

Add:

- 1 level scoop Absorb Plus Chocolate Royale flavor
- 3 level scoops Absorb Plus Berry Fusion flavor
- 1 tsp. - 1 tbsp. organic flax or Udo's Oil (as much as you can tolerate)

Whip on low speed for 10-15 seconds.

Pour into a glass over ice and drink slowly.

\*Use cold or room temperature water (spring or filtered recommended). Do not use hot water.

\*\*All supplements are available online at: [www.ListenToYourGut.com](http://www.ListenToYourGut.com)



## SHAKE RECIPES

---

### Chocolate Shake For People with a Chocolate Sensitivity

If chocolate tends to be hard on your system, but yet you still really love it, this reduced-chocolate shake recipe may work for you.

Pour 1 cup (8 ounces) of cold water\* into a blender.

Add:

- 1 level scoop Absorb Plus Chocolate Royale flavor
- 3 level scoops Absorb Plus French Vanilla flavor
- 1 tsp. - 1 tbsp. organic flax or Udo's Oil (as much as you can tolerate)

Whip on low speed for 10-15 seconds

Pour into a glass over ice and drink slowly.

### Jini Patel Thompson's Immune Support Shake

For vitamins in capsule form, open or puncture capsule and empty contents into shake, discard empty capsule shell.

Pour 1 cup (8 ounces) of cold water\* into a blender.

Add:

- 4 level scoops Absorb Plus French Vanilla or Berry Fusion flavor
- 1 capsule of mixed 50 mg. B-complex vitamins (B vitamins are very strong-tasting, so you may wish to swallow this one separately rather than putting it in The shake)
- 1000 mg. Vitamin C powder in Mineral Ascorbate form only (e.g. Vit.C as Calcium Ascorbate)
- 400 IU capsule of mixed tocopherols Vitamin E (alpha, beta, delta, gamma Tocopherols)
- 1 capsule of CoQ10 or Pycnogenol, 60 mg.
- 1 tsp. - 1 tbsp. Udo's Oil (as much as you can tolerate)

Whip on low speed for 10-15 seconds.

Pour into a glass over ice and drink slowly.

\*Use cold or room temperature water (spring or filtered recommended). Do not use hot water.

\*\*All supplements are available online at: [www.ListenToYourGut.com](http://www.ListenToYourGut.com)



## SHAKE RECIPES

---

### Daily Super Health Shake

For vitamins in capsule form, open or puncture capsule and empty contents into shake, discard empty capsule shell.

Pour 1 cup (8 ounces) of cold water\* into a blender.

Add:

- 4 level scoops Absorb Plus French Vanilla or Berry Fusion flavor
- 1-2 capsules of multi-vitamin/multi-mineral (Nature's Way is a good brand)
- 1000 mg. Vitamin C powder in Mineral Ascorbate form only (e.g. Vit.C as Calcium Ascorbate)
- 1 capsule of CoQ10 or Pycnogenol, 60 mg.
- 1 tsp. - 1 tbsp. Udo's Oil (as much as you can tolerate)

Whip on low speed for 10-15 seconds.

Pour into a glass over ice and drink slowly.

### Custom Make Your Shake

For vitamins in capsule form, open or puncture capsule and empty contents into shake, discard empty capsule shell.

Pour 1 cup (8 ounces) of cold water\* into a blender.

Add:

- 4 level scoops Absorb Plus French Vanilla or Berry Fusion flavor
- 1-2 capsules of your regular multi-vitamin/multi-mineral
- Any other supplements you want to add (eg. anti-oxidants, ginko, ginseng, etc.)
- 1 tsp. - 1 tbsp. Udo's Oil (as much as you can tolerate)

Whip on low speed for 10-15 seconds.

Pour into a glass over ice and drink slowly.

\*Use cold or room temperature water (spring or filtered recommended). Do not use hot water.

\*\*All supplements are available online at: [www.ListenToYourGut.com](http://www.ListenToYourGut.com)



### Banana Breakfast Shake

This recipe was sent in by a reader. Please note that adding the banana means that the shake is no longer 100% elemental.

Pour 1/4 cup of cold water\* into a blender.

Add a very ripe banana (the blacker the better) and blend until liquid.

Add:

- 4 level scoops Absorb Plus French Vanilla flavor
- 1 tbsp. Udo's Oil
- 3/4 cup crushed ice

Whip on low speed for 10-15 seconds.

Pour into a glass over ice and drink slowly.

### Superfoods Shake

Pour 1 cup of cold water, or coconut water, or juice into the blender.

Add:

- 2 scoops whey protein isolate or veggie protein
- 1 scoop Absorb Plus Chocolate Royale
- 1 tbsp. Udo's Oil
- 1/4 tsp. Spirulina
- 1/4 tsp. chlorella
- 1 -2 tsp. mixed greens supplement

Whip on low speed For 10 - 15 seconds.

Pour Over ice and enjoy!

Note: This shake is not elemental, so use this recipe when you are beginning to eat regular foods again.

\*Use cold or room temperature water (spring or filtered recommended). Do not use hot water.

\*\*All supplements are available online at: [www.ListenToYourGut.com](http://www.ListenToYourGut.com)



## Constipation Shake

\*Take on an empty stomach (preferably) before bed to stimulate a bowel movement in the morning.

1 cup filtered water

2 tbsp Udo's Oil

3 scoops Absorb Plus (use 4 scoops if you need the extra calories)

250 mg Magnesium Citrate (can increase to 1,000 mg if needed)

Any other supplements you wish to add (we suggest CoQ10, Pycnogenol & Bioflavonoids)

Blend on low speed for 10 - 15 seconds.  
Pour over ice and drink with a straw.

\*Use cold or room temperature water (spring or filtered recommended). Do not use hot water.

\*\*All supplements are available online at: [www.ListenToYourGut.com](http://www.ListenToYourGut.com)