

Pure Life

TODAY PURE NUTRITION • HEALTHY LIVING
VOLUME 1, ISSUE 4



Convenient Nutrition

- Learn how to sneak nutrition into your family
- Discover the tricks to making truly healthy smoothies
- Healthy and delicious breakfast and snack recipes

Convenient Nutrition

Are you a busy professional with little time to eat healthy? Are you a parent who spends your mornings packing lunches and rushing your kids off to school? Mornings are often the busiest time of the day, which means nutrition doesn't always make it to the top of our priority list. This is evident by the fact that cold cereal is the most popular breakfast food. We can do better.

A breakfast smoothie is a delicious solution to the morning rush. When made with the right ingredients, a smoothie can give you and your kids the protein, antioxidants and green foods our bodies need to be at our best!



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Unlike the smoothies found in grocery stores and drive-through options, RBC Life's smoothie products offer real nutrition with no unnecessary ingredients. The key to a healthy smoothie is using whole foods, Superfood products and a base of pure, high quality protein.

PurePro Base® is our high quality protein powder that can be added to your daily smoothie and incorporated into endless recipes for protein-rich snacks and desserts. It is so creamy and delicious that you can enjoy a protein boost anywhere, anytime with our single-serve packets and a shaker cup. **PurePro Base** comes in 4 flavors - Vanilla Bean and Chocolate Silk (whey protein) as well as Dark Chocolate and French Vanilla (vegan protein).

Smoothies can also be a delicious source of antioxidants for your entire family.

PurePro Base contains no added sugar, carbohydrate fillers, synthetic vitamins, or artificial sweeteners. It contains only protein concentrates, whereas most protein powders contain highly processed, acid-forming protein isolates. We believe that your nutritional products should be as close to nature as possible and our protein powder is no exception. It is naturally sweetened with only stevia, and it has gone through extensive quality assurance testing to ensure that it is free of hormones, antibiotics, soy, gluten, corn and genetically modified organisms (GMOs).

Smoothies are a simple and convenient way to infuse nutrition into your busy day. They can offer not only the protein fuel we need, but also the green vegetable nutrition our body craves. **Green Phyto-Power** makes adding organic vegetables to your diet simple, convenient and delicious.

Nutrition experts agree that we all need to consume more green vegetables on a daily basis for optimum health. The typical North American diet is sadly deficient in the micronutrients that can only be obtained from a diet rich in organic produce. This can lead to overeating, low mood, food cravings and a lack of energy.

The good news is that with **Green Phyto-Power**, you can consume the cleansing vegetables you need in your smoothie or a green drink to nourish your body on a cellular level. With no chopping or juicing required, you can enjoy a concentrated source of 19 organic nutrient-dense foods including wheat grass, barley grass, alfalfa, sea vegetables, acai berry and more.

Smoothies can also be a delicious source of antioxidants for your entire family. In today's fast paced world, our need to supplement with antioxidants has never been higher. These vital compounds protect our bodies from radiation, pollution and cellular damage. RBC Life's unique nutritional beverage **OliViva**®, provides the antioxidant potency of more than 10 servings of fruits and vegetables in only 1 ounce of delicious juice!*

OliViva harnesses the power of the world's most legendary Superfoods in one energizing drink. It contains olive leaf extract from freshly harvested, organically grown olive leaves, Aloe vera, green tea and more to combat free radicals, support immunity, enhance mental clarity and boost your energy. OliViva can be enjoyed as a morning or afternoon pick-me-up or added to your smoothie as a delicious nutritional boost.*



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. The statements and quotations are direct quotes and observations from RBC Life customers. The statements and quotations are personal accounts and do not represent factual findings or opinions of RBC Life Sciences, Inc.

Jump Start Your Morning!

A morning smoothie sets the pace for an energetic and productive day. Studies confirm that starting the day with protein will support your metabolism, boost mental clarity and help you maintain a healthy weight. **PurePro Base™** provides highly bioavailable protein that is delicious and convenient so you can get the protein boost you need to start your day right. Try this indulgent chocolate smoothie for a balanced breakfast that's sure to please the entire family.*

Chocolate Peanut Butter

- 2 cups Unsweetened almond or coconut milk
 - 1 Banana
 - 1 tbsp Peanut Butter (or other nut butter)
 - 1 cup Crushed ice
 - 1 scoop **Green Phyto-Power**
 - 2 packets **PurePro Base™ Chocolate Silk (whey)**
-or- **PurePro Base™ Dark Chocolate (vegan)**
- Blend until smooth and enjoy.

Fruity smoothies are a big hit for breakfast too! Try this recipe to get protein and the goodness of whole fruits into your family in the morning.

Berry Goodness

- 6 oz Unsweetened almond or coconut milk
 - 1 cup Organic frozen mixed berries
 - ½ cup Crushed ice
 - 1 oz **OliViva®**
 - ½ -1 scoop **Green Phyto-Power**
 - 1 packet **PurePro Base™ Vanilla Bean (whey)**
-or- **PurePro Base™ French Vanilla (vegan)**
- Blend until smooth and enjoy.

These protein-filled treats are easy and fun to make with little ones. They are a great addition to your child's lunch box!

Protein Bites with PurePro Base™

- 1 cup Oatmeal
- 1 cup Peanut or Almond butter
- ½ cup Unsweetened coconut flakes
- ½ cup Honey
- ½ cup Mini chocolate chips (optional)
- 1 packet **PurePro Base™ Chocolate Silk or Vanilla Bean (whey)**
-or- **PurePro Base™ Dark Chocolate or French Vanilla (vegan)**

Combine all of the above in a large bowl and stir well. Use a spoon or ice cream scoop to form into balls. Refrigerate or freeze for longer storage. Makes approximately 2 dozen protein bites.



Berry Goodness Smoothie

- ✓ 50% fewer calories*
- ✓ 20 grams of protein
- ✓ Full day serving of vegetables
- ✓ 19 organic fruits & vegetables
- ✓ NO added sugars
- ✓ Antioxidant power of over 10 servings of fruits and vegetables
- ✓ Natural energy source
- ✓ Detoxifies
- ✓ Daily immune support
- ✓ Aids digestion

* typical fast food meal of 800 calories

Choose our **Smoothie Starter Pack** upon enrollment or place a **Smoothie Pack** on your Autoship order. Changing one *normal* meal can change your entire day!

Smoothie Starter Pack Contains:

- (1) PurePro Base, Chocolate*
- (1) PurePro Base, Vanilla*
- (1) OliViva
- (1) Green Phyto-Power
- (1) Member Kit
- (1) Usage Guide with recipes

* Choose vegan or whey



For existing RBC Life Members, simply place the **Smoothie Pack** on your Autoship to have these products delivered to your door at 10% off wholesale each month!