



The Reference Point

When you're ready for solutions.

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Super Food Smoothies

Super Food Smoothies are a great way to start the day, as an afternoon snack, or a pre/post-workout drink. These drinks provide quality protein, broad spectrum nutrients to boost immune function, and antioxidant protection - packed with naturally occurring vitamins, minerals, enzymes, all amino acids, immunoglobulins, chlorophyll, antioxidants, phosphatides and more. All ingredients in Premier Research Products are Quantum Quality (beyond organic), non-hybrid, non-GMO, non-irradiated, low-temperature air-dried, pesticide/insecticide-free & do not contain any hydrogenated oils, bulking agents, artificial sweeteners, preservatives or harmful chemicals.

These smoothies are quick and easy to make. Simply blend in your home blender along with your choice of ripened fruit (bananas, pears, mango, strawberries, blueberries, etc.). To start off your smoothie, begin with **Premier Greens** and **Tocotriene Ultra**. Then add additional ingredients of your choice, which may include your daily nutritional support, additional protein, healthy oils, immune support, or anti-aging nutrition. Change the components of your drink daily to get different flavors and nutrients. Add to juice, water, kefir or all of the above! Also try adding 1-2 teaspoons of **Organic Honey**, **Premier Natural Sugar Granules** or Stevia for some added sweetness. Find your favorites!

Start with the Basics

Premier Greens powder (1 Tbsp.) *This is your daily vitamin & mineral formula.*

Vitamins and minerals in whole-food, biologically available forms. From pristine greens from the best sources worldwide; a quantum breakthrough in intracellular nourishment and DNA repair.

Tocotriene Ultra (1 Tbsp.) *This is an anti-oxidant rich super food to boost your nutritional status in the face of nutrient-poor, increasingly toxic food.*

Over 100 naturally occurring different antioxidants from super stabilized rice bran including the whole Vit. E complex. Supports the immune system, blood lipid levels, blood glucose levels, & much more.

Premier EFA's (1-2 tsp.) *This is your good oils – the essential fatty acids.*

Essential fatty acids crucial for neurotransmission (good moods; brain function), healthy skin and hair and much more. Contains ideal ratios of GLA (gamma linolenic acid), Omega 3, 6 and 9.

Choose a Protein

Whey Peptide Powder (2 Tbsp.) *Maximum protein in your daily drink.*

Fully active, non-toxic whey protein (no stress to kidneys opposed to highly heated whey). Promotes lean body weight, high energy, immune boosting and anti-aging support. Unmatched quality: guaranteed 25% or more glycomacropptides (GMPs).

Trim Body Blend (4 Tbsp.) *For a meal replacement OR weight loss.*

Easy-to-digest, nontoxic whey protein (no stress to kidneys opposed to highly heated whey); broad range of world-class antioxidants (delivering over 5,000 ORAC or VEA units per serving), complex carbohydrates, EFAs, & colon-supportive fiber (ideal when used for meal replacement).

Medi-Aminos (Bean or Rice source) (2 Tbsp.) *Sensitive/ poor digestion, difficulty digesting protein, or if you are highly allergic or chemically sensitive.*

Easily absorbable, free-form amino acids to boost immunoglobulins & more. Revolutionary, proprietary process: preserves up to 90% of the enzymes in their raw state; liberates over 95% of the amino acids in their raw form.

Choose Additional Support

Galactan (2 Tbsp.) *To aid bowel movements, without relying on a laxative or other addictive substance.*

This great tasting, fiber-rich nutritional supplement promotes overall gastrointestinal health, complete bowel eliminations, beneficial GI microflora, and enhanced immunity. From arabinogalactan (no toxic sweeteners or fillers).

Colostrum-IgG (1-2 tsp.) *For those reqlently traveling, around children or large groups of people.*

Amazing immune support, containing human-active immunoglobulins. Comes from organically fed, happy cows that have never been ill.

Premier Nutritional Flakes (2 tsp.) *If you are under stress or have low energy.*

A great-tasting super food with natural B vitamins, naturally occurring glutathione (105 mg./tbsp.), beta 1,3-glucans (1,150 mg./tbsp.) and contains 50% complete, bio-available protein. Supports energy levels and helps reduce the physical impact of stress by feeding the adrenals.

Premier Coconut Oil (1-2 tsp.) *If you are interested in weight loss or to support the body with all the good fats it needs.*

Oil for a healthy brain and body; rich in lauric acid; helps lower cholesterol by promoting its conversion to pregnenolone; increases HDL (good cholesterol); helps increase metabolism as much as 25%.

E Complete (1/2 tsp.) *Heart or circulation concerns, or if you suffer from allergies.*

The complete vit. E family, including all naturally occurring toco-trienols & tocopherols. Promotes healthy blood lipids; free flow of blood platelets.

Premier Lecithin Granules (1 Tbsp.) *Brain or liver support.*

Rich in natural vitamins, minerals & essential, unsaturated fatty acids. 97% phosphatides containing all 4 phosphatidyl complexes: choline, inositol, serine, & ethanolamine. Super food for the brain & liver detox.

Carnosine (1/4 tsp.) *Avoid or reduce your liver spots, or if you have a concern about prolapsed organs.*

A powerful anti-oxidant providing superior **anti-aging**, skin, brain, nerve, muscle protection. Protects proteins from cross-linking, slowing the aging process. Fights against the loss of skin elasticity and neuron degeneration.

You're off to a great start!

Please contact us for current pricing