

BEAVANTI

# SMOOTHIE FACT SHEET



**BeAvanti**  
Nutrition

# STRAWBERRY BLISS



- HIGH IN VITAMIN C, BOOSTING IMMUNE FUNCTION.
- LOW-CALORIE OPTION, SUPPORTING WEIGHT MANAGEMENT.
- HYDRATES EFFECTIVELY WITH A WATER-BASED FORMULA.
- ANTIOXIDANTS IN STRAWBERRIES PROMOTE SKIN HEALTH.
- NATURAL SUGARS PROVIDE QUICK ENERGY.
- FIBER SUPPORTS DIGESTIVE HEALTH.
- LIGHT AND REFRESHING, IDEAL FOR PRE- OR POST-WORKOUT.
- VEGAN-FRIENDLY, APPEALING TO DIVERSE DIETARY PREFERENCES.



# SUMMER PARADISE



- PINEAPPLE AND MANGO OFFER DIGESTIVE ENZYMES FOR GUT HEALTH.
- HIGH IN VITAMIN A FOR VISION AND SKIN HEALTH.
- NATURAL SUGARS PROVIDE QUICK AND SUSTAINED ENERGY.
- ANTIOXIDANTS COMBAT INFLAMMATION AND OXIDATIVE STRESS.
- HYDRATING WITH ALMOND MILK AND FRUITS.
- GREAT FOR IMMUNITY WITH VITAMIN C FROM STRAWBERRIES.
- LOW IN FAT, PERFECT FOR ACTIVE INDIVIDUALS.
- REFRESHING AND REVITALIZING AFTER EXERCISE OR HOT DAYS.





# ALMOND DELIGHT



- HEALTHY FATS FROM ALMOND BUTTER PROVIDE SUSTAINED ENERGY.
- RICH IN VITAMIN E FOR SKIN AND HEART HEALTH.
- STRAWBERRIES ADD ANTIOXIDANTS TO REDUCE INFLAMMATION.
- ALMOND MILK CONTRIBUTES TO BONE HEALTH WITH ADDED CALCIUM.
- HIGH FIBER CONTENT AIDS DIGESTION AND GUT HEALTH.
- BALANCED MACRONUTRIENTS MAKE IT A GREAT MEAL REPLACEMENT.
- SUPPORTS MUSCLE REPAIR WITH PLANT-BASED PROTEIN.
- DAIRY-FREE, SUITABLE FOR LACTOSE-INTOLERANT INDIVIDUALS.





# PEANUT BUTTER CUP SHAKE



- PROTEIN-RICH, AIDING IN MUSCLE REPAIR AND RECOVERY.
- CONTAINS HEALTHY FATS FOR LONG-LASTING ENERGY.
- CHOCOLATE PROTEIN SATISFIES CRAVINGS HEALTHILY.
- POTASSIUM FROM BANANAS SUPPORTS MUSCLE FUNCTION.
- DAIRY-FREE YOGURT ENHANCES GUT HEALTH.
- ALMOND MILK PROVIDES A LOW-CALORIE CALCIUM SOURCE.
- GREAT AS A POST-WORKOUT RECOVERY SHAKE.
- COMBINES INDULGENCE WITH BALANCED NUTRITION.



# TROPICAL PASSION



- COCONUT WATER RESTORES ELECTROLYTES FOR HYDRATION.
- PINEAPPLE AND ORANGES ARE HIGH IN VITAMIN C, BOOSTING IMMUNITY.
- ENZYMES IN PINEAPPLE AID DIGESTION.
- PROVIDES QUICK ENERGY FROM NATURAL FRUIT SUGARS.
- ANTIOXIDANTS COMBAT OXIDATIVE STRESS AND INFLAMMATION.
- LOW IN FAT, MAKING IT LIGHT AND REFRESHING.
- MANGO SUPPORTS SKIN AND EYE HEALTH WITH VITAMIN A.
- GREAT FOR REHYDRATING AFTER WORKOUTS OR LONG DAYS.



# ISLAND BLAST



- ANTIOXIDANTS FROM STRAWBERRIES AND PEACHES IMPROVE RECOVERY.
- HYDRATES WITH WATER AND FRESH FRUITS.
- HIGH IN VITAMIN C FOR IMMUNE AND SKIN HEALTH.
- LOW IN FAT, MAKING IT A LIGHT, NUTRITIOUS SNACK.
- SUPPORTS DIGESTION WITH FIBER-RICH MANGO AND PEACHES.
- REDUCES INFLAMMATION WITH PHYTONUTRIENTS FROM FRUITS.
- PROMOTES ENERGY WITHOUT ADDED SUGARS.
- DAIRY-FREE, CATERING TO DIVERSE DIETARY NEEDS.





# PEACH MANGO BLISS



- MANGO AND PEACHES PROVIDE VITAMINS A AND C FOR VISION AND IMMUNITY.
- DAIRY-FREE YOGURT ENHANCES GUT HEALTH AND DIGESTION.
- NATURAL SUGARS ENERGIZE WITHOUT SPIKES.
- HYDRATES WITH WATER AND FRESH FRUITS.
- HIGH IN ANTIOXIDANTS TO COMBAT INFLAMMATION.
- FIBER SUPPORTS DIGESTIVE HEALTH.
- BALANCED NUTRITION, GREAT FOR A LIGHT MEAL OR SNACK.
- VEGAN-FRIENDLY AND ALLERGY-CONSCIOUS.



# STRAWBERRY KIWI



- KIWI AND STRAWBERRIES PROVIDE VITAMIN C FOR IMMUNITY.
- COCONUT WATER REPLENISHES ELECTROLYTES FOR HYDRATION.
- LOW IN FAT, SUPPORTING WEIGHT MANAGEMENT.
- ANTIOXIDANTS REDUCE INFLAMMATION AND PROMOTE RECOVERY.
- REFRESHING AND REVITALIZING AFTER EXERCISE.
- NATURAL SWEETNESS SATISFIES CRAVINGS HEALTHILY.
- FIBER AIDS IN DIGESTION AND ENERGY.
- LIGHT AND EASY-TO-DIGEST, PERFECT FOR PRE-ACTIVITY FUELING.



# KALING MY VIBE



- HIGH IN FIBER FOR IMPROVED DIGESTION AND SUSTAINED ENERGY.
- PACKED WITH VITAMINS K, A, AND C FOR OVERALL HEALTH.
- KALE AND SPINACH SUPPORT DETOXIFICATION.
- INCLUDES COLLAGEN FOR JOINT AND SKIN HEALTH.
- ANTIOXIDANTS REDUCE INFLAMMATION AND PROMOTE RECOVERY.
- LOW-CALORIE YET NUTRIENT-DENSE, PERFECT FOR MEAL REPLACEMENT.
- PROMOTES HEART HEALTH WITH LEAFY GREENS.
- VEGAN-FRIENDLY AND DAIRY-FREE.





# GREEN GODDESS



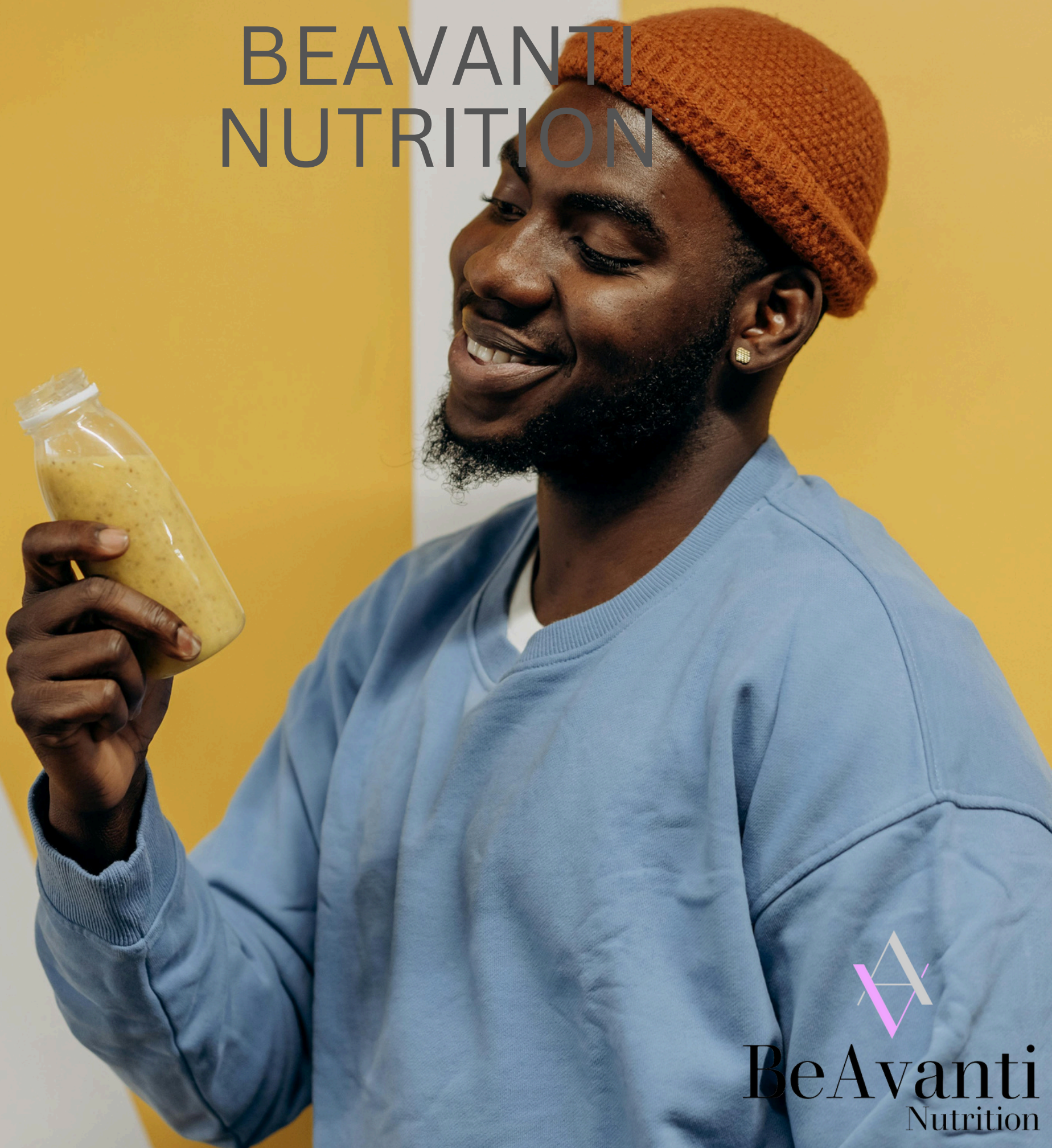
- AVOCADO PROVIDES HEALTHY FATS FOR SATIETY AND ENERGY.
- COCONUT WATER HYDRATES AND REPLENISHES ELECTROLYTES.
- SPINACH IS HIGH IN IRON, SUPPORTING ENERGY PRODUCTION.
- RICH IN VITAMINS A, C, AND E FOR IMMUNITY AND SKIN HEALTH.
- COLLAGEN ENHANCES RECOVERY AND SUPPORTS JOINT HEALTH.
- LOW SUGAR CONTENT, SUITABLE FOR WEIGHT MANAGEMENT.
- ANTIOXIDANTS PROTECT AGAINST FREE RADICAL DAMAGE.
- IDEAL FOR POST-WORKOUT RECOVERY WITH BALANCED NUTRIENTS.





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# BEAVANTI NUTRITION



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