

# QUICK ORDER SHAKES

1



Jeremiah 29:11

SUPER S

**Chocolate Peanut Butter**  
With scoop of Peanut Butter  
and VitaBlast

FIT

2



Luke 1:37

SUPER S

**Strawberry Bannana**  
With fresh fruit and  
Immune Force

FIT

3



Matthew 11:28

SUPER S

**Snick'rs**  
With scoop of Peanut Butter  
and Fat Burner

TRIM

4



1 Peter 5:7

SUPER S

**Chocolate Peanut Butter**  
With scoop of Peanut Butter  
and Immune Force

TRIM

5



Joshua 1:9

SUPER S

**Butter Fanger**  
With scoop of Peanut Butter  
and Granola Crunch

MEAL

6



Romans 12:16

SUPER S

**Java Turtle**  
With scoop of Peanut Butter  
and Fat Burner

CHARGE

MEAL, TRIM & CHARGE EACH CONTAIN 250 MG CAFFEINE.

# QUICK ORDER SLUSHES

7

Philippians 1:6

SUPER slush

Fruit Punch

With Vita-Blast & Power-Burst  
(Caffeine 250mg) added

8

Isaiah 40:31

SUPER slush

Grape

With Vita-Blast & Power-Burst  
(Caffeine 250mg) added

9

Jeremiah 29:11

SUPER slush

Watermelon

With Vita-Blast & Power-Burst  
(Caffeine 250mg) added

## CUSTOMIZE

### MOOD ENHANCERS

#### POWER-BURST

Caffeine 250mg

For jumpstarting metabolism!

#### RELAX-MAX

GABA 1g

For deep relaxation and muscle tone!

#### NUTRI-SOURCE

MACA for Health 3g

For enhanced nutrition, energy, immune health and sexual function!

### MUSCLE HEALTH

#### POWERIZE

L-Arginine 5g

For longer lasting power and endurance!

#### RENEW

Glutamine 5g

For muscle repair, recovery & growth!

#### RECOVER

BCAA Instantized 5g

For fast workout recovery and results!

#### ACCELERATE

Creatine 5g

For speed, power & endurance!

#### PERFORM-PRO

Beta-Alanine 1g

For improved workout performance!

### PROTEIN OPTIONS

#### EGG WHITE PROTEIN PEA PROTEIN

### BODY HEALTH

#### VITAMIN C 0.5g

The body's ideal overall health supplement!

#### VITA-BLAST

Vitamin B Complex (B-1, B-2, B-6, B-12, Iron & Zinc)

For igniting the creation of energy and fat-burning!

#### IMMUNE FORCE

Vitamin A, C & E

For immune system strength & muscle repair!

#### FIBER-SURE 5g

For ensuring regularity and relief from common gastro-intestinal issues!

#### ESSENTIAL GREENS

An ideal blend of energizing greens that helps stimulate the body's enzyme system!

### APPETITE SUPPRESSANT

#### CRAVE-X

Hoodia Gordonii 1g

For weight loss help!

#### FAT BURNER COMPLEX

Garcinia, Acai Berry, Kidney Bean, African Mango & Hoodia

Creates a thermogenic effect in the body that increases the bodies fat burning process.

#### OATMEAL

For a heartier, more filling shake!

### CRUNCH

#### Dark Chocolate Granola

For a heartier, more filling shake!

#### Peanut Butter Granola

For a heartier, more filling shake!

#### Roasted Almonds

For a heartier, more filling shake!

### OTHER

#### PEANUT BUTTER

Healthy source of fat.

#### PROTEIN 10g

An extra measure of the protein power your body needs on a daily basis!

#### FRESH FRUIT

Ask for today's choices!

# FLAVORS

Don't see your favorite flavor?  
**JUST ASK US!**

BANANA PUDDING

JAVA TURTLE

BANANA SPLIT

KEY LIME PIE

BLUEBERRY BASH

MALIBU

BUTTERFANGER

MOCHA JAVA

CARAMEL CAKE

ORANGE CREAMSICLE

CHOCOLATE BANANA

PEACHES 'N CREAM

CHOCOLATE CHIP COOKIE DOUGH

PEANUT BUTTER & JELLY

CHOCOLATE COCONUT

PINA COLADA

CHOCOLATE PEANUT BUTTER CARAMEL

SMORES

CHOCOLATE PEANUT BUTTER CUP

STRAWBERRY BANANA

CINNAMON TOAST CRUNCH

STRAWBERRY CHEESE CAKE

CHERRY LIMEADE

SUGAR WAFER

COCONUT CREAM

TIRAMISU

CREAMY COFFEE

TOASTED MARSHMALLOW

CREAMY PEANUT BUTTER

VANILLA BIRTHDAY CAKE

DUTCH CHOCOLATE FUDGE

STRAWBERRY

FRUIT PUNCH

WATERMELON

FRENCH VANILLA CREAM

WHITE CHOCOLATE COFFEE

# NUTRITION INFO FOR ADDITIONAL ITEMS

Item	Serving	Calories	Fiber	Protein	Fat	Sugar	Carbs
<i>Banana</i>	1/2	45	2g	0.5g	0g	6.1g	11.4g
<i>Apple</i>	1/4	12	1g	0g	0g	1.9g	2.7g
<i>Blueberries</i>	35g	20	1g	0.5g	0g	3.5g	5.1g
<i>Pineapple</i>	25g	13	0.5g	0g	0g	2.5g	3.3g
<i>Raspberries</i>	25g	13	1.6g	0.5g	0g	1.1g	3g
<i>Peach</i>	45g	20	0.6g	0.5g	0g	4.6g	5.2g
<i>Strawberries</i>	55g	19	1.2g	0g	0g	2.5g	5g
<i>Oatmeal</i>	1/3 cup	55	1g	2g	0g	0g	9.9g
<i>Peanut Butter</i>	15g	94	0.9g	3.75g	7.5g	1.4g	3g
<i>PB2</i>	2 tbsp	45	2g	5g	1.5g	1g	5g
<i>Essential Greens</i>	5g	18	0g	0g	0g	0g	4g
<i>100% Whey Isolate Protein</i>	27g	100	0g	27g	0g	0g	0g
<i>Egg White Protein</i>	24g	108	0g	24g	0g	0g	0g
<i>Pea Protein</i>	30g	110	0g	24g	2g	1g	1g
<i>PB Granola Crunch</i>	24g	96	1g	4g	3g	4g	13g
<i>DC Granola Crunch</i>	20g	74	1g	3g	2g	2g	12g
<i>Roasted Almonds</i>	20g	120	2g	4g	10g	2g	4g



*[mysupershakes.com](http://mysupershakes.com)*