

# Superfood Powdered Mix – Vegan / Vegetarian

I am selling off some extra Superfood mix that I made for myself and a few friends. I made the mix to get myself a better price rather than buying the ready made mix like I have been for a few years. I had to buy everything in large quantities to make the mix at a good price, so there is some left over after distributing it among my friends.

Some of the features & benefits include:

natural plant drink, almost instant energy, the nutrients to build and repair your body, dramatic increase in energy levels within minutes, very little digestion required, rapid absorption of nutrients without exerting the body, perfect for convalescence, long lasting energy boost effects, high protein content, reliable, sustained, balanced energy levels, ensures stable blood sugar levels, easily delivers important building blocks for body repair and running, a food and tonic, supports all body types, can replace a meal, fill in gaps “between meals”, when extra nutrition is needed e.g. pregnancy, extra nourishment for everyone, low calorie, high nutrition, only wholesome ingredients, no pollutants, no contamination, no artificially added chemicals of any kind, high quality plant ingredients

There are no side effects, and no addictive ingredients. You can't overdose on food either!

It contains no drugs or harmful ingredients. There are no stimulants either. In fact, it is just a combination of SUPER foods that are extremely rich in nutrient levels.

The mix will provide all the nutrients that your body needs to build or repair itself.

I can personally feel the nutrients getting into my system very soon after taking it and I get lasting energy throughout the next 6-8 hours also.

It gives a clear head all day and tons of energy.

I cut no corners on quality, as it was made for myself and close friends. This mix is

made using all natural ingredients sourced from trusted suppliers in the UK.

The mix based on the now famous Dr Richard Schulze's recipe. Find out everything about Superfood from Dr Schulze at [herbdoc.com/blog](http://herbdoc.com/blog)

The ingredients are all of the following:

Spirulina, Chlorella, Alfalfa Grass, Barley Grass, Wheat Grass, Kelp Seaweed, Beet Root, Spinach Leaf, Rose Hips, Orange peel, Lemon Peel, NON-ACTIVE Nutritional Yeast

How To Use

The normal way to take the mix is to add a heaped spoonful to a smoothie or juice (or even soup) and mix well.

Many people start slow (say, 1 teaspoon in the morning) if they are new to nutrient rich food. You decide, but if I wanted to get stuck in, I'd start with a tablespoon.

I and my friends take a heaped tablespoonful in the morning first thing and it really gives you a nice energy boost.

Sometimes we take another spoon in the afternoon or evening if we feel like it. I find I can sleep better if I don't eat it too late in the day, but you can experiment with it for yourself.

Remember, in any natural health regimen, the first step is to get the NUTRITION into your body. As Dr Schulze himself says, you can't build healthy blood and immunity etc with pizza and beer.

Also, if you're trying to build better health and bulk, you need the extra nutrition of the Superfood mix so that you get the high levels of minerals, vitamins, and enzymes that you need in a natural complete form to build your blood.

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