

HILLIARD STUDIO METHOD SIGNATURE SMOOTHIE INGREDIENTS + BENEFITS

Coconut Water is full of electrolytes and potassium and is a great source of hydration and fuel for the body.

Catie's Organic Greens Powder provides 7 servings of enzymes, probiotics and nutrients in one powerful scoop.

Catie's Vitamin C Plus Powder aids the absorption of greens, helps fight viruses, strengthens arteries, organs and tissue as well as promotes youthful skin through the promotion of collagen cells.

Chia Seeds are packed with omega-3s, protein, antioxidants and fiber, which aids digestion and keeps the body feeling fuller longer.

Protein Powder is a naturally complete protein containing all of the essential amino acids to rebuild muscle tissue depleted through exercise. With protein, muscles recover faster and lean muscle is built to speed up metabolism.

Avocado is a nutrient-dense superfood loaded with heart-healthy monounsaturated fatty acids, fiber and potassium plus nearly 20 vitamins and minerals.

Maca Powder is a whole food packed with vitamins, essential minerals and amino acids. It is used to increase stamina, boost libido, promote hormonal balance and combat fatigue.

Catie's Calcium plant-based whole food is easily absorbed by the body and may reduce the risk of bone fractures, protect against certain cancers, help control blood pressure and assist in weight management.

Ginger and Turmeric are amazing roots that reduce inflammation and research shows can be more effective than a dose of ibuprofen.

