

Dr. **Blend**



Vita Box

The Vita Box is an indispensable addition to your daily diet. Vita stands for both vitamins and vitality. It is a box full of colorful and delicious juices. Besides the fact that the juices are tasty and varied, they are also full of vitamins, minerals and antioxidants.

Choose colors in your juices every day that provide you with different nutrients. The attached schedule is written to help you all the way as best as possible. Follow the schedule that consists of combinations of juices and shots to optimally provide yourself with extra vitamins and minerals. This composition is specially made to provide you with extra vitamins for five days.

Day 1



8.00 O'clock

C-Strawban N°24

grapefruit, acerola, strawberry, blackcurrant, lime

13.00 O'clock

Green Dream N°22

cucumber, zucchini, spinach, banana, apple, avocado, lemon, mint

Day 2



8.00 O'clock

M.A.S. Explosion N°16

orange, lemon, honey, ginger, apple cider vinegar, turmeric, oregano, star anise, black pepper

13.00 O'clock

Popeye N°2

kale, spinach, apple, ginger, carrot, lemon

Day 3



8.00 O'clock

Green Beet N°20

beet, apple, avocado, fennel, lime

13.00 O'clock

CarryOn N°3

carrot, cucumber, celery, lemon

Day 4



8.00 O'clock

Vita D N°23

orange, ginger, lemon, turmeric, black pepper, vitamin D3

13.00 O'clock

Samba N°15

water, mango, apple, agave syrup, pineapple, lime, ginger

18.00 O'clock

Fashion N°21

carrot, mango, pumpkin, parsnip, lemon

Day 5



8.00 O'clock

Greenergy N°19

apple, ginger, spinach, cucumber, lemon, spirulina, guarana

13.00 O'clock

Banspresso N°13

apple, dragon fruit, passion fruit, banana

Did you know...

- Beta-carotene is converted into vitamin A in your body? It supports your resistance and ensures healthy skin. Beta-carotene is mainly found in celery, kale, spinach and carrots.
- Beta-carotene (provitamin A), Vitamin C and E are also antioxidants? This protects your body against harmful substances from the outside.
- The best time to take vitamin D is with a meal with healthy fats? This has a positive effect on the recording. This also applies to the other fat-soluble vitamins A, E and K.
- Vitamin B and C are water soluble vitamins? Your body does not store too much and with too much intake, it excretes the excess vitamins B and C. That is why it is important to get these vitamins on a regular basis and to find the right balance of intake.
- Vitamins A, B, C, D and E contribute to an improved resistance?
- It is best to take Vitamin C with breakfast? This can promote the absorption of iron and it subsequently has a positive effect on the ability to concentrate during the day.
- You use more vitamins (and minerals) when you are under stress, inflammation and a lot of sports?
- You can find more information about vitamins online at Dr. Blend? Visit www.drblend.com

 **Dr. Blend**
For Good