

# MAY 2024 SPECIAL

## Choose Your Own Best-Selling Boost

- Multi-Vitamin Boost
- Vitamin B Complex Boost
- Electrolyte Boost
- Immunity Boost

## Give Your Health a Boost!

Boost your smoothies, matcha, yogurt, oats or juice daily with vitamin and mineral support from all-natural sources in an easy-to-use powder.

## WHY WE LOVE IT

### Multi-Vitamin Boost

- Excellent source of 21 essential vitamins and minerals
- Made from whole fruits and vegetables
- Supports a healthy lifestyle

### Vitamin B Complex

- Excellent source of all 8 B-complex vitamins (B1, B2, B3, B5, B6, B7, B9, B12)
- Factor in maintaining many essential body systems
- Supports normal growth and development

### Electrolyte Boost

- Source of electrolytes for the maintenance of good health
- Helps in wound healing and connective tissue formation
- Helps to support normal muscle function, including the heart muscle

### Immunity Boost

- European elder is used to help relieve symptoms of colds and flus
- Source of antioxidants that help protect against the oxidative damage caused by free radicals



## RECIPE: BERRY BOOSTER OVERNIGHT PARFAIT

### Ingredients:

- 1 cup Greek yogurt
- 1 cup mixed berries
- 2 tbsp Sipology's Bubbly Tea
- 1 tsp Sipology's Vitamin B Complex Boost – Strawberry Banana
- 2 tbsp pumpkin seeds

### Directions:

1. Mix yogurt and Bubbly Tea in a bowl.
2. Mix berries and Vitamin B Complex Boost in a separate bowl.
3. Layer the two mixture in a cup and top with pumpkin seeds.
4. Put in the refrigerator overnight. Enjoy in the morning!

### Make It:

<https://www.sipology.com/recipes-here/berry-booster-overnight-parfait>

