

Nutritional Beverages

Pink Smoothie

- Strawberries (organic), Bananas (organic), Orange juice (Tropicana, pure premium) Ginger root (fresh)
- Rice Protein powder (organic), Honey (organic)

Both oranges and strawberries contain high amounts of Vitamin C, which contains immune boosting properties. With ground or fresh ginger, is a high fiber content for digestive health a good source of potassium for muscle function and blood pressure regulation, rich in vitamin



C for immune support at the accident to protect against cell damage and a good balance of healthy carbohydrates for sustain energy.

*This specific combination of ingredients creates a **nutrient-dense, high-protein, and anti-inflammatory smoothie** that is exceptionally beneficial for **muscle recovery, immune support, and digestive comfort**. By balancing fast-absorbing carbohydrates with plant-based protein, it provides sustained energy without a harsh sugar crash.*

Primary Health Benefits

- **Accelerated Post-Workout Recovery:** The organic rice protein powder supplies essential amino acids to repair torn muscle fibers. Simultaneously, the potassium from the bananas replenishes lost electrolytes to prevent muscle cramping. [\[1, 2\]](#)
- **Powerful Immune System Boost:** Strawberries and Tropicana Pure Premium orange juice deliver a massive dose of Vitamin C and antioxidants. This stimulates white blood cell function to help ward off illnesses.
- **Enhanced Digestion and Nausea Relief:** Fresh ginger root contains active gingerols that accelerate gastric emptying. This significantly reduces bloating, gas, indigestion, and any stomach queasiness.
- **Sustained Energy and Satiety:** While honey, bananas, and orange juice provide quick-release carbohydrates for an instant brain and body boost, the rice protein powder slows down digestion. This keeps you full longer and prevents a rapid blood sugar spike.
- **Reduced Body Inflammation:** The combination of antioxidants from strawberries (anthocyanins) and the anti-inflammatory compounds in fresh ginger help soothe sore joints and reduce exercise-induced muscle pain.

Nutrient Breakdown by Ingredient

The individual components contribute to a highly synergistic blend:

Ingredient	Core Nutrients Provided	Specific Health Role
Organic Strawberries	Vitamin C, Anthocyanins, Fiber	Fights oxidative stress and promotes skin health.
Organic Bananas	Potassium, Vitamin B6, Inulin	Supports nerve function, thickens texture, and feeds good gut bacteria.
Tropicana Pure Premium OJ	Vitamin C, Folate, Potassium	Acts as a hydrating, naturally sweet liquid base that enhances iron absorption.
Fresh Ginger Root	Gingerols, Shogaols	Relieves gastrointestinal distress and blocks inflammatory pathways.
Organic Rice Protein Powder	Plant-based Amino Acids	Hypoallergenic protein source ideal for muscle building and maintenance.
Organic Honey	Natural Sugars, Enzymes	Provides an immediate energy source and antimicrobial properties.

A Quick Nutritional Tip

Organic rice protein powder is highly digestible and hypoallergenic. However, rice protein is naturally lower in the amino acid lysine. If you are using this smoothie as a primary post-workout meal, consider occasionally blending it with a spoonful of organic pea protein or eating a handful of pumpkin seeds later in the day to create a perfectly complete amino acid profile.