

# Glow & Nourish Collagen Smoothie Guide

This smoothie was intentionally crafted to support skin health, digestion, energy, and overall cellular nourishment. Each ingredient works synergistically to help the body glow from the inside out.

## Ingredients Used

- Black Girl Vitamins Collagen Powder
- Coconut Milk
- Frozen Berries
- Mango
- Date Sugar
- Alkaline Water

## Health Benefits

- **Skin, Hair & Nails:** Collagen provides amino acids that support elasticity, strength, and repair.
- **Gut Health:** Collagen and fruit enzymes support the gut lining and digestion.
- **Antioxidant Protection:** Berries and mango provide vitamin C and polyphenols to combat inflammation.
- **Hormone & Brain Support:** Coconut milk offers healthy fats that support hormone balance and cognition.
- **Natural Energy:** Date sugar provides gentle, sustained energy without harsh spikes.
- **Hydration:** Alkaline water supports mineral balance and cellular hydration.

## Best Time to Enjoy

This smoothie is ideal in the morning or early afternoon, especially after taking iron supplements or as part of a glow-up wellness routine.

This guide aligns with a holistic wellness philosophy that honors nourishment, balance, and intentional living.