



Orange Carrot Blast

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| 2 scoops UltraGI Replenish®—Vanilla flavor | ¼ lemon, juiced |
| 4 oz. almond milk, unsweetened | 4 oz. water |
| 2 medium carrots, chopped | Ice (if desired) |
| 1 small orange | |

Directions:

Combine all ingredients in a blender and blend to desired consistency. Adjust water or ice for desired thickness.

Nutrient Analysis:

Total calories: 277
Fat: 6 g
Total carbohydrates: 42 g
Fiber: 0 g
Added sugars: 0 g
Protein: 15 g

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NOTICE: THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.

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