



ISSUE
19

OUR SHAKES



from DAN'S
HAND

DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

We now offer the healthiest shakes found anywhere in the world! Recovery Shakes are as important as your workout. In fact, if you miss your Recovery Shake you may as well have stayed in bed!

Our Shakes are designed for:

- Pre-Competition
- Post Workout
- Meal Replacement
- Healthy Snacking
- Muscle Building
- Fat Loss
- Toning
- Revving your Metabolism

We are now using only vine-ripened, 100% crushed fruit with no added sugars. Vine-ripened means that good ol' Mother Nature had the chance to put all the vitamins and minerals that the sun, soil and rain have to offer into every morsel. We'll only blend it when the fruit is at its ripest.

Since we use primarily the skins, seeds and pulp of fruits, our shakes are lower in calories but higher in nutrients. Each shake is like eating three servings of fruit! And because fruit is naturally sweet, there is no reason to add additional sugars; nobody else can make that claim!

In addition to fruit shakes, we have also perfected iced coffees and chai tea. Our selections are designed for people who love that coffee house taste but care about what they put into their bodies. And guess what? No hydrogenated fat!

Taste the difference natural whole foods and sound nutrition make.

We are:

- 100% Vine-Ripened Crushed Fruit.
- NO added sugars
- NO GMOs
- Nutritionally Dense
- NO artificial ingredients or colors.
- Fat Free – Yes that's right! It's fruit, so there is NO fat, naturally!
- Lactose Free – 100% Non-Dairy

Our recipes are precisely developed to help you meet your nutrition and performance goals.

Eat Well!

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).