



ISSUE
36

what's in 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.

Mother Nature

Each and every Recovery Shake is born from the most nutritious vine and tree ripened fruits this good earth has to offer. We allow our fruits to remain on the vine or tree until they're fully ripened, because good ol' Mother Nature is then able to pump all the good things that sun, soil and rain have to offer into each and every morsel.

We then purée all the ripened fruits, keeping all of the nutritious skins, seeds and pulp for you while draining off all the excess calorie laden sugars and juice. Why? Because the phytonutrients that are housed in the skins, seeds and pulp are essential for the absorption and utilization of the vitamins and minerals naturally found in fruit. This purée is the beginning of every Recovery Shake, making ours the most nutrient dense shakes around. We don't stop there. We then add MORE fruit, crushing it into your shake to maximize the nutrition and the taste.

Our milk-based shakes are equally as nutritious and all-natural as our fruit shakes. We are proud to offer the only all natural chocolate, coffee and tea blends that are free of all artificial ingredients and synthetic sweeteners. Our chocolate is Ghirardelli

antioxidant-rich dark chocolate. Our coffee is dry roasted Colombian and our teas are matcha green and chai.

But Wait – There's More!

If that's not enough, we then give you the ability to customize every shake to meet your personal performance goals. Our team of sports nutritionists have created the healthiest protein found anywhere, loaded with muscle building amino acids but free of all lactose, fat, artificial ingredients or synthetic sweeteners.

In addition, we have developed a complete line of Core Supplements and Trainers Only Supplements by swiig that focus on very specific goals. Like every other recipe, these ingredients are all completely natural.

Eat Something Healthy At Least Once A Day

Our shakes are intended to bring only the purest, healthiest ingredients to every cell in your body, specific to your timing, so that we can help you achieve the goals you have set for yourself and build a better you.

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).