



IDEAL breakfast SHAKE

Build your immune system for winter

Autumn is the ideal time to look at ways to build your resistance to infection for the upcoming flu season. With cooler days comes the increased likelihood of catching the dreaded flu especially if your immune system is compromised. The good news however is by eating plenty of fresh fruit and veggies and exercising regularly you can boost your immunity against common infections.

Another way to improve immune strength is by consuming the Ideal Breakfast Shake every day. This naturopath formulated shake contains immune protein rich whey along with the herb Elderberry and Antioxidant rich berries. Each ingredient has been carefully selected to complement each other to support your immune system and help recovery after exercise.

Add 1 scoop of Ideal Breakfast Shake to your morning smoothie or add it to your post exercise routine to reap the greatest benefits of this remarkable combination of nutrients.

Immune Ingredients

Whey protein concentrate: Rich in immune boosting protein fractions that are not present in other forms of protein.

Elderberry: Elderberry is used to alleviate the symptoms of coughs, colds, flu, bacterial and viral infections. It boosts the immune system due to the Bioflavonoids and other proteins in the juice. These potent natural ingredients destroy the ability of cold and flu viruses to infect a cell.

By Jason Carroll - Naturopath and Creator of Ideal Breakfast Shake