

Collagen-Boosting Smoothie Ingredients

CHOOSE ONE (OR MORE) INGREDIENT FROM EACH SECTION

Vitamin A: Restores damaged collagen

Apricot*	Carrot
Grapefruit*	Kale
Leafy Lettuces	Mango
Papaya	Spinach

Vitamin C: Necessary for production of collagen

Blueberry*	Guava
Kale	Kiwi*
Oranges*	Papaya
Spinach	Strawberry*

Vitamin E: Protects cell walls and works with vitamin C in the production of collagen

Avocado	Butternut Squash
Kiwi*	Mango
Spinach	Wheat Germ

Glycine, Lysine and Proline: Primary amino acids found in collagen

Collagen Protein Powder	Cucumber*
Gelatin (unsweetened)	Kale
Kiwi*	Soy/Tofu
Spinach	Wheat Germ

Antioxidants & Phytochemicals: Prevents cell and tissue damage

Blackberries*	Blueberries*
Carrots	Citrus*
Red Grapes*	White Tea

Omega-3 Fatty Acids: Reduces inflammation

Chia Seeds	Flax Seeds
Soy	Spinach

*fruit with low glycemic index

For the full story and great flavor combos visit www.acraftycomposition.com